

Healthy Responses To *Conflict*



Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians 2:3-4

“Failing to resolve disagreements affects our relationships as arthritis does our bodies; it impairs movement, slows us down, and causes a lot of pain. The only way to deal with “relational arthritis” is to develop healthy responses to conflict.”

Mitch Temple, *The First 5 Years of Marriage*



MEMORIZE!

See to it that no one falls short of the grace of God and that no bitter root grows up to cause trouble and defile many. Hebrews 12:5

**REAL TALK
Workshop**

March 5, 2023
2PM

NOTES

Healthy Responses To

Conflict

① Overall Approach To Conflict:

Do think

We're a team.
This is OUR
problem.

Do say

*I see what you
are saying...*



② When It Comes To Finances/Responsibility

Do think

What can I do
that I am gifted
to take on?

Do say

*We need to set a
time to organized,
how does ___ sound?*



③ When It Comes To Our Intimate Relationship

Do think

The story I'm
telling myself
about this is...

Do say

*This is important
to me because...*



④ When It Comes To Children/Extended Fam

Do think

Our life is our
responsibility

Do say

*I'm feeling defensive.
Can you say that
another way?*



⑤ When It Comes To Our Overall Spirituality

Do think

There is no such thing as
"Here's what perfect
spirituality looks like"

Do say

*Let's pray
together about
this...*



FAIR GAME:

- Please give me a minute, I need a break.
- Can we pause for a bit and come back to this at (be specific).
- I can tell from your reaction that this is important to you.

OUT OF BOUNDS

- You took it the wrong way...
- You are imagining things...
- Don't get upset over nothing...