

# Worksheet for Finding Mutual Strategies for More Satisfying Relationships

In NV/C, it is commonly understood that conflict is never between needs, but rather always between strategies. This worksheet is a tool for helping two people discover mutual strategies for getting needs met. We are much more likely to get our needs met when we focus on what we want, instead of what we don't want. Step 1: Choose a need that you would like to have met better in your relationship and write that in the **NEED(S)**: area. Step 2: Each person writes their suggested strategies in the outside part of the circles. Step 3: The two people discuss all of the strategies and find mutually satisfying strategies that they would like to try. Be on the lookout for creative strategies related to, but not identical to, the ones originally suggested. This same process could be used whether you are focusing on particular needs or just looking for strategies for enjoying your relationship more.

Person A: \_\_\_\_\_

NEED(S): \_\_\_\_\_

Person B: \_\_\_\_\_

