Put Marital Conflict to R-E-S-T

REST is a conflict management tool that will help you resolve conflict in your marriage. The acronym REST stands for **R**eview the problem, **E**valuate your options, **S**olve the problem, and **T**rack your progress. Use this worksheet, along with this explanation of REST at www.imom.com/REST, to keep conflict from escalating out of control. Print a copy of this worksheet every time you and your husband have a problem that needs resolving.

R

REVIEW:

Clearly identify and state the problem.

The problem: _____

_____

Use the Drive-through Communication Method to discuss.

E

EVALUATE OPTIONS:

List three options to resolve the problem. Again, use drive-through method.

1. _____
2. _____
3. _____

S

SOLVE THE PROBLEM:

Choose one of the three options to put into action. Be open to compromise, especially if this is a big issue to your spouse.

Option: _____

T

TRACK PROGRESS:

Set a time to review the problem; Ideally, three days to two weeks after you have decided on a solution. Individually, rate where you are as a couple on the scale below. If the problem is not resolved, then discuss other options by working through REST again.

1 2 3 4 5

Worse Same Better

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