



3 THINGS YOU CAN DO NOW

CONFLICT MANAGEMENT



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THINGS WE NEED TO KNOW

What Is Conflict?

WE NEED TO UNDERSTAND

- ~ conflict is normal
- ~ conflict is the companion to change
- ~ conflict can look different each time
- ~ God uses conflict to bring about change within us

MARRIAGE AND CONFLICT

It's easy to forget that we all come from varied backgrounds and have different personalities, family histories, and experiences. Some enter into marriage at different levels of spiritual growth, while others have not received salvation. These things all influence how we filter events. We tend to respond out of emotional pain from our past and the things we believe to be true. Our human nature negates the encouraging things our spouse has done and said. Instead, we tend to focus on their criticism and react accordingly.



POWER VERSE

"What causes fights and quarrels among you? Don't they come from your desires that battle within you?" - James 4:1

3 STEPS

THE FOLLOWING ARE THREE STEPS YOU CAN TAKE NOW TO MANAGE CONFLICT

- 1 Evaluate both sides of the argument and seek to understand why there is a misunderstanding or disagreement.


- 2 Stay within context and ask yourself, is my reaction proportionate to the specific issue at hand?

- 3 Identify the points of agreement, first, and then look at the points of disagreement in pursuing a compromise or resolution.

Conflict can bring out the worst in people. The following is generally what happens when entering into conflict: first you become angry; then bitter; and then begin to strike out with words, accusations, slander, and even physical means in order to bring injury. This is never God's will for your relationship.

Conflict isn't a battle! Conflict is merely a difference of opinion or a problem that needs to be resolved.

Conflict is a normal part of life. Disagreements are likely to occur daily simply because decisions need to be made each day. Not all conflict is bad. In fact, it can sometimes bring about good, if handled the right way. Normal, everyday conflict requires little action on our part. If we will address conflict utilizing the three steps above, we can stop it from becoming a battle ground.



Knowing yourself is important when trying to understand how you handle conflict. Ask yourself:

QUESTION 1 Am I energized or do I feel drained when changes need to happen?

QUESTION 2 Can I live without all the answers, or do I need to have everything under control?

QUESTION 3 When there is conflict, do I address it openly, or do I ignore it and hope it will go away?

QUESTION 4 Am I able to hear unfair personal attacks or criticism and still keep my focus on the goal of being healthy?

FIGHT CONFLICT WITH THE RIGHT TOOLS

POWER VERSES

PROVERBS 12:18

"There is one who speaks rashly like the thrusts of a sword, But the tongue of the wise brings healing."

1 CORINTHIANS 13:4-7

Love is patient, love is kind and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered, does not rejoice in unrighteousness, but rejoices with the truth;

JAMES 1:19

This you know, my beloved brethren But everyone must be quick to hear, slow to speak and slow to anger;

ROMANS 12:17-21

Never pay back evil for evil to anyone. Respect what is right in the sight of all men. If possible, so far as it depends on you, be at peace with all men. Never take your own revenge, beloved, but leave room for the wrath of God, for it is written, "VENGEANCE IS MINE, I WILL REPAY," says the Lord.