

10 Do's and Dont's for Navigating Dad-Daughter Disagreements

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Hey Dad...believe it or not, your daughter doesn't like it when her relationship with you is off-kilter. In fact, we girls don't do well when our primary relationships are out of tune. So even when our defensiveness rears its ugly head, underneath it all we want there to be harmony. I've discovered that men typically want the same thing.

Here are **10 Do's and Dont's** so you can lead your daughter in resolving conflict:

DO

- 1. Stay calm and filter every word that comes out of your mouth** (just like you do when you're at your best in other spaces, such as your workplace)
- 2. Take a "time out" that matches your age so your brain can cool down before saying something you'll regret** (If you're 50 years old, take 50 minutes away; then come back and continue the interaction)
- 3. Treat her the way you want to be treated**
- 4. Lead by example** (more is caught than taught and she is learning from you)
- 5. Be the first to admit wrong and ask forgiveness for your part in the conflict**
- 6. Try texting or writing on paper what you want to say to help de-escalate the emotional intensity while keeping the interaction going between you**
- 7. Ask your daughter's mom or other adult females to help you better understand your daughter's point of view**

DON'T

- 1. Raise your voice and emotionally escalate by yelling**
- 2. Keep firing words at her, coupled with intense emotion in a futile attempt to control her and/or the situation**
- 3. Disrespect her while demanding that she treat you with respect**
- 4. Forget that she will follow your example**
- 5. Expect her to soften her tone first**
- 6. Demand that she immediately respond to what you say or ask since her brain needs to cool off when upset and overwhelmed**
- 7. Go it alone without inviting input from other women who are more seasoned and can help you decode your daughter**

8. Get close enough to see her eyes during conflict and seek to validate the place inside where she's hurting

8. Walk away while shouting your position from another room or at a distance

9. Seek to grasp what she's saying and how she's feeling while listening for what she needs you to understand

9. Make fun of her for what she and says or feels (even if she makes no sense to you)

10. Remember that long past the current crisis your daughter will remember that you loved her more than having to be right or win the argument

10. Think that you don't matter in shaping your daughter as you teach her how to navigate conflict in healthy ways

Dad, I realize that it's super hard, if not impossible, to pursue your daughter's heart when one or both of you are heated. I also know that in order to lead your daughter in a way that is congruent with your heart goals you will need to embrace humility and gentleness while remembering how much she deeply matters to you (as opposed to focusing on *her* reaction to *your* reaction or vice versa).

Right now I encourage you to choose one thing from this list of ten resolution ideas and put it into motion...*in the trenches*.

Turn the fight to right by leading with love. It's the best way to diffuse a disagreement...every single time.