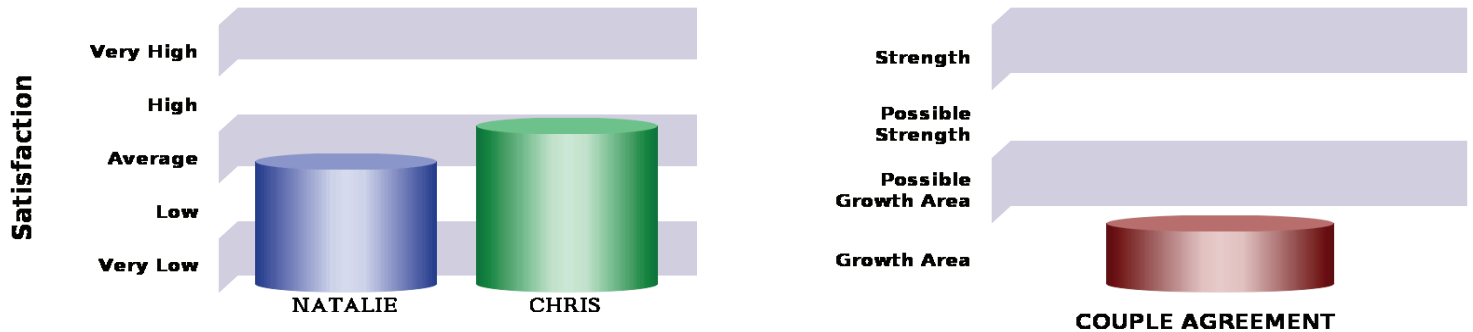


Conflict Resolution

The **Conflict Resolution** category looks at a couple's ability to discuss and resolve differences. It measures how effectively couples share opinions, ideas, and feelings, even during times of conflict.



Both individuals feel generally good about their conflict resolution, but have concerns about some aspects of their ability to discuss and resolve differences.

Growth Area: The couple disagrees or shares mutual concern about most of the items in this category. Help them discuss 1-2 Agreement Items and 2-3 of the Disagreement, Indecision, or Special Focus items listed below. By learning and practicing new skills such as the 10 Steps for Resolving Conflict, they can improve their relationship.

Couple Agreement — *The couple agreed with one another on these statements.*

- My partner is able to understand my opinions and ideas when we discuss problems.
- When we argue, we do so without blaming each other for the problem.

Disagreement — *The couple disagreed with one another on these statements.*

- During an argument, I think it is important to express my true feelings rather than saying nothing.
- I am able to share my ideas with my partner, even though he/she may disagree.
- I prefer to deal with conflict directly rather than avoid it.
- In order to end an argument, neither of us tends to give in.
- My partner seldom minimizes our disagreements.
- We seldom have major disputes over trivial issues.

Indecision — *One or both individuals were undecided about the issue.*

Special Focus — *Both individuals expressed concern about the issue.*

- Most of our differences get resolved.
- We generally agree on ways to solve our disagreements.

PREPARE/ENRICH Exercises:

10 Steps for Resolving Conflict, How to Take a Time-Out, Seeking and Granting Forgiveness