

## Conflict Resolution/Problem Solving

1. Conflict is not a good thing in marriage.
  - a. agree
  - b. disagree
2. When we disagree, my first reaction is to
  - a. argue verbally
  - b. use the "silent treatment"
  - c. give in
3. When we disagree about something
  - a. one of us usually "wins"
  - b. both of us end up giving a little to reach an agreement
  - c. Neither of us budes and so some issues don't get resolved
  - d. sometimes a, sometimes b, and sometimes c--depending on the issue
4. A tactic I use when we argue is
  - a. mentioning a previous relationship
  - b. bringing up past mistakes
  - c. not saying anything
  - d. sarcasm
  - e. raising my voice/intimidation
  - f. crying/pity
  - g. other
  - h. I **never** use unfair tactics in conflict
5. I can think of a time when my spouse has been supportive as I have struggled with a problem involving someone or some issue outside of our relationship.
  - a. agree
  - b. disagree
  - c. I usually work out such problems on my own
6. My spouse has sometimes offered information that has helped me resolve an issue I was struggling with.
  - a. agree
  - b. disagree
  - c. I usually work through those issues on my own
7. My spouse has confronted me on more than one occasion regarding something I had been ignoring or avoiding.
  - a. agree
  - b. disagree
8. My spouse at times has suggested other resource people who might be able to help me with a problem I'm having (like a doctor, counselor, pastor, consultant, etc.).
  - a. agree
  - b. disagree
9. We know where we would turn if we needed help resolving marriage/family problems.
  - a. agree
  - b. disagree
  - c. we address our problems ourselves