

Activity 1 – Causes of Conflict

Use this activity to explore the causes of conflict within your relationship

Example: Social Media - my partner spends too much time on their phone on social media

Parenting



Addiction



Housing



Chores



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Children



Sex



**Extended
Family**



Friends



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Money



Social Media



Employment



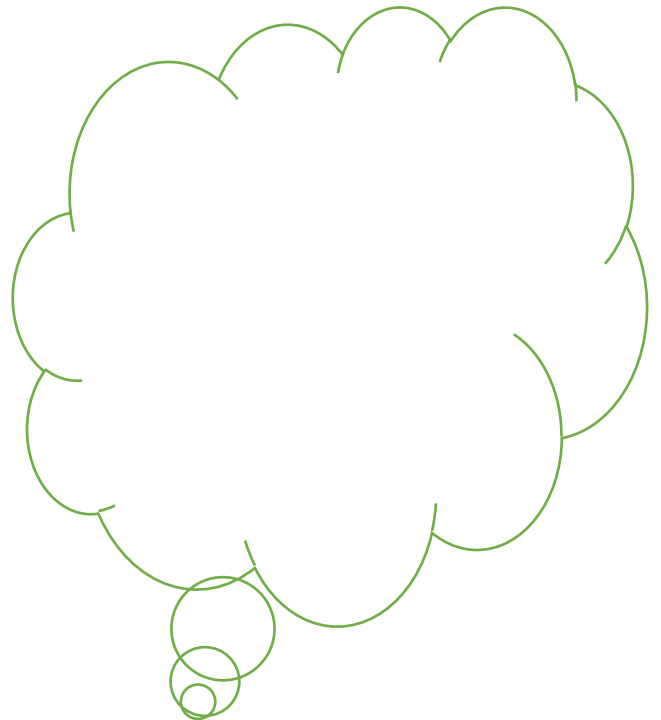
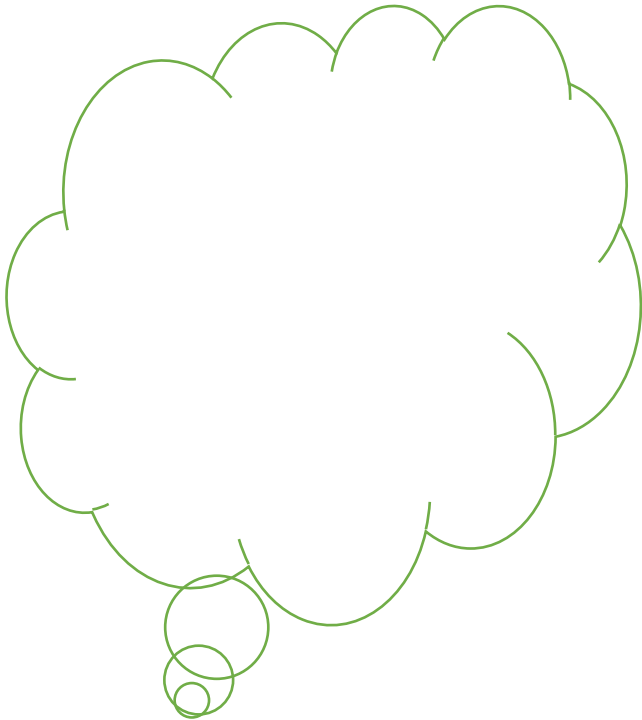
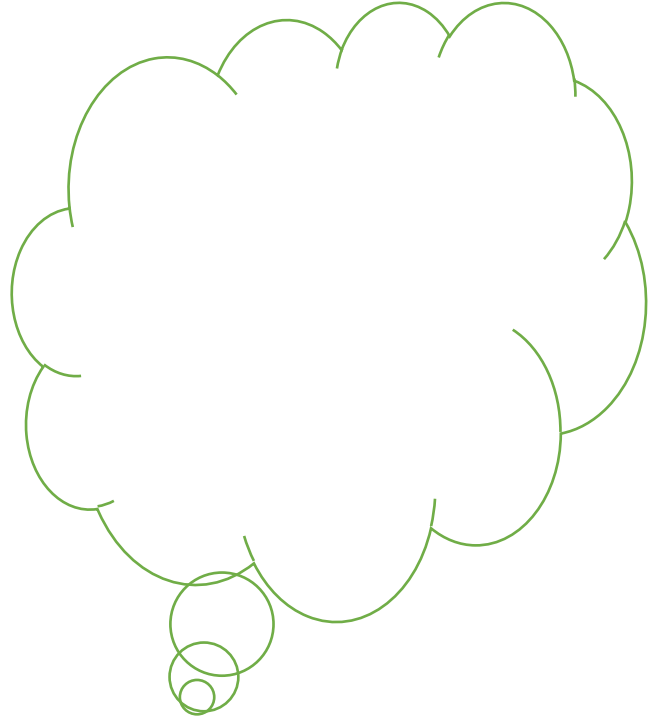
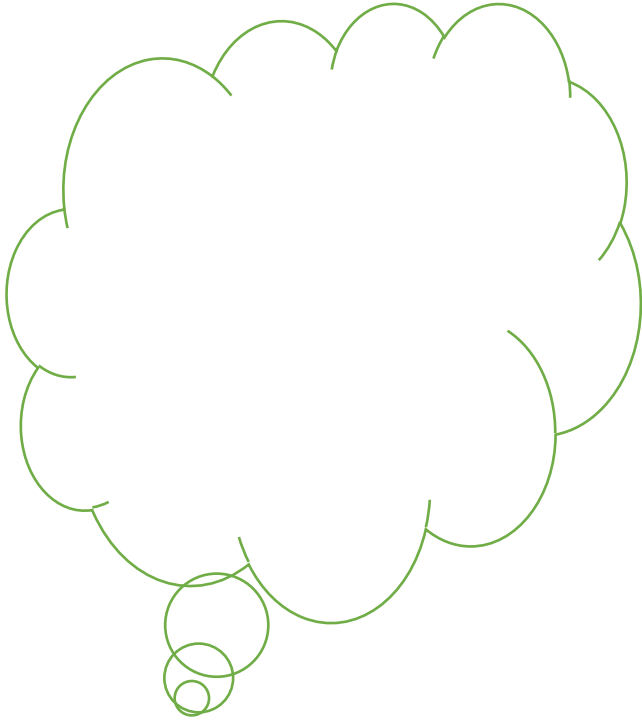
Mental Health



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