



Conflict Resolution Checklist: A Step-by-Step Guide

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Conflict in relationships is not only normal but can actually be healthy when handled properly. The key is having a structured approach that ensures both partners feel heard, understood, and respected throughout the process.

Before the Conversation

✓ Check Your Emotional State

Are you calm enough to have a productive conversation?

✓ Choose the Right Time

Pick a moment when you're both available and not rushed.

✓ Set Your Intention

Remind yourself that the goal is understanding, not winning.

During the Conversation

Step 1: Start with a Soft Opening

Begin the conversation gently. Instead of diving straight into the problem, start with something positive or neutral. This sets a collaborative tone.

Step 2: Use "I" Statements

Express your feelings and needs without blaming your partner. "I feel frustrated when..." instead of "You always..."

Step 3: Practice Active Listening

When your partner is speaking, focus entirely on understanding their perspective. Don't interrupt or start formulating your response.

Step 4: Reflect and Clarify

Repeat back what you heard to ensure you understood correctly. "So what I'm hearing is..."

Step 5: Find Common Ground

Look for areas where you agree or have similar concerns. This helps build a foundation for finding solutions together.

Step 6: Brainstorm Solutions

Work together to come up with possible solutions. Be open to creative ideas and compromise.

Step 7: Agree on Next Steps

Decide on specific actions you'll both take to address the issue. Set a time to check in on your progress.

Red Flags to Watch For

■ Escalating Emotions

If either of you is getting too angry or upset, take a break.

■ Personal Attacks

Stay focused on the issue, not character flaws.

■ Stonewalling

If one partner shuts down, address this pattern first.

After the Conversation

✓ Follow Through

Do what you said you would do.

✓ Check In

Ask how your partner is feeling about the resolution.

✓ Celebrate Progress

Acknowledge when things are going well.

When to Seek Help

If you find that conflicts are becoming more frequent, more intense, or you're stuck in the same patterns, it might be time to seek professional help. A couples counsellor can provide additional tools and strategies tailored to your specific situation.

Heart of Peace Therapy

Online Couples Counselling UK

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