

Give It One More Chance

# Exercise O: The Art of Compromise

Week 5

## The Art of Compromise

### *Self-Work*

What are your core feelings, beliefs and values about this issue?

### *Couples-Work*

Help me understand your core feelings, beliefs and values about this issue. (Mirror without judgement)

Help me understand your flexible areas.

What, if anything, do we agree about?

What are our common goals?

How might these goals be accomplished?

What feelings do we have in common?

How can I meet your core needs?

Can we reach a temporary compromise?

A compromise that honors both our core needs and dreams is:

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