

# CONFLICT RESOLUTION COURSE

## Pre-Course Assessment

### Where Is Your Marriage Right Now?

Rate each area 1–5. (1 = Struggling, 5 = Strong)

- We can discuss disagreements without escalating into heated arguments.

\_\_\_\_\_

- We know how to resolve conflicts in a way that brings us closer. \_\_\_\_\_
- When we disagree, we listen to understand — not just to respond. \_\_\_\_\_
- We handle conflict without resentment building between us. \_\_\_\_\_
- We can disagree and still feel safe with each other. \_\_\_\_\_
- Our conflicts are resolved with grace and mutual respect. \_\_\_\_\_

Our marriage during conflict right now in one sentence:

\_\_\_\_\_

My biggest conflict challenge with my spouse:

\_\_\_\_\_

\_\_\_\_\_

Signed: \_\_\_\_\_

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