

# Marriage Conflict Resolution Worksheets

## Frustrating behavior

(e.g. "When you are late and don't call.")

## Feeling

(e.g. "I feel angry.")

## Reactive behavior

(e.g. "I then withdraw.")

## Hidden fear/wound

(e.g. "To hide my fear of being unloved.")

## Global Desire

(e.g. "I want to feel that I matter to you.")

## Present Desire

(e.g. "I want you to be here on time.")

List below three behaviors that would satisfy that desire:

e.g. if you are going to be more than 30 minutes late, please call or text to let me know.

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