

A Guide For Couple Discussion of Power Struggles

- 1 Recall a recent/typical power struggle with your partner.
 - 2 What was your **style** of action/reaction? Why do you think you are right?
 - 3 What was your partner's **style** of action/reaction? Could it be she/he might be right too?
 - 4 What was your **underlying need**? What did you really want?
 - 5 To whom is the issue more important?
 - 6 Under which area of autonomy would this issue fall?
 - 7 Is this a negotiable issue for you or not?
 - 8 What mutually satisfying possibilities for resolving this struggle do you see for the future?
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