

# Marriage & Family

## Conflict Resolution Worksheet

1. I use language that wouldn't put a person on the defensive, such as telling my feelings rather than blaming or accusing.  
\_\_\_\_\_ I'm really good at this!  
\_\_\_\_\_ I'm okay at this.  
\_\_\_\_\_ I really need to work on this!
2. I am not immediately defensive when my spouse brings up an issue or problem.  
\_\_\_\_\_ I'm really good at this!  
\_\_\_\_\_ I'm okay at this.  
\_\_\_\_\_ I really need to work on this!
3. I speak kindly to my spouse (no sarcasm or name-calling).  
\_\_\_\_\_ I'm really good at this!  
\_\_\_\_\_ I'm okay at this.  
\_\_\_\_\_ I really need to work on this!
4. I will apologize.  
\_\_\_\_\_ I'm really good at this!  
\_\_\_\_\_ I'm okay at this.  
\_\_\_\_\_ I really need to work on this!
5. I take time to listen to what my spouse is saying. (I'm not just thinking about what I'm going to say next while he or she is talking).  
\_\_\_\_\_ I'm really good at this!  
\_\_\_\_\_ I'm okay at this.  
\_\_\_\_\_ I really need to work on this!
6. I stay engaged with my spouse and don't just shut down and not try to talk things out.  
\_\_\_\_\_ I'm really good at this!  
\_\_\_\_\_ I'm okay at this.  
\_\_\_\_\_ I really need to work on this!

Material comes from *Alabama Marriage Handbook*, 14.