

# 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

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# 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...