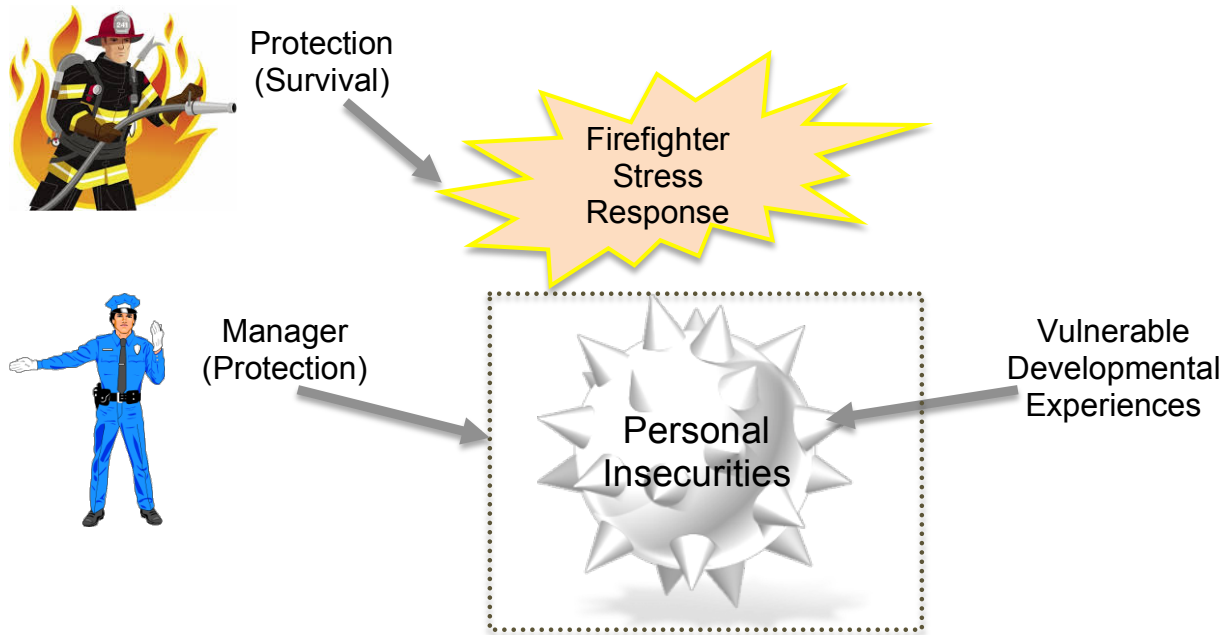


Conflict Resolution for Couples



Dismantle landmines by:

1. Self Attunement and Regulation
 - a. Recognizing your firefighter stress response and insecure manager's thoughts/behaviors
 - b. Assess life or death/end of the world threshold for firefighter stress response
 - c. Identifying feeling(s) and need(s)
 - d. Mindfulness practices, such as deep breathing
 - e. Appreciate firefighter and manager
2. Recognize that conflict can be constructive, providing deeper connection rather than disconnection
 - a. Recognize there is a conflict or disagreement and that you have received an invitation to a conversation
 - b. Commit to being a curious learner in the conflict
 - i. Recognize your opinion/perspective is not the only correct one
 - ii. Provide space for your partner to contribute to the conversation (don't assume you know best or all there is to know about the situation)
 - iii. Honestly listen to what your partner is saying as something worth considering
 - c. Talk about the situation, not your partner (avoid blaming)
 - d. Give your partner the benefit of the doubt/unconditional positive regard
 - e. Don't take responsibility for their feelings
3. Know that the conflict doesn't have to end in agreement
4. If you are the one reacting to your partner's behavior/attitude/etc., recognize this issue may be a trigger for your vulnerable developmental experiences
 - a. Self-reflect on why this situation is triggering – what might it connect to from your development?
 - b. Note the messages your manager tells your self around this issue
 - c. Be compassionate toward your manager and your self around this issue
5. Don't take anything your partner does personally
 - a. Their way of being is about them, not you
 - b. They have their own insecurities that are triggered by you
 - c. Work toward being a resource to help them recognize and work through their insecurities – attend to their vulnerable developmental experiences



Remember 8 c's of self leadership: curious, communicative, courageous, connectedness, compassionate, confidence, creativity, clarity.