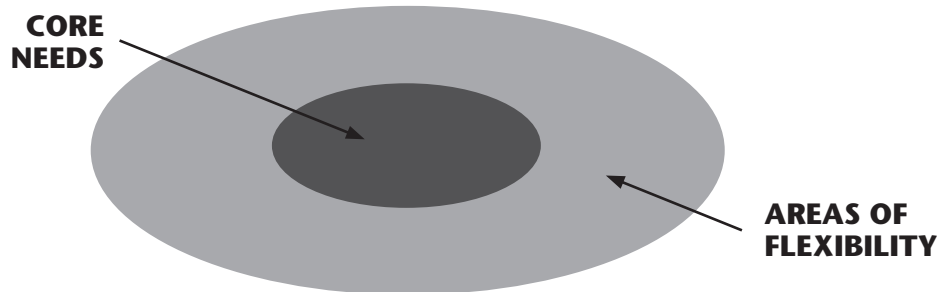


The Art of Compromise

Yield to Win: Compromise with me like I am someone you love.



**My inflexible area or core need
on this issue is:**

**My more flexible areas
on this issue are:**

Getting to "Yes"
Discuss these questions with your partner:

For issues where a Dreams Within Conflict exercise has not been used:

- Help me understand why your inflexible area is so important to you.
- What are your core feelings, beliefs, or values about this issue?

For all compromise issues:

- Help me understand your flexible areas.
- What do we agree about?
- What are our common goals?
- How might these goals be accomplished?
- How can we reach a temporary compromise?
- What feelings do we have in common?
- How can I help to meet your core needs?

Our compromise that honors both our needs and dreams is:

SOURCE: GOTTMAN CLINICIAN'S TOOLKIT BOX SET.

Full color version available from The Gottman Institute at gottman.com.

Visit gottman.com for clinical training and resources in Gottman Method Couples Therapy.

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