

COUPLES CONFLICT RESOLUTION TOOL
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1) STATE THE FACTS

Who, What, When, Where

1. **Who:**

2. **What:**

3. **When:**

4. **Where:**

2) MAKE A JUDGMENT (Head)

A Judgment is: "I Think I... and I Think You.....Statement."

A. ABOUT (self)

I think I...

B. ABOUT (other person)

I think you...

3) STATE FEELING(S) (Heart)

MAD, SAD, AFRAID, GLAD

I feel...

4) SAY WHAT YOU "WANT"

1. I WANT TO BE HEARD (Necessary first step)

2. WHAT I WANT TO BE DIFFERENT....

MIRROR (WHAT I SEE IN YOU, I SEE IN ME - as it relates to your judgment in #2B)