

COMMUNICATION / WORKSHEET

Couples Conflict Resolution Worksheet

Work through one disagreement with a pause plan, two perspectives, and a repair that names what will change.

5 pages | 25 minutes when calm

A good way to use this

1. Use this after the intensity has dropped, not to force a conversation mid-argument.
2. Each person completes their own perspective before you compare.
3. Choose one workable next step; leave unresolved points named rather than pretending they are settled.

Inside your resource

02 Set your ground rules

04 Own a repair you can make

03 Put both stories on the page

05 Decide what happens next

Use this only when both people can participate freely. If there is fear, coercion or abuse, seek individual support rather than trying to resolve it with a joint worksheet.

Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / Couples Conflict Resolution Worksheet

Set your ground rules

Agree on how to stop the conversation if it becomes unproductive. The purpose is understanding and a next step, not getting a confession or proving who is the better partner.

EXAMPLE "We will talk about Saturday's plans, not every past holiday. Either person can ask for a pause. We will not block the door or demand an immediate answer."

01 How will we keep this to one topic and take turns?

Our notes / the named person's response

02 Which behaviors mean we stop immediately, such as insults, threats or following someone?

Our notes / the named person's response

03 What pause phrase and proposed return time work for both of us?

Our notes / the named person's response

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02 / Couples Conflict Resolution Worksheet

Put both stories on the page

Describe the same event separately. Keep the facts you agree on distinct from interpretations. Neither column needs to win for the next conversation to be useful.

EXAMPLE One person may experience a changed plan as flexibility; the other may experience it as being left out. Ask what the change meant before debating whether the feeling is reasonable.

01 The part of the event I directly observed was...

Partner A

Partner B

02 I interpreted it as... and felt...

Partner A

Partner B

03 The need or concern I want my partner to understand is...

Partner A

Partner B

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03 / Couples Conflict Resolution Worksheet

Own a repair you can make

Name your own behavior and its effect without adding a "but you" clause. An apology does not require immediate forgiveness. The person who was hurt can ask for space or decline touch.

EXAMPLE "I interrupted you and rolled my eyes. That made it harder for you to finish. I am sorry. I will hear you out now if you want to continue."

01 Something I did that made this harder was...

Partner A

Partner B

02 The impact I can acknowledge, and what I wish I had done instead:

Partner A

Partner B

03 A repair I can offer without demanding reassurance in return:

Partner A

Partner B

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04 / Couples Conflict Resolution Worksheet

Decide what happens next

Not every disagreement has a perfect compromise. Look for an agreement both people freely accept, or name the question you need more time or help to address.

EXAMPLE "We still have different preferences about weekends. For the next two weeks, we will agree one shared plan by Thursday and leave the rest open."

01 One point we understand better, and one point still unresolved:

Our notes / the named person's response

02 Our next step, who will do what, and by when:

Our notes / the named person's response

03 Our review date, and what we will try if the agreement does not work:

Our notes / the named person's response

Keep a little time for each other.

Use the Connected Couples App's daily question to make room for ordinary conversations between harder ones. Free mood check-ins can help you share how you are arriving today.