

# CONFLICT RESOLUTION COURSE

## Post-Course Assessment

### Where Is Your Marriage Right Now?

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

- We can now discuss disagreements without them escalating. \_\_\_\_\_
- We have learned techniques that resolve conflicts and bring us closer.  
\_\_\_\_\_
- We listen to understand — and our spouse feels truly heard. \_\_\_\_\_
- Conflicts no longer leave resentment between us. \_\_\_\_\_
- Even during disagreements, we feel emotionally safe with each other. \_\_\_\_\_
- We handle conflict with grace, respect, and genuine resolution. \_\_\_\_\_

Our marriage during conflict now in one sentence:

\_\_\_\_\_

The biggest conflict shift this course produced in us:

\_\_\_\_\_

\_\_\_\_\_

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

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