

Set a date and time to meet and discuss your relationship conflict. Be sure to think about the questions below before you meet.

#1: Learn how to define the problem.

In the most objective way possible, try and define the "us" problem. Stay away from you statements: "when you...." and use "We" statements: "We can't seem to seem to agree." "We tend to do this when ____ happens." "What is the issue that is causing friction between us?"

#2: Learn how to own your part, how you contribute to the problem. List the ways you each contribute to the problem.

Person 1: _____

Person 2: _____

#3: Discuss ways you tried to resolve this issue in the past but were unsuccessful.

1. _____.
2. _____.
3. _____.

#4: Brainstorm new ways to try to solve this issue:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

#5: Agree on one to try. Make sure it is one that both of you can agree to try together. Write out what you agree to do to try and make this option successful.

- We agree to try #____.
- I agree to: _____

- You agree to: _____

#6: Evaluate:

- We agree to get together and evaluate what we chose to do on _____
- In this meeting, each of you should describe what does or does not work for you and why.
- If it doesn't work for both of you, then modify the solution or go back to #4 and try another one.
- If it does work move on to step #7.
- Please remember that if you want to be partners, you have to respect one another's reason when it comes to if the solution is working or not. Don't be discouraged if the first few tries at resolution don't work for both of you. This takes time to develop into a skill that produces win/win for the two of you. The key is to keep trying and I promise it will get better, stronger, and faster. The result will be a higher level of connectedness, intimacy, and joy in your marriage.

#7: Celebrate success or try again. Back to step 4