

Three Steps for Conflict Resolution

✓ Step 1: Discover the issues

Instructions: Use the space below to identify the issues that cause conflict in your marriage. Be sure to use "I feel... because..." statements.

✓ Step 2: Talk about it

Instructions: Use the questions below to talk about your items from Step 1. Be sure to use "what I hear you saying is..." statements.

1. Talk about your level of commitment to your marriage. How committed are you to resolving this conflict?
2. Give yourselves a grade on how well you typically resolve conflict as a couple. Explain.
3. Articulate the items in Step 1. Let your spouse articulate them back to you in his or her own words. On a scale of 1-10, how big of a problem are these issues? Explain.
4. How long have the items from Step 1 been a problem? What have you tried to do in the past to resolve the issues? Why do you think it didn't work?
5. Identify some practical action steps to resolve this conflict. Use the space in Step 3 to write out your resolutions.

✓ Step 3: Live it out

Instructions: Use the space below to list out practical action steps you will take in the days and weeks ahead.

Take the [Foundations](#) series to learn about the three basic truths of the Christian faith.

