

## **Ten Steps For Resolving Conflict**

All couples have differences and disagreements. Studies show the act of disagreeing is not related to marital happiness, as much as how and if it gets resolved. 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.

**1. Set a time and place for discussion.** \_\_\_\_\_

**2. Define the problem. Be specific.**

\_\_\_\_\_

**3. List the way(s) you each contribute to the problem.**

Partner1: \_\_\_\_\_

Partner2: \_\_\_\_\_

**4. List past attempts to resolve the issues that were unsuccessful.**

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

**5. Brainstorm. Pool your new ideas and list 10 possible solutions to the problem. Do not judge or critique any of the suggestions at this point-just be creative.**

- |          |           |
|----------|-----------|
| 1. _____ | 6. _____  |
| 2. _____ | 7. _____  |
| 3. _____ | 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). Star favorite solutions, and go back and talk about those solutions next.**

**7. Agree on one solution to try: \_\_\_\_\_**

**8. Agree on how you will each work toward this solution. (Again, be as specific as possible.)**

Partner 1: \_\_\_\_\_

Partner 2: \_\_\_\_\_

**9. Set up another meeting to discuss your progress.**

**Date\_\_\_\_\_ Time\_\_\_\_\_ Location\_\_\_\_\_**

**10. Notice and praise the process (if you notice your partner making a positive contribution toward the solution, praise his/her effort.**