



SIX COMPONENTS

Each Relationship Category has a one-page summary that follows a standard format. The **Communication** and **Conflict Resolution** categories are used to illustrate the design.

- Brief definition of the category and what is being measured
- Individual scores for the couple are summarized and graphed
- Positive Couple Agreement (PCA) graphed along the continuum from Growth Area to Strength
- Response scale from “Strongly Disagree” to “Strongly Agree”
- Actual items and responses for each individual listed by couple result
- Suggested PREPARE/ENRICH Exercises from the Workbook for Couples

When listing the items and responses, each statement has a (+) or (–) sign in front of it.

- Positive items (+) indicate healthy or positive statements about couple relationships.
- Negative items (–) indicate unhealthy or negative statements about couple relationships.

COUPLE’S RESPONSES

A couple’s response to each item is compared and categorized as follows:

- **Positive Couple Agreement** – partners agree with one another in a healthy direction
- **Disagreement** – partners disagree with one another by two or more points on the five-point scale
- **Indecision** – one or both partners are undecided, as indicated by a number 3 response, and the other partner is within one point of this either way
- **Special Focus** – partners agree it is an area of concern

BALANCING YOUR FEEDBACK

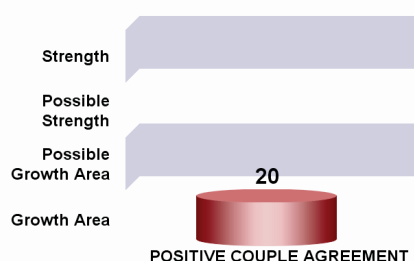
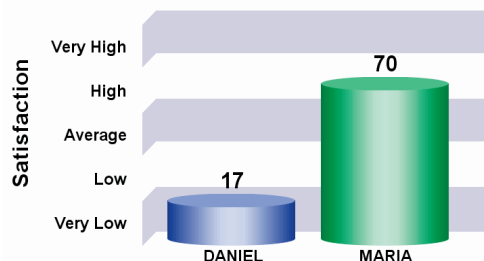
Share **both strength and growth areas** with couple. For each category, help couples discuss 1–2 Positive Couple Agreement items (Strengths) and 2–3 Disagreement, Indecision, and Special Focus items (Growth Areas).



COUPLE EXERCISE TEN STEPS FOR RESOLVING CONFLICT

Communication

The **Communication** category measures how couples feel about the quality and quantity of communication in their relationship. It explores how they share feelings, understand, and listen to one another.



Daniel appears to be very concerned about the quality of their communication and feels they have few strengths in this area.

Maria feels positive about their communication and how they share feelings and listen to one another.

Growth Area: The couple disagrees or shares mutual concern about most items in this category. Help them discuss 1-2 Agreement items and 2-3 of the Disagreement, Indecision, or Special Focus items listed below. By practicing and learning new communication skills, such as assertiveness and active listening, they can improve their relationship.

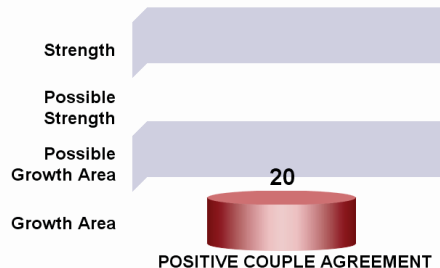
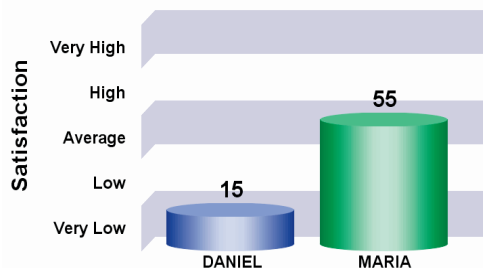
Strongly Disagree 1	Disagree 2	Undecided 3	Agree 4	Strongly Agree 5
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Daniel	Maria	Positive Couple Agreement (20%)
2	1	- I wish my partner were more willing to share his/her feelings with me.
1	1	- Sometimes I have trouble believing everything my partner tells me.
		Disagreement (50%)
5	1	- At times it is hard for me to ask my partner for what I want.
2	5	+ I can express my true feelings to my partner.
4	2	- It is difficult for me to share negative feelings with my partner.
2	5	+ My partner is a very good listener.
1	3	- When we are having a problem, my partner often refuses to talk about it.
		Indecision (20%)
2	3	+ I am very satisfied with how my partner and I talk with each other.
3	2	- My partner sometimes makes comments that put me down.
		Special Focus (10%)
4	4	- My partner often doesn't understand how I feel.

PREPARE/ENRICH Exercises: *Creating a Wish List using Assertiveness & Active Listening, Daily Dialogue, and Daily Compliments*

Conflict Resolution

The **Conflict Resolution** category looks at a couple's ability to discuss and resolve differences. It measures how effectively couples share opinions, ideas, and feelings, even during times of conflict.



Daniel appears to be very concerned about their ability to discuss and resolve differences, and feels they have few strengths in this area.

Maria feels generally good about their conflict resolution, but has concerns about some aspects of their ability to discuss and resolve differences.

Growth Area: The couple disagrees or shares mutual concern about most items in this category. Help them discuss 1-2 Agreement items and 2-3 of the Disagreement, Indecision, or Special Focus items listed below. By learning and practicing new skills such as the 10 Steps for Resolving Conflict, they can improve their relationship.

Strongly Disagree 1 Disagree 2 Undecided 3 Agree 4 Strongly Agree 5

Daniel	Maria	Positive Couple Agreement (20%)
2	2	- At times my partner does not take our disagreements seriously.
2	1	- Sometimes we have serious disputes over unimportant issues.
Disagreement (60%)		
5	3	- At times I feel some of our differences never get resolved.
1	5	+ Even during disagreements, I can share my feelings and ideas with my partner.
3	1	- I go out of my way to avoid conflict with my partner.
5	1	- To end an argument, I tend to give in too quickly.
4	2	- When we argue, I usually end up feeling responsible for the problem.
1	3	+ When we discuss problems, my partner understands my opinions and ideas.
Indecision (10%)		
3	2	- To avoid hurting my partner's feelings during an argument, I tend to say nothing.
Special Focus (10%)		
5	4	- My partner and I have different ideas about the best way to solve our disagreements.

PREPARE/ENRICH Exercises: *Ten Steps for Resolving Conflict, How to Take a Time-Out, Seeking and Granting Forgiveness*



CONFLICT RESOLUTION

"Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way – that is not easy." —Aristotle

TEN STEPS FOR RESOLVING CONFLICT

All couples have differences and disagreements. Studies show the amount of disagreements are not related to marital happiness as much as how they are handled. Happy couples do not avoid disagreements; they resolve them while remaining respectful of each other, thereby strengthening their relationship. This Ten Step Model is a simple, but effective way to resolve conflict while avoiding the common and destructive patterns. Use this model with an ongoing issue in your relationship, as well as future issues.

1. **Set a time and place for discussion.**

2. **Define the problem.** Be specific. _____

3. **List the ways you each contribute to the problem.**

Partner 1: _____

Partner 2: _____

4. **List past attempts to resolve the issue that were not successful.**

1) _____ 3) _____

2) _____ 4) _____

5. **Brainstorm 10 possible solutions to the problem.** Do not judge or criticize any of the suggestions at this point.

1) _____ 3) _____

3) _____ 4) _____

5) _____ 6) _____

7) _____ 8) _____

9) _____ 10) _____

6. **Discuss and evaluate each of these possible solutions.** Be as objective as possible. Talk about how useful and appropriate each suggestion feels for resolving your issue.

7. **Agree on one solution to try:** _____

8. **Agree how you will each work toward this solution.** Be as specific as possible.

Partner 1: _____

Partner 2: _____

9. **Set up another meeting to discuss your progress.**

Place: _____ Date: _____ Time: _____

10. **Reward each other for progress.** If you notice your partner making a positive contribution toward the solution, praise his/her effort.