

## Agree to a Win-Win Mindset

Finding a better outcome to conflict requires adopting a win-win mindset. Rather than asking the question, *how do I get what I want?* ask *how can we get what we want?*

Yet this change in approach requires a commitment from both partners to find solutions to problems leading to mutual satisfaction.

To achieve a win-win outcome from conflicts, we need to commit to the mindset that we want to reach satisfactory results from all aspects of our relationship.

Each partner must sign-up to the following.

**Partner one:**

I \_\_\_\_\_ commit to adopting a win-win mindset where I work towards outcomes from current and future disagreements so that we both get what we want and need.

**Partner two:**

I \_\_\_\_\_ commit to adopting a win-win mindset where I work towards outcomes from current and future disagreements so that we both get what we want and need.

Once signed, put the sheet somewhere visible in the house to remind you both that a new mindset is required throughout your relationship for now and the future.

Dr. Jeremy Sutton