

7 STEPS

TO GROW CONNECTION OUT OF CONFLICT

From Mad About Us: The Surprising Truth About Intimacy by Gary J. Oliver, PhD. The Center for Relationship Enrichment at John Brown University

1. Define the _____, Seek _____

What is the issue?

What is the other person's core concern?

What is MY core concern?

2. How _____ is it?



3. Do I need to apologize or ask for forgiveness?

Follow the format of an apology -

I was _____.

I am _____.

Please _____ me.

4. Ask yourself "What is _____ contribution to the problem?"

Own your actions!

Make adjustments to develop healthy connection.

5. Choose what _____ can do differently.

What are a few options or ways you can do things differently?

6. Choose what _____ can do differently.

What are a few options or ways we both can do things differently?

7. Pray about it and then change the cycle!