



CONFLICT RESOLUTION: HOW TO FIGHT FAIR WORKSHEET #11

- "Unhappy spouses may hope that time heals all wounds and the relationship will get better. But the happy couples try to resolve problems rather than outlast them." - Lauer
- Disagreement/Conflict is NORMAL, OK, human.
- Ground Rules:
 - #1 Stick to the issue: one issue at a time.
 - #2 DO NOT dredge up past grievances.
 - #3 DO NOT blame.
 - #4 DO NOT engage in the Power Struggle.
 - #5 Attack the problem, NOT the person.
- The Process:
 - #1 COMMUNICATE: "I-messages" and reflective listening.
 - #2 Define the problem.
 - #3 List possible solutions.
 - #4 Discuss pros and cons of each.
 - #5 Decide.
- Decision:
 - #1 Consens"us" #4 Policy
 - #2 Compromise #5 Set another date: keep talking
 - #3 Agree to disagree #6 Seek professional help

QUESTIONS TO PONDER

SELF:

Do I take responsibility for letting my spouse know that I feel there is a problem between us? Do I turn disagreements into a power struggle to get my way? Do I play the Blame Game - attacking my spouse instead of the problem? Do I cloud the issue by dredging up past grievances and mixing a lot of issues together? Am I willing to compromise?

IN RELATION TO MY SPOUSE:

Do I refuse to discuss/deal with issues/problems for which my spouse has expressed concern or disagreement? Do I allow myself to get "hooked" into the power struggle or Blame Game? Do I do everything I can to encourage calm discussion and mutual decisions?

MY GOAL IS: