



10 Steps for Resolving Conflict

Love Deeply Tool



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All couples have differences and disagreements. Studies show the amounts of disagreements are not related to marital happiness as much as how they are handled. Happy couples do not avoid disagreements; they resolve them while remaining respectful of each other, thereby strengthening their relationship. This Ten Step Model is a simple, but effective way to resolve conflict while avoiding the common and destructive patterns. Use this model with an ongoing issue in your relationship, as well as future issues.

1. Set a time and place for discussion.
2. Define the problem – Be specific.
3. List the ways you each contribute to the problem.



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Partner 1: _____

Partner 2: _____



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

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

5. Brainstorm- Pool your new ideas and try to list 10 possible solutions to the problem. Do not judge or criticize any of the suggestions at this point.

- | | |
|----------|-----------|
| 1. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 2. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

6. Discuss and evaluate each of these possible solutions. (Be as objective as possible. Talk about how useful and appropriate each suggestion feels for resolving your issue.)

7. Agree on one solution to try. Notice whether there is a sense of inner peace and freedom.



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

Partner 1:

Partner 2:

9. Set up another meeting to discuss your progress.

Place: -----

Date -----

Time: -----

10. Reward each other for progress. (If you notice your partner making a positive contribution toward the solution, praise his/her effort.)



Thank You!

We hope you found this tool helpful for you and your partner. If you're looking for more helpful resources like this one, check out our website.

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