

15 The Win-Win Solution

Page 1 - Define one solvable problem and both perspectives.



USE FOR WORKABLE PROBLEMS

This process is for a practical issue where both people can participate freely. It is not for abuse, coercion or violations of safety.

The specific problem we want to solve

My perspective

My partner's perspective - in their own words

What we agree is happening

What is outside the scope of this one discussion

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What Does Each Person Need?

Page 2 - Separate essential needs from preferences and positions.

What matters most to me

What matters most to my partner

My non-negotiable safety or boundary needs

My partner's stated boundary needs

Where I can be flexible

Where my partner can be flexible

Common ground we can already see



A win-win solution does not require equal sacrifice. It requires voluntary participation and respect for boundaries.

15 Create Options Before Choosing

Page 3 - Brainstorm possibilities without judging them too quickly.

Option 1

Option 2

Option 3

Option 4

A combination or new option

QUESTIONS TO TEST AN OPTION

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|--|--|
| ☐ Supports both core needs | ☐ Respects boundaries |
| ☐ Realistic with current capacity | ☐ Can be tried without becoming permanent |
| ☐ Clear enough to act on | ☐ Both people choose it freely |

15 Choose One Small Experiment

Page 4 - Make the solution specific, time-limited and reviewable.

The option we choose to try

What I will do

What my partner will do

When will we begin?

When will we review it?

How will we know whether it is helping?

What can we adjust if it does not fit?



Treat this as an experiment, not a permanent contract.



Reusable tool: return to this page with a new example whenever it would help.