

LOVE for Conflict Resolution

Practice Problem Solving/ Conflict Resolution at home using the LOVE intervention this week.



1. Choose a calm time and place with just the two of you to discuss a SOLVABLE problem. If you can videotape it and review it, that is recommended.
2. Choose one *specific* solvable issue for discussion, do not bring up all of the problems in your relationship at once.
3. Use LOVE principles for Conflict Resolution. Here is a summary of these principles:

L: Listen and Repeat. Break up negative patterns by listening to your partner and repeating a short summary of what he or she said before you make your point.

O: Observe your effects. What we intend for a communication to say is not always the impact the communication has. When you see that your partner has responded in a way that indicates a misunderstanding, stop and say, “I feel like I didn’t communicate as clearly as I would like. What I meant to say was ...” Avoid negative triggers.

V: Value your partner. Say something valuing. Don’t forget to be valuing non-verbally as well. In all your interactions strive to value your partner and never devalue your partner.

E: Evaluate both partners’ real interests. This is a method of conflict resolution advocated by Harvard’s Fisher and Ury in “*Getting to Yes: Negotiating agreement without giving in.*” Go beyond what your partner said and identify the real interests you are trying to meet. If you can identify your interests you can often find many solutions that meet both interests.

4. Come up with 3-5 potential solutions to your problem.
5. Agree on one solution to try and specify the period for how long you will try it (and what each person will be responsible for during this trial period).
6. Set a date, time, and place to reevaluate your progress and see if this solution is working, or if you need to pick another option to try.

Discussion Questions

What obstacles do you usually face in solving problems?

What might make it different this week? What could you do?

What principles for conflict resolution do you see in this intervention that you could use when you need to resolve a problem?

Contract with each other to use the LOVE principles when you need to resolve a solvable problem in your relationship. Sign below.

I _____ contract to use the LOVE principles to solve problems in our relationship.

I _____ contract to use the LOVE principles to solve problems in our relationship.

Share 2 hopes for your relationship with your partner this week.

(Fisher & Ury, 1991; Life Innovations, 2008; Worthington, 2005)