

## Dr. Wyatt Show Podcast

### Episode # 269

### How To Resolve Conflict In 7 Steps!

1-Partner A shares their experience of the conflict, including what happened for them, what they were feeling, and the core need it was tapping into. (Can't say you, always, or never).

2-Partner B summarizes back what their partner's experience was. (This is not agreeing with them but letting them know that you heard them). Then partner B must identify what they did that contributed to the conflict and made it worse. What was your part you can own? This is a silent step inside your head.

3-Partner B owns their part. "I own that I ....." (Without explaining why because then you're defending)

4-Partner B empathizes with how the part they own made their partner feel. "I can see how me doing X would have made you feel Y."

5-Partner B apologizes for how the part they are own made their partner feel. "I'm sorry for how me doing X made you feel Y."

6-Partner B makes amends by suggesting what they can do differently moving forward. "Moving forward how about I ....., What do you think? What else would you appreciate?"

7-Switch roles and do it all again.

Try this with a recent conflict you had then email me at [info@drwyattfisher.com](mailto:info@drwyattfisher.com) to let me know how it went!