

Six Questions for Conflict Resolution

1. What is the problem from my partner's point of view?
2. How does my partner feel about *this* problem?
3. How did I contribute to *this* problem? (Remember to ask for forgiveness)
4. How do we (as a couple) want it to be?
5. How do I help my partner solve their problem?
6. How do we (as a couple) keep this problem from reoccurring?