

5. What are your "I" messages for this problem? What are your feelings about this problem?

(If you have said, "Always", "Never", "Should", "Ought" or "I feel that....", go to jail, go directly to jail, do not pass go....)

6. Now BRAINSTORM. Write as many possible solutions to the problem as you can together. Use a separate piece of paper. At this point do not reject any solution proposed, no matter how unfair it may seem to one person, or outlandish and ridiculous, or unrealistic and impossible to do. The point of this step is to write as many solutions as possible. You will sort them out in the next step.

7. When you have finished the brainstorming part, go over all the solutions together and come up with ways to preserve and increase your relationship while at the same time meeting each other's needs. Circle the ones to be tried and write further comments (on another piece of paper, if needed).

8. Finish by blessing each other in the name of Jesus and invite His peace to rule in your relationship.