

10 STEPS TO RESOLVING CONFLICT

1. Set a time and place for discussion.

Time to focus on one another, and the issue at hand, without interruption.

2. Define the problem.

Be as open, honest, and specific as possible.

Don't bring any hurts, scars, or emotional baggage into the conversation.

3. List the ways you each contribute to the problem.

Keep short accounts, no finger-pointing. Give grace.

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

Don't use finger-pointing phrases such as "you always" and "you never."

5. Brainstorm.

What are some new solutions to try?

6. Discuss and evaluate the possible solutions.

Remember that the goal is to resolve the problem so you both win.

7. Agree on one solution to try.

Be as specific as possible.

8. Agree how you will each work toward the solution.

Stay focused on the issue; don't go off on tangents.

9. Set up another meeting to review and discuss the progress.

Ask: What worked? What didn't work? What needs to be changed?

10. Praise your partner for their contribution to the progress.

Encourage, uplift, and support your spouse.

