

Things You Can Do To Resolve Conflict

- ⊕ Focus on what I can do to correct it
- ⊕ Focus on understanding the other person's perspective
- ⊕ Encourage open discussion, allowing both parties to express their feelings
- ⊕ First admit that I am part of the problem
- ⊕ Recognize I cannot do anything to change the other person
- ⊕ Focus on my thoughts about the issue and examine them biblically
- ⊕ Focus on what my spouse is feeling and try to understand
- ⊕ Focus on the situation and try and understand the facts
- ⊕ Focus on changing my behavior comparing my actions against biblical principles
- ⊕ Listening to the other person describe what they think I should change about my behavior
- ⊕ Focus on using proper words, tone of voice and body language in what I say
- ⊕ Take time to point out in the midst of our disagreement things I appreciate
- ⊕ Appreciate the different perspective the other person has and try and learn from that difference
- ⊕ Write down specific repeatable and attainable ways I can better serve in the future
- ⊕ Commit to solve the root cause of the immediate conflict permanently before moving on

Key Resources:

The Christian Counselors Manual, Jay Adams pages 348-367

The Heart of Anger, Lou Priolo