

# Put Marital Conflict to **R-E-S-T**

REST is a conflict management tool that will help you resolve conflict in your marriage. The acronym REST stands for **R**evolve the problem, **E**valuate your options, **S**olve the problem, and **T**rack your progress. Use this worksheet, along with this explanation of REST at [www.imom.com/REST](http://www.imom.com/REST), to keep conflict from escalating out of control. Print a copy of this worksheet every time you and your husband have a problem that needs resolving.

# R

## **REVIEW:**

Clearly identify and state the problem.

The problem: \_\_\_\_\_  
\_\_\_\_\_

Use the Drive-through Communication Method to discuss.

# E

## **EVALUATE OPTIONS:**

List three options to resolve the problem. Again, use drive-through method.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# S

## **SOLVE THE PROBLEM:**

Choose one of the three options to put into action. Be open to compromise, especially if this is a big issue to your spouse.

Option: \_\_\_\_\_

# T

## **TRACK PROGRESS:**

Set a time to review the problem; Ideally, three days to two weeks after you have decided on a solution. Individually, rate where you are as a couple on the scale below. If the problem is not resolved, then discuss other options by working through REST again.

