

Ten Steps for Resolving Couple Conflict Worksheet

1. Schedule a specific place, date, and time for a couple meeting within the next week. Allow at least 30 minutes.

Meeting Place: _____

Date: _____ Time: _____

2. Select one important issue you would like to resolve. List the specific issue or problem for discussion below:

3. How do you each contribute to the problem? Without blaming each other, list the things you each do that have not helped to resolve the problem.

Male:

1. _____

2. _____

Female:

1. _____

2. _____

4. List past attempts to resolve the issue that were not successful.

1. _____

2. _____

3. _____

5. Brainstorm – pool your new ideas and try to attain five possible solutions to the problem. Do not judge or criticize any of the suggestions at this point.

1. _____

2. _____

3. _____

4. _____

5. _____

6. Discuss and evaluate each of these possible solutions. Be as objective as you can. Talk about how useful and appropriate each suggestion might be for resolving your issues.

7. After you have expressed your feelings, select one solution that you both agree to try.

Trial Solution: _____

8. Agree how you will each work toward this solution. Be as specific as possible.

Male: _____

Female: _____

9. Set a place, date and time within the next week for another meeting to discuss your progress.

Meeting Place: _____

Date: _____ Time: _____

10. Pay attention to each other as the week passes. If you notice your partner making a positive contribution toward the solution, praise his/her effort.

Future Weekly Meetings

At your next weekly meeting, if you have not improved, go through Steps 5-8 and try a different solution. If you have shown improvement, use this exercise to overcome other problems.

Make couple meetings a regular part of your weekly schedule.