Conflict in marriage is normal. Marital disagreement is the way in which one partner attempts to show the other he or she is a person with unique thoughts and feelings. It is an attempt to be understood, accepted, and respected. It is also the barometer on how you’re growing as a couple.

Answer the following questions concerning conflict management in your marriage. When you have completed the worksheet, discuss your answers with your spouse.

1. Can my partner trust me with his or her thoughts and feelings?
   All of the time  Most of the time  Almost never  None of the time

2. Do I provide a safe environment in which my spouse can express his or her concerns?
   All of the time  Most of the time  Almost never  None of the time

3. Do I care more about being right than about my spouse’s feelings?
   All of the time  Most of the time  Almost never  None of the time

4. Can my spouse trust me to listen to his or her concerns without becoming defensive?
   All of the time  Most of the time  Almost never  None of the time

5. Does my spouse know I value him or her even when we disagree?
   All of the time  Most of the time  Almost never  None of the time

6. Do I understand that how we resolve conflicts will directly reflect on the success of our marriage?
   All of the time  Most of the time  Almost never  None of the time