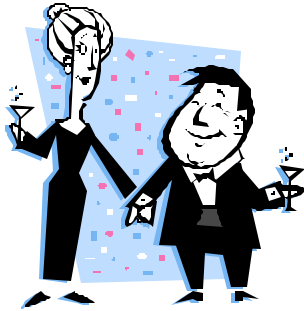


Conflict Resolution With Your Partner



Conflict is inevitable in relationships no matter who you are or what kind of relationship. Relationships take a lot of hard work to be successful and rewarding – especially intimate relationships.

If you are experiencing problems with your partner, ask yourself the following questions:

1. Have you set aside time to talk about your problems with each other?
2. Have you listened to your partner and been able to express your own feelings?
3. Have you made your own assumptions about the problem? If you have then maybe you should talk to your partner to validate if they are true or not.
4. Have you given specific feedback to your partner?
5. Have you been open with your partner about what you want instead of just complaining about what you aren't getting?
6. Have you taken responsibility for your own role in the problem first? Remember it takes two!
7. Have you considered some alternatives to resolving the problem? There will be pros and cons to most alternatives and your partner will appreciate the input if it is thought out ahead of time.
8. Have you considered that your partner has their own way of doing things and may have alternative suggestions to resolving the problem? Your way will probably not be the only way to resolve the problem.
9. Do you want to see this problem resolved as a win / win situation for both of you?

Advice from people who have been through this: “Do not store up your feelings. Communicate with your partner on a regular basis because it will save you a lot of wear and tear and block you from getting even in subtle ways. Finally, don't resolve problems when either of you are hungry, sick, upset about something else or under time pressure – there will be a better time to talk things through”.