

START HERE

Understanding Conflict, *Together*

A guide and reflection tool for couples

Explore familiar conflict patterns, practice a gentler start, and reflect on what you want to try next.



SCAN TO OPEN

1 / Read and write

Open the workbook. Type into the fillable fields and save a copy, or print it and write by hand. Each reflection has its own page.

2 / Reflect in your browser

Work through one recent disagreement. Entries stay in that browser on that device when saving is available. They are not sent to Misty or to your partner.

OPEN THE RESOURCE PAGE

tools.renewedfromwithin.com/understanding-conflict/

Use a private device. Browser data can be cleared; download a backup of reflections you want to keep. This tool is not monitored and is not a way to contact your counselor.