

Steps in Resolving Conflicts

Every married couple will have disagreements and arguments along the way—it's just a part of life. Don't let disagreements turn into "ugly fights." Resolve disagreements in a Christ-like way. The following suggestions will help.

1. Select an appropriate TIME to discuss the matter - not when both are tired, hungry, preoccupied, etc.. Make sure you have sufficient TIME.
2. DEFINE the problem. Do not demand that you be heard — first LISTEN to the other person to understand what they are saying. How do you see it? How does your spouse see it?
3. Discuss the areas of AGREEMENT and DISAGREEMENT. Try to see the problem from your spouse's point of view. Husbands: seek to understand how your wife may have been hurt through the conflict. Assures her that you do understand.
4. Very few conflicts are totally one-sided. Both parties must identify how they have added to the problem and accept some RESPONSIBILITY. James 4:6
5. Outline the STEPS you can take which would probably help the situation and seek your spouse's opinions, observations, and suggestions.
6. Ask for forgiveness for wrong attitudes, assumptions, hurtful words, anger, etc. Remember the words, "I'm sorry!" When coming from the heart means so much.
7. Decide together how you will respond if the conflict or situation should reoccur.

