

Listening With Purpose

To understand what a 'win' means for the other person during conflict or a disagreement, it is essential to listen well, forming a deep understanding of their needs, hopes, fears, and wishes.

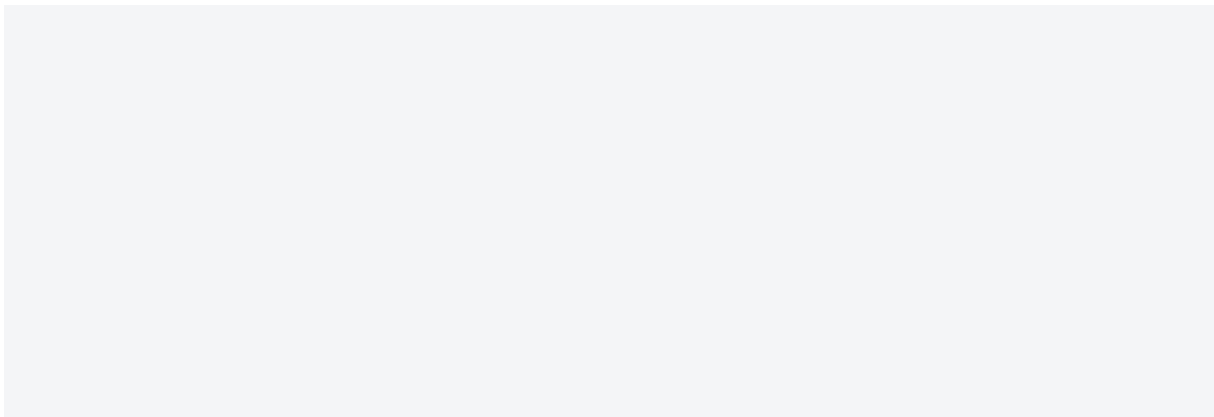
Use this worksheet to capture what *winning* looks like for both partners in a relationship.

The couple should take some time, preferably in a place that they both feel safe and comfortable, to discuss what outcome they would like from the existing disagreement.

Without judgment and allowing each person the opportunity to talk openly, they should be able to share what they want. Remember there is no right or wrong answer, only a true reflection of needs.

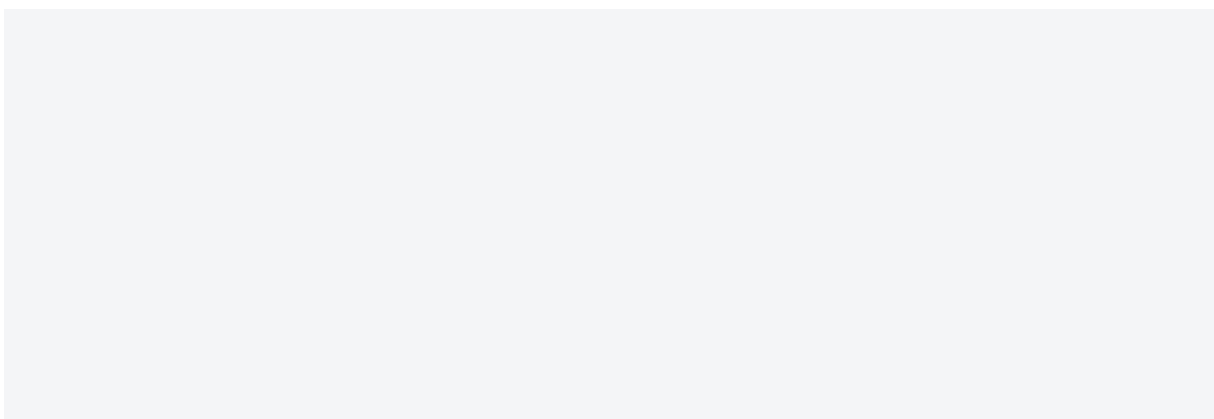
Partner one

My win would look like the following:



Partner two

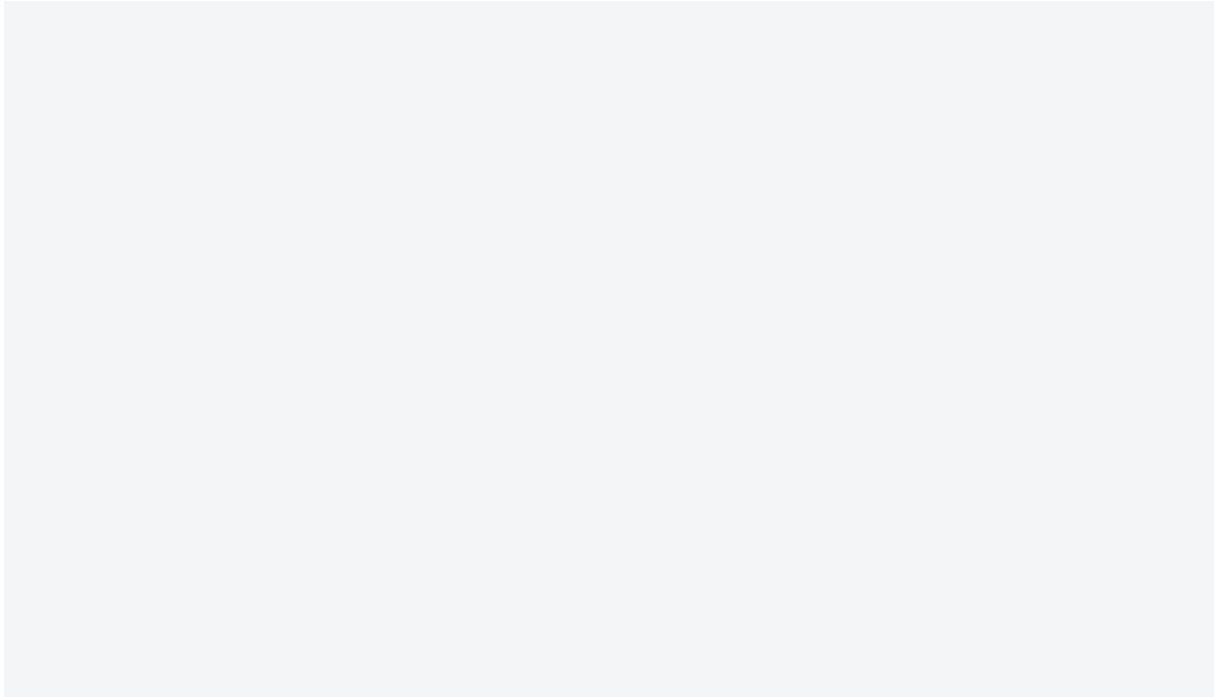
My win would look like the following:



Read both answers out loud and look for commonality.

Then capture a set of actions that meet what both partners want, starting with ones that are shared:

Steps to take



Dr. Jeremy Sutton