Resolving Conflict in Marriage

Reflective Questions

The questions below are intended to get partners in a marriage to reflect on potential causes of conflict between them. The questions are not asked with any attempt to assign blame in the relationship, but to promote an honest reflection without yelling at each other in anger and using bad language in a conversation. The Same questions are to be asked of both partners.

What are your responsibilities in the home/marriage?

What behaviors do you have that are hurting your home/marriage? Another way to ask this is: What do you need to change to reduce/eliminate conflict?

Which of the behaviors that you listed do not match a Christian character?

What do you want your spouse to change to help you want to change?

Leaving your spouse out of the picture, which of the changes you need to make would you make to please Jesus?

It is important that in asking these questions that as you ask them, both partners are listening to each other in turn. Ask a question, then both spouses get a turn to answer the question. The rules for the session include these:

* No interrupting each other during answers
* No cursing
* No raising the voice or shouting.
* It is important that it be expressed that neither party has to agree with the answers the other has given. They may disagree, but they must respect that the other person is expressing what they think are problems. The idea is to know what each other is thinking.