

# Some Do's & Don'ts of Conflict Resolution

## DO's

- Pray together
- Talk openly & honestly together
- Seek acceptable compromises
- Move toward loving resolution
- "I'm sorry" - "Please forgive me"
- "I love you" - "Pray for me"
- Pray together



## DONT's

- Bicker
- Give in
- Give up
- Try to win
- Deny there is a problem
- Keep score
- Pout
- Reward or punish
- Give the "silent treatment"
- Walk out in the middle of an argument
- Intensify the argument during resolution
- Ridicule, belittle, or mock your spouse
- Make light of your spouses feelings
- Bring up the past
- "You always' — "You never"

