CUDSAIR MODEL

The CUDSAIR model is a structured, effective method which helps resolve disagreements and conflict.

C – Confront the problem
U – Understand the other person's position
D – Define the problem
S – Search for solutions; Brainstorming
A – Agree on a solution
I – Implement the solution
R – Review as necessary.

CONFRONT the problem not each other. Acknowledging the problem and deciding to confront it together. You may start by saying "We have a problem with_____, instead of getting angry and fighting do you want to try and solve this together".

UNDERSTAND that you both contribute (to the problem and to the solution). You both have your points of view, hear each other out, agree to no interruptions or blaming as one shares and the other listens and tries to understand and vice versa.

DEFINE the problem now that you both have an understanding you can define the exact problem for e.g. "We both agree the main issue or problem is_____".

SEARCH for a solution. Grab some paper and start brainstorming all the possibilities and solutions you can both think of. Just write what comes to mind being careful not to regress to blame but focusing on as many options you can come up with.

AGREE on a solution together after going through all the options and deciding on which one is acceptable for both. Depending on the problem you may find some concessions or compromises need to be made so take your time so that the agreed solution is the fairest for both.

IMPLEMENT now is the time to take action and make any necessary plans or adjustments. You may find it helpful to write down your final agreement or solution, it all depends on the nature of the individual problem.

REVIEW if need be, nothing is written in stone so if need be sit down together and review how it's going or if you may need to make any further adjustments.
The idea is to work together, instead of arguing or not talking when a problem arises.