

My Relationship Difficulties

When we are experiencing conflict in our relationship, it can be difficult to know how we can resolve them. This is an activity to help us realise what we need from the people we are having difficulties with, supporting us to make amends.

Write down the names of the people you are having conflict with. In the second column, write what difficulties you are having, and the third column what you might need from that person to resolve them.

Person	Conflict	What do I need from them?
<i>[example: Jess]</i>	<i>[example: She is always on her phone and doesn't listen to me]</i>	<i>[example: Attention and listening]</i>

Looking at this table, do you think you would be able to communicate to the people around you what you need from them?

Do you think this would help your relationship?