

A SAMPLE SOS EXERCISE

This SOS reflects a sample conflict so that you can see how it is to work.

"The general topic of our conflict or disagreement is . . ." (Chores, money, in-laws, etc.)	Laundry not getting done
STORY – What do you want your partner to understand?	
A ctions - "The <u>behavior</u> that is bugging me is . . ."	The laundry is not getting done as you had agreed to do, and it is piling up in our closet.
E motions - "When this happens I <u>feel</u> . . ."	Dumped upon and somewhat disappointed that an agreement you made has been broken.
I ssue - "The <u>hidden issues</u> for me are . . ." (Check any that apply)	<input checked="" type="checkbox"/> Caring <input type="checkbox"/> Power <input type="checkbox"/> Control <input type="checkbox"/> Love <input type="checkbox"/> Respect <input checked="" type="checkbox"/> Commitment <input type="checkbox"/> Trust <input type="checkbox"/> Recognition <input checked="" type="checkbox"/> Integrity <input type="checkbox"/> Acceptance <input type="checkbox"/> Adequacy <input type="checkbox"/> Inclusion <input type="checkbox"/> Other
O wn – "I take <u>responsibility</u> for . . ."	My own feelings of frustration and snapping at you in resentment.
U nderstand – "I ask you to <u>understand</u> that . . ." (Anything else helpful)	When you get behind in the laundry I sometimes just go ahead and do it myself, but then find myself resenting you not doing it.
Y our – "From <u>your</u> perspective, I can see that . . ."	You probably intend to get to it, but because of busy schedules, it gets delayed.
OPTIONS – What ways could the conflict be handled?	
"Some ways we could handle this conflict . . ." (List options, even undesirable ones)	<ol style="list-style-type: none"> 1. I could do the laundry when you get behind. 2. Hire someone to come in and do laundry for us. 3. Ask you to let me know if you are running behind. 4. Throw all of your clothes in the trash.
SOLUTION – Which option do you like best and why?	
"The option I like best is . . ."	#3 – Ask you to let me know if you are running behind.
"The reason I like this option best is because . . ." <i>Remember, good solutions meet both partners' needs, are good for the relationship and the family</i>	You would still be responsible, but I could help if you are crunched for time. Talking about it would help us connect with each other.

YOUR OWN SOS EXERCISE

Think of a current conflict or disagreement you have with each other, then complete each section.

"The general topic of our conflict or disagreement is . . ." (Chores, money, in-laws, etc.)

STORY – What do you want your partner to understand?

Actions - "The behavior that is bugging me is . . ."

Emotions - "When this happens I feel . . ."

Issue - "The hidden issues for me are . . ." (Check any that apply)

Caring Power Control Love Respect
 Commitment Trust Recognition Integrity
 Acceptance Adequacy Other

Own – "I take responsibility for . . ."

Understand – "I ask you to understand that . . ." (Anything else helpful)

Your – "From your perspective, I can see that . . ."

OPTIONS – What ways could the conflict be handled?

"Some ways we could handle this conflict . . ."
(List options, even undesirable ones)

SOLUTION – Which option do you like best and why?

"The option I like best is . . ."

"The reason I like this option best is because . . ."
*Remember, good solutions meet **both** partners' needs, are good for the relationship and the family*