

communication conflict management

This worksheet is a simple tool designed to assist you in developing your personal skills to better manage your current situation.

If you are having problems understanding the content of the worksheet or with the topic and would like further support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

Communication in your relationship is like doing maintenance work – keeping it up, and not waiting until the relationship has broken down or collapsed. That is often too late.

Relationships are vitally important, and often, when a problem occurs in relationships, it is about both parties- it is about 'us'. Unresolved conflict can damage relationships. In good relationships couples work out a way of discussing difficulties so that the issues don't keep coming back.

The use of 'we' statements can be helpful. 'We' statements are a form of communication where both parties are considered.

Exercise

Think about something you repeatedly argue about. Sometimes it's good to start off with a 'little' thing.

Step 1

What is the issue or the situation you are dealing with?

(Tip: Just pick one small issue. The best outcomes are achieved when you ONLY deal with the problem at hand. Do not bring in other complaints as it gets too hard and often doesn't solve ANY problem.)

[Example: We can't agree who is taking out the rubbish bins.]

Step 2

What is my point of view about the issue? [Example : I want to relax after work]

Step 3

What might be the other person's point of view about the situation? [Example: They don't like the smell of rubbish]

Step 4

How is this impacting on both of you? [May be different to 2 and 3]. [Example: Even though the bins are overflowing no one takes out the bins]

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Step 5

If you were an observer of this situation, including both perspectives, what would you advise?

1. Yourself *[Example: Structure time to relax as well as taking the bins out]*
2. The other person *[Example: Take bins out before they smell]*
3. Both of you together *[Example: Take bins out regardless of your personal concerns and/or make a roster to take the bins out]*

Yourself

The other person

Both of you together

This is a problem solving situation, so by listening, looking and thinking about the situation from a few angles, you both give and take. By observing and thinking in terms of "WE", trust, respect and equality can be engendered.



This worksheet is part of a series on anger management, communication and self care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78.

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