

Removing Relationship Disturbances

Existing relationship disturbances can negatively impact finding an appropriate conflict resolution.

Ask each partner to complete the following tables:

Begin by identifying existing disagreements and conflicts in your relationship and the emotional reactions that accompany them.

To help with this exercise, think about times when you experienced hurt, upset, anger, insecurity, and fear.

Number	What do we disagree about?	How do I emotionally react?	How does my partner emotionally react?
1			
2			
3			
4			
5			

Next, consider what you could do to remove such disturbances.

Be specific. What actions could you take working together to resolve the problem causing these emotional reactions?

Plan to eliminate emotional disturbances:

Disagreement Number	Steps needed