



Toolkit for Divorcing with Dignity
Conversation Starters #7: When Conflict Arises

Going through a divorce can be a conflictual time. During this period, a lot of important decisions must be made and if the couple has children, a business, or any other mutual affairs, other matters could come up. Talking about these decisions in a calm manner may prove to be more productive than if both partners are allowing their emotions to take over. Consider these prompts when it comes to conflict resolution, before and during, with your ex-partner:

- 1) How will we handle when a disagreement comes up?
- 2) How can we devise a plan to compromise when our schedule conflicts?
- 3) How can we move forward with as little negative impact on the children? It is important to continue to model a healthy relationship even after divorce.
- 4) Ask the other person what they perceive to be the problem and be sure you understand what they are feeling before responding.
- 5) Identify what the other person needs you to do and how they expect for you to do it.
- 6) Express your concerns regarding the conflict. See (TIP SHEET HIGH CONFLICT DIVORCE) for additional ways to handle conflict.