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**Love Recon Conflict Management Guidelines**

**1. Set a time and place for the discussion:**

Day and Time: \_\_\_\_\_ Place: \_\_\_\_\_

**2. Agree on and identify one problem.**

Problem:

**3. Both of you list the ways YOU contribute to the problem:**

**What He Does:**

**What She Does:**

**4. Both of you share why resolving this problem is important to YOU.**

**Why it's important to her and how she would feel if this were solved:**

**Why it's important to him and how he would feel if this were solved:**

**5. Brainstorm.** List as many as you can think of no matter how outlandish. Don't evaluate or disqualify any of them at this point.

**6. Discuss and evaluate each of the possible solutions.**

**7. Both of you share your favorite solution.**

**Her favorite solution:**

**His favorite solution:**

**8. Agree on one solution to try.**

Our mutually agreed upon solution is:

**9. How will each of you work toward this agreed upon solution?**

What she will do:

What he will do:

**10. Check back in to assess progress.**

How He sees the progress

How She sees the progress

What adjustments, if any, do we need to make?

**Celebrate!** Take time to celebrate when you agree upon the solution to try. Celebrate each time you make progress toward resolving the issue. Little celebrations like high fives and victory dances or bigger rewards like dinner out, it doesn't matter as long as you have fun and enjoy it. List your favorite ways to celebrate below: