

## Resolving Marital Conflicts Questionnaire

Conflict is inevitable in any long-term relationship. After all, when we enter marriage, we each bring a unique set of needs, idiosyncrasies, and values that make up who we are (Gottman & Silver, 2018).

Use this spreadsheet before or during therapy to consider the effectiveness of the existing coping strategy and, if needed, agree on an alternative approach:

Name the conflict	Current coping strategy	Effectiveness	Agreed future strategy

Review the sheet over the weeks that follow to understand the effectiveness of the new coping strategies.

### References

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