

Worksheet 300 - Resolving Conflicts Quickly

Agreement - Improvement Needed

Wife	Husband	SID	Statement
C (B)	C (C)	300	I resolve conflicts with my spouse quickly.

Wife disagrees with: "I resolve conflicts with my husband quickly."

Husband disagrees with: "I resolve conflicts with my wife quickly."

Wife disagrees with: "My husband resolves conflicts with me quickly."

Husband agrees with: "My wife resolves conflicts with me quickly."

Scripture

Please meditate on the scripture below for two days then answer the following questions.

1 Peter 3:8-9 - Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing.

Application: As you mediate on this verse, in regards to resolving conflicts quickly, consider the aspects of "compassionate and humble". A spouse may not have intended to offend but an offense did occur. Instead of challenging the offense or discussing your motivation simply say, "I am sorry I offended you, please forgive me." An attempt to quickly resolve conflicts, fulfills the responsibility to live in harmony.

Participants: Husband, Coach

What key words or phrases in this scripture are relevant to you and your relationship with your wife?

Participants: Husband, Coach

How can this scripture apply to the statement? "I resolve conflicts with my spouse quickly."

Principles

- 1) Resolving conflict allows couples to be "at peace" with each other.
- 2) Satan desires to gain a foothold in your relationship through unresolved conflict.

Select the principle that is most relevant to you.

1

2

Participants: Husband, Coach

How does this principle apply to your life and relationship with your wife?

Discussion Questions

- 1) Do you get labeled as a negative person because you ask to resolve conflict?

No

Yes

2) Do you label your wife as a negative person because she desires to discuss conflict?

No

Yes

3) Does your wife act as though conflict threatens your love for each other?

No

Yes

Select the discussion question that was most relevant to you.

1

2

3

Participants: Husband, Coach

How does this discussion question apply to your life and relationship with your wife?

Practical Application

From *Journey to Oneness* by Ron Hitchcock

How to Resolve Conflicts with Your Partner

Carol was concerned that Jake was reluctant to disagree with her whenever they had differing opinions. As they sat in my office, he began to understand the negative impact that his silence had on Carol. She asked him, "Why won't you communicate with me?" Jake replied, "I would rather be silent than risk offending you with my words."

Couples who declare their commitment level to each other before they attempt to resolve their conflicts can serve as peacemakers in their relationship. As Jake and Carol affirmed their love to each other they were able to talk about areas that both of them wanted to change between them.

Carol wanted Jake to express his feelings or opinions to her. He didn't have to agree with her. He only needed to respect her opinions. She was committed to do the same with him.

He learned to ask, "*How can I make it better?*" when she desired a different type of response from him. They didn't have to feel responsible for how the other felt, but they needed to do whatever they could to extend peace toward one another. Jake and Carol were committed to more effectively communicate with one another. Now, problems are simply problems. They are no longer potential relationship busters.

Couples who successfully demonstrate the characteristics of sacrificial love in Stage III are prepared to commit to Stage IV (Marriage Covenant). The first step a couple must accomplish is to plan a wedding.

Wedding planning is a good exercise for couples to learn the art of collaboration in their relationship. They will need to make room for each other's personal preferences regarding the many decisions and details that surround the most important celebration of their lives. They will learn how differently two people can feel about the ceremony. Couples who learn the art of collaboration will lay the foundation for a harmonious relationship.

Collaboration is a style of conflict resolution also known as problem solving. Couples who agree to a collaborative style of conflict resolution will serve as change agents in their relationship. They put aside what is best for them in favor of what is best for their relationship. Collaboration creates an opportunity for couples to make life better for one another.

Jake and Carol learned to follow these principles of conflict resolution. These principles include:

1. Rate the intensity of the conflict on a scale of 1-5.
2. Conflicts that are 1-2 can be addressed at a later date.
3. Conflicts that receive a 3-4 rating must be addressed by:
 - o Setting a date to discuss the conflict
 - o Setting a time limit on the discussion (approximately 30 minutes)
 - o Setting the location for the meeting (home or coffee shop)
 - o Identifying the problem(s) that the conflict has created for each of them.
 - o Following the two question format for resolving conflicts: "*What do you want to be different about...?*" And "*How can I make it better for you?*"
4. A number five rating on the intensity scale should be a very rare occasion. If a conflict is a number five, couples should find a third party to mediate with them.

Practice with your wife: Recall a recent conflict that you've had with your wife. Acknowledging that some time has passed, to the best of your ability, use the principles outlined above to resolve the conflict.

I have completed the above section (Part 1 Done). ***Click the Save button below to save your work.***

Couple's Worksheet Section (to be completed together)

Husband's Improvement Questions

Participants: Wife, Husband, Coach

Husband asks wife: "What do you want to be different about the way that I respond to conflict?"

Participants: Wife, Husband, Coach

Husband asks wife: "How can I make conflict resolution more effective between us?"

Give one or two examples that are measurable, reasonable and repeatable.

Participants: Wife, Husband, Coach

How can these changes enhance your relationship?

Wife's Strength Questions

Participants: Wife, Husband, Coach

Wife asks husband: "In what ways do I help to resolve our conflicts quickly?". Give one or two examples.

My spouse and I have both completed the above Couples Worksheet Section (Part 2 Done).

Click the Save button below to save your work.

Inventory ID: 4014813231 - Rev 11.18.2020

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