

Brainstorming for Synergy

Compromise is essential in any relationship, particularly during conflict. Each partner must consider giving something up of similar value so that they meet somewhere in the middle.

Use this worksheet to encourage bouncing ideas off each other until the couple finds a win-win for both partners.

Often, resolutions to conflict and disagreement feel like a win to both parties – this is a win-win situation.

Remember, your goal is for mutual satisfaction.

Write down both partner's wins to the existing disagreement:

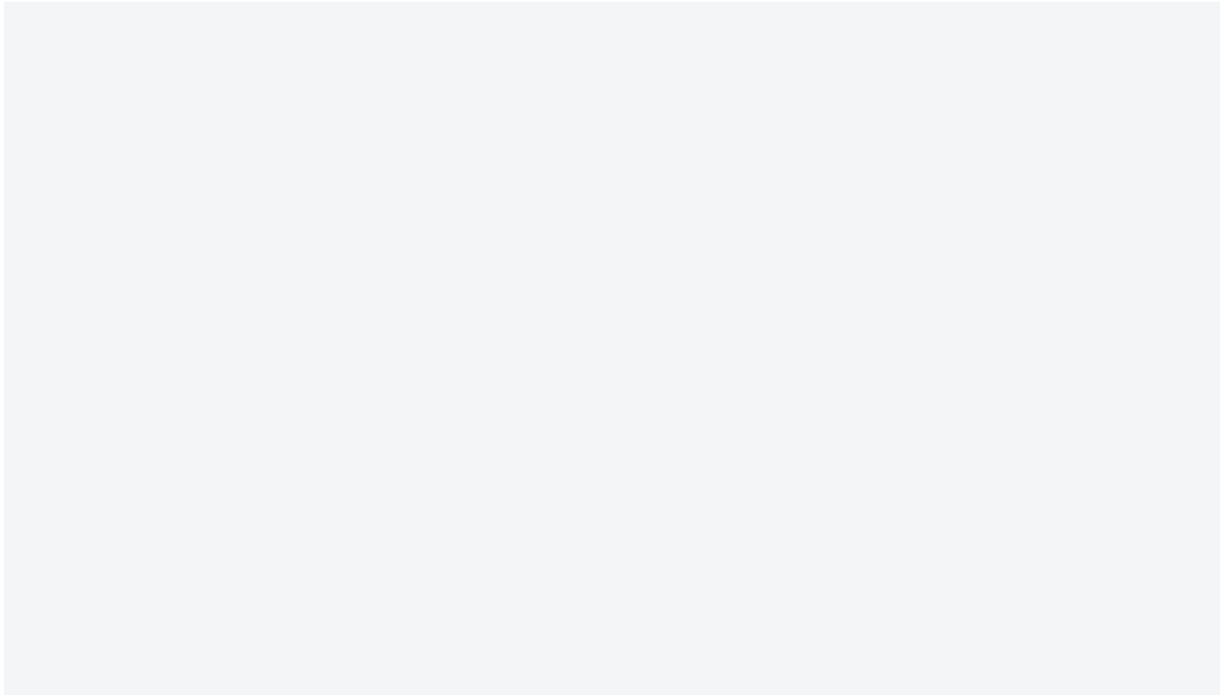
What is the disagreement about:

A win for partner one is that:

A win for partner two is that:

Begin listing thoughts and ideas—they don't need to be fully formed yet—that could resolve the situation. Take turns, writing them and drawing them, and connecting them if it helps:

Brainstorming ideas:



Now, together reflect on each idea non-judgmentally.

Write down only those ideas (expand on them if needed) that lead to a win-win situation:





Dr. Jeremy Sutton