

Building a We-Statement

Our we-statement

Part 1: _____

Part 2: _____

<p>7. What aspects of this conflict do we agree on or are we close to agreeing on?</p>
<p>6. What would need to happen for my spouse to be satisfied is:</p>
<p>5. In what way(s) do we feel differently about this issue but recognize that it doesn't have to impact creating a resolution?</p> <p>We need to stop arguing about ____ and focus on ____</p>
<p>4. Do we have history regarding this disagreement or conflict that we need to contain or put aside?</p>
<p>3. What are our shared beliefs and/or feelings regarding this/these core issue(s)?</p>
<p>2. What are our shared goals regarding this conflict or core issue?</p>
<p>1. What is the conflict and corresponding 'Core Issue(s)' underlying the conflict, we are addressing?</p>