

Working Your Way Out of Conflict



☐ Set a time and place to discuss the problem.

• Time: _____

• Place: _____

☐ Each of you define the problem, as you see it.

• Husband: _____

• Wife: _____

☐ Each of you be honest about how you have contributed to the problem.

• Husband: _____

• Wife: _____

☐ Talk about ways you tried to solve the conflict in the past.

☐ Each of you be specific about what's important to you in resolving the conflict.

• Husband: _____

• Wife: _____

- ☐ Write down as many possible ways to resolve the conflict as you can. (*Write down every idea...even the funny and improbable ones.*)

- ☐ Out of all your ideas, pick one that both of you could live with...not necessarily love. (Remember, your solution needs to address what's most important to both of you.)

Solution Picked: _____

- ☐ Schedule a time to evaluate how the solution is working for both of you.

- We will evaluate _____

- ☐ Implement the solution and encourage each other along the way.

- ☐ Evaluate at the scheduled time and adjust the solution if need be.