

Do not respond with anger. It will not improve the situation.





Do not beg or plead. This will make things worse for you.

Do not apologize for the sake of massaging their ego.





Do not talk ill of your partner with friends or family.

Do not take it personally. It is not a "you problem."





Do not threaten to end the relationship abruptly.



Source: https://www.momjunction.com/articles/what-is-silent-treatment-andeffects_001050537/