

CATEGORY 9

# Communication & Conflict Resolution

## Couples Discussion Guide

### INSTRUCTIONS

Complete your side independently first. Be honest — not diplomatic. Then share with your partner and discuss. The goal is understanding, not agreement.

### QUESTION REFLECTION

For each question, write your honest answer in 1–3 sentences.

**1. Are you capable of honestly expressing your feelings without attacking your partner's character?**

Him:

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Her:

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**2. Are you able to listen without interrupting whenever your partner is talking?**

Him:

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Her:

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**3. Do you become impatient easily when asked to repeat or clarify your thoughts?**

Him:

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Her:

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**4. Do you yell or swear or engage in vulgarity when communicating?**

Him:

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Her:

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**5. How open will you be in discussing your disagreements and disappointments?**

Him:

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Her:

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**6. How will you react or respond when hurt by your partner?**

Him:

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Her:

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**7. Will you become explosive or withdraw in silence?**

Him:

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Her:

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**8. Will you stonewall or discuss the issue?**

Him:

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Her:

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**9. How did your family resolve conflict when you were growing up?**

Him:

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Her:

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**10. Was that a good pattern or not?**

Him:

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Her:

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**11. What would you change about the way they resolve conflicts to apply to our marriage?**

Him:

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Her:

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**12. Do you have good listening skills?**

Him:

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Her:

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**13. How important is listening to what your partner has to say?**

Him:

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Her:

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**14. Will you listen to reply, with an agenda or to learn and understand?**

Him:

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Her:

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**15. What does it mean to have honest conversation?**

Him:

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Her:

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## AFTER THE DISCUSSION — Complete Together

The answer that surprised me most from my partner was:

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One expectation I now understand about my partner that I didn't before:

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One thing I am committing to do differently based on this conversation:

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## ALIGNMENT RATING

*Circle one for each:*

**How aligned are we in our communication and conflict resolution styles?**

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

**How satisfied am I with how we handle disagreements?**

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

## OUR AGREEMENT

*Write one shared commitment based on what you discovered in this category:*

**"In the area of Communication and Conflict Resolution, we agree to:**

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"

**Signed:** \_\_\_\_\_ **&** \_\_\_\_\_

**Date:** \_\_\_\_\_