

Conflict Card

Rating the Depth of Your Disagreement

Use this scale to measure where you and your spouse stand when a conflict heats up:

1. I'm not enthusiastic, but it's no big deal for me.
2. I don't see it the way you do, but I may be wrong.
3. I don't agree, but I can live with it.
4. I don't agree, but I'll let you have your way.
5. I don't agree, and I cannot remain silent on this.
6. I do not approve, and I need more time.
7. I strongly disapprove, and I cannot go along with it.
8. I will be so seriously upset, I cannot predict my reaction.
9. No possible way! If you do, I quit!
10. Over my dead body!