

Conflict resolution

Work Through One Disagreement

Adults | 10 to 15 minutes

Choose a disagreement that both people can discuss freely. The goal is a clear understanding and a workable next step, not a winner or equal blame. Some differences need a limit or more time rather than compromise. If there is intimidation or fear, use individual support instead.

Choose one issue, agree on a way to pause, and consider options without requiring immediate agreement.

Understand the different needs

Describe the issue without adding every past conflict. Each person can name what matters and check the other's meaning. Separate needs from one preferred solution; transport reliability, for example, may have more than one workable arrangement.

Choose an honest outcome

Consider a trial agreement, a request for information, a boundary, or no agreement today. State who will do what and when to review it. Do not promise an action simply to end pressure, and do not demand compromise over safety or consent.

1. What single disagreement are we willing to discuss?**2. What does each person need understood, without assigning motives?****3. What feasible options respect both people's choices?****4. What agreement, boundary, pause, or next information will guide us?****Clinical use and adaptation**

Assess power, coercion, fear, and violence privately before conjoint use. Do not frame abuse as a shared conflict cycle or require compromise by a harmed person. Adapt communication and pacing. Refer for individualized safety or specialist support when a voluntary discussion is not appropriate.