

Conflict Tracker

NOTICE · UNDERSTAND · LEARN · RESPOND DIFFERENTLY

Conflict is a normal part of relationships. This tracker can help you reflect on what happens before, during and after conflict, notice patterns, and identify more helpful ways of responding.

WEEK OF _____

Greater awareness can lead to more constructive conversations.

DATE / TIME	PERSON Who was involved?	TRIGGER / TOPIC What was the conflict about?	CONTEXT Where? What was happening before?	FEELING Intensity 0–10	MY RESPONSE What did I say or do?	THEIR RESPONSE What did they say or do?	OUTCOME How did it end? Any effects?

COMMON TRIGGERS

- ☐ Feeling criticised or judged
- ☐ Feeling misunderstood
- ☐ Different opinions or values
- ☐ Perceived unfairness
- ☐ Feeling disrespected
- ☐ Changes in plans
- ☐ Money or boundaries
- ☐ Tone of voice
- ☐ Stress or fatigue
- Other: _____

COMMON EMOTIONS

- ☐ Angry / frustrated
- ☐ Hurt / sad
- ☐ Anxious / defensive
- ☐ Disappointed
- ☐ Overwhelmed / lonely
- ☐ Shame / guilt
- ☐ Jealous
- ☐ Relieved afterwards
- Other: _____

MY BEHAVIOUR PATTERNS

- ☐ Raise my voice
- ☐ Shut down / withdraw
- ☐ Become defensive
- ☐ Try to fix or explain
- ☐ Interrupt / blame
- ☐ Use sarcasm
- ☐ Avoid the conversation
- ☐ Become overwhelmed
- ☐ Try to control the outcome
- Other: _____

THE OTHER PERSON'S PATTERNS

- ☐ Raises their voice
- ☐ Shuts down / withdraws
- ☐ Becomes defensive
- ☐ Blames or criticises
- ☐ Interrupts / sarcasm
- ☐ Avoids the conversation
- ☐ Becomes overwhelmed
- ☐ Brings up the past
- Other: _____

SHORT-TERM IMPACT

- ☐ Felt closer afterwards
- ☐ Felt misunderstood
- ☐ Felt dismissed
- ☐ Felt anxious or upset
- ☐ Resolved the issue
- ☐ Agreed to disagree
- ☐ Ongoing tension
- ☐ Learned something new
- Other: _____

WHAT HELPED?

What, if anything, helped de-escalate the conflict or support you?

WHAT WAS CHALLENGING?

What made the conflict more difficult?

WHAT COULD I DO DIFFERENTLY?

What would be a more helpful or effective response next time?

KEY PATTERNS I NOTICE

Are there recurring themes (e.g. certain people, topics, times, or responses)?

MY GOALS

What would I like to work on?

- ☐ Stay calm and regulate my emotions
- ☐ Express my needs more clearly
- ☐ Listen more and seek to understand
- ☐ Set and maintain boundaries
- ☐ Avoid unhelpful patterns
- ☐ Repair after conflict

Other: _____

REFLECTION

What have I learned about myself from recent conflicts?

"Conflict can be uncomfortable, but it can also be a powerful opportunity for understanding and growth."

SOURCES

Gottman, J. M. & Silver, N. (2015). *The Seven Principles for Making Marriage Work*. Harmony.
Fincham, F. D. (2003). Marital conflict: Correlates, structure, and context. *Current Directions in Psychological Science*, 12(1), 23–27.