**Relationship Conflict Resolution Worksheet**

**Get in Touch With Your Feelings:**
An essential component of conflict resolution involves only you. It is about knowing what you feel addressing the problem you think should be resolved. Remember that you need to acknowledge; your feelings first, how you thought about this, and that.

**Active Listening Skills.**

Listen to each other carefully; active listening is all about not only just listening with ears; it's about the inner eye too. Active listening involves self-awareness and self-exploration. Then, you let the other person's problems be heard and catered to.

**Practice Assertive Communication.**

Use “I statements” rather than doubtful ones, be assertive but not aggressive. There is a fine line between these two. Effective communication is the key to building good relationships. Talk to your partner or anyone you have a conflict with about your needs and ask them to tell you what you expect.

**Seek a Solution.**

Once you understand the other person’s perspective, and they understand yours, it’s time to find a resolution to the conflict—a solution you both can live with—a middle ground. Focus on one thing at a time, don’t bring out past issues and fights.

**Know When It's Not Working.**

An intelligent and innovative way to avoid conflict is to take a break for some time, rather than coming to any negative or taking extreme measures, distance yourself from that person.