

## Marital Conflicts Questionnaire

Conflict is inevitable in a long-term relationship made up of two people with their own needs, idiosyncrasies, and values (Gottman& Silver, 2018).

Use the answers to the following questions to understand the conflict and how it is typically resolved.

Once complete, share with your partner for discussion during counseling:

### Situation 1:

**What is the conflict/problem?**

**When does it usually arise?**

**How is it usually resolved (if it is)?**

**How do you feel when it arises?**

**Situation 2:**

**What is the conflict/problem?**

**When does it usually arise?**

**How is it usually resolved (if it is)?**

**How do you feel when it arises?**

**Situation 3:**

**What is the conflict/problem?**

**When does it usually arise?**

How is it usually resolved (if it is)?

How do you feel when it arises?

## References

- Gottman, J. M., & Silver, N. (2018). *The seven principles for making marriage work*. London: Seven Dials an imprint of Orion Publishing Group.

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