

STEP 7

CREATE A PLAN. Based on your best ideas, create a plan for resolving this issue.

In the future I/we will...

- ✓
- ✓
- ✓
- ✓
- ✓
- ✓

We'll know that we're making progress in resolving this issue when...

We'll plan to review this plan on _____ (date) and create next steps if needed.

*Signatures:
(each person
signs all copies)*

Signature: _____
Signature: _____
Signature: _____
Signature: _____
Signature: _____
Signature: _____

TALKPOINTS

*for
Resolving
ISSUES*

We might think that communicating honestly and directly will make things worse.

The truth is... When we avoid talking, things are more likely to get worse!

Follow the steps below and work together to resolve the issue.

STEP 1

DEFINE THE ISSUE.

What's going on that's affecting your relationship? Talk together and come up with a statement that defines the issue.

Here's our ISSUE...

STEP 2

IDENTIFY THOUGHTS & FEELINGS. *Fill out this section separately.*

This is an important issue **for me** because...

It's important **for us** and our relationship(s) because...

In the past I/we have tried to deal with this issue by...

Circle words that describe feelings you've had about this issue.

- | | | | | |
|------------|-------------|---------------|------------|------------|
| annoyed | confused | uncomfortable | depressed | frustrated |
| hopeful | surprised | hopeless | lonely | stubborn |
| open | positive | confident | determined | fed-up |
| tense | weak | abused | ashamed | willing |
| threatened | untrusting | worried | guilty | worthless |
| foolish | peaceful | negative | excited | tired |
| motivated | overwhelmed | afraid | ignored | aggravated |
| offended | angry | discouraged | encouraged | ticked off |
| provoked | withdrawn | apathetic | put down | powerless |
| others... | _____ | _____ | _____ | _____ |
| _____ | _____ | _____ | _____ | _____ |

STEP 3

REVIEW. Discuss your responses in Step 2. When you come to the feeling part, say "I've felt _____ because..."

STEP 4

LIST IDEAS. Write separately.

Things **I could do** to improve the situation & resolve the issue:

-
-
-
-

Things **we could both or all** do:

-
-
-

It could make a positive difference, if I'd adjust my attitude and be willing to...

It would be good if we'd both (or all) be willing to...

STEP 5

DISCUSS. Talk about your responses from Step 4, listen for ideas that would help resolve this issue, and then write 2 or 3 of your best ideas on the sticky notes below.

Idea One...

Idea Two...

Idea Three...

STEP 6

PRIORITIZE. Next, talk about which idea seems best and **circle your top pick.**