



7 STEPS TO RESOLVE CONFLICT WITH YOUR PARTNER

Feel seen, Heard and Understood

1. Create an enabling environment

The right time and place to have a conversation can make all the difference in the world. Maintaining eye contact, respectful tones, and your undivided attention are key to having a productive and meaningful conversation.



2. Choose to focus on one topic at a time.

For example, I am overwhelmed with house chores and work from home, which leaves me little time for self-care.

3. Express your honest point of view

Here we must practice understanding which is accepting our partner's perspective as valid, even if we disagree.

4. Focus on what you want not what you want your partner to do.

For example: I would like more time during the week to practice self-care.

5. Brainstorm solutions to the problem together.



6. Choose one solution at a time and put it to practice.

7. Always check in with your partner to see if the problem is resolved. If not, pick another possible solution.

Repeat this process as often as necessary until you find a solution that works for both of you.
Wishing you the best!

If you would like to accelerate your healing and improve your relationship, feel free to send me a direct message, and we can chat.#Coach Ruth