

Constructing Our 'We Statement'

Our 'We Statement' _____

7. What aspects of this issue do we agree on or are we close to agreeing about?

6. What would need to happen for my spouse to be satisfied is:

5. In what way(s) do we feel differently about this issue, but recognize that it doesn't have to impact decision making.
We need to stop arguing about _____ and focus on _____

4. Do we have history regarding this disagreement or conflict that we need to contain in order to work on a (new) resolution?

3. What are our shared beliefs and/or feelings regarding this issue?

2. What are our shared goals regarding this core issue?

1. What is the conflict, and 'Core Issue(s)' underlying the conflict, we are addressing?

We have conflict, that **we** want to resolve together

