

Mind Calm Therapies

Website: https://mindcalmtherapies.co.uk
email: mindcalmtherapies@gmail.com

Tel: 07837 243514

Fight Less, Love More: Couple's Conversation Worksheet

Practical Tools for Calmer, Stronger Relationships

1. Set the Ground Rules
Before starting, both partners agree to:
☐ Keep conversation short (5–10 minutes)
☐ No interrupting or shouting
☐ Speak respectfully (no "always/never" accusations)
☐ Listen to understand, not to win
☐ End with appreciation, even if the issue isn't fully solved
2. Define the Issue
Take turns finishing these sentences (no blame, just facts + feelings):
• Partner A: "I feel when"
• Partner B: "I feel when"
3. Explore Needs & Perspectives
Each partner writes down what they need most in this situation.
Partner A's needs:
Partner B's needs:
(Example: "I need more predictability." / "I need to feel trusted.")
4. Solutions Brainstorm
Work as a team. Write down possible ideas (even silly ones—don't judge yet).
•
•
Circle 1–2 ideas you're both open to trying.
5. Agree on a Plan
We will try:
Start date: Review date:
6. Appreciation & Repair
End with one statement of gratitude or recognition.
Partner A appreciates Partner B for:
Partner B appreciates Partner A for:
(Example: "Thanks for listening." / "I appreciate your honesty.")

7. Quick Reminders from Fight Less, Love More

- Use "I feel" + "I need" instead of blame.
- Don't start **premature arguments** (pause until calm & clear).
- Compliment **character**, not just appearance.
- **Follow up** after important events ("How did your day go?").
- Repair quickly say "I'm sorry" and move on.