

## 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.

- When is conflict most likely to happen?
- Even if an issue seems unimportant, how important are the feelings that fuel the dispute?
- When there is a disagreement between you how do you respond to your partner's concerns?
- How do you know your partner is not taking a disagreement seriously?
- When sharing thoughts over a disagreement, what can you do to let your partner know you care?
- What are some things about which you seriously disagree?
- How do you respond to each other when you are discussing a problem?
- When discussing a problem, what helps you know that your partner understands you?
- What do you do to let your partner know you understand your partner's opinions and ideas?
- Why is it important to you that your partner understands your opinions and ideas?
- How does anger impact your ability to share feelings and ideas productively?
- At what point in a disagreement do you recognize your need for a time-out?
- Why is it important to be able to share your feelings with your partner?
- Can you share with your partner how you feel about conflict?
- How do you feel about yourself and your relationship when you avoid a conflict?
- What could you both do to resolve a conflict rather than avoid it?
- Are you handling conflict in a way that is similar to your parents?
- Why do you think you end up feeling responsible for conflicts?
  - Share with your partner a time when you felt this way.
- What is your response when you disagree with your partner?
- Are you more interested in winning the argument than resolving the dispute?
  - When you win and your partner loses, what happens to your relationship?
- What does it mean to you to "give in too quickly"?
- How often do you choose to "give in" to end an argument – rarely, sometimes, often, always?
- How do you feel when you give in too quickly to your partner?
- What prevents a good resolution to your differences?
- What could you do differently the next time there is a difference between you?
- How does it feel for you to leave things unresolved?
- Can you accept your partner's difference and still love each other?
- What concerns you most about hurting your partner's feelings?
- What is the short-term gain for saying nothing?
- What is the long-term price of silence for your relationship?
- Is there room in your relationship for both of you to be assertive?
- Share what you believe to be the best way to solve a disagreement.
  - Why do you feel that this way is the best?
- Describe your "different ideas" about solving your disagreements?
- What can you both do in solving a disagreement that would result in a win-win situation?
- If you find that you are not able to resolve a disagreement would you seek help? If so where would you go?