

# CONFLICT RESOLUTION



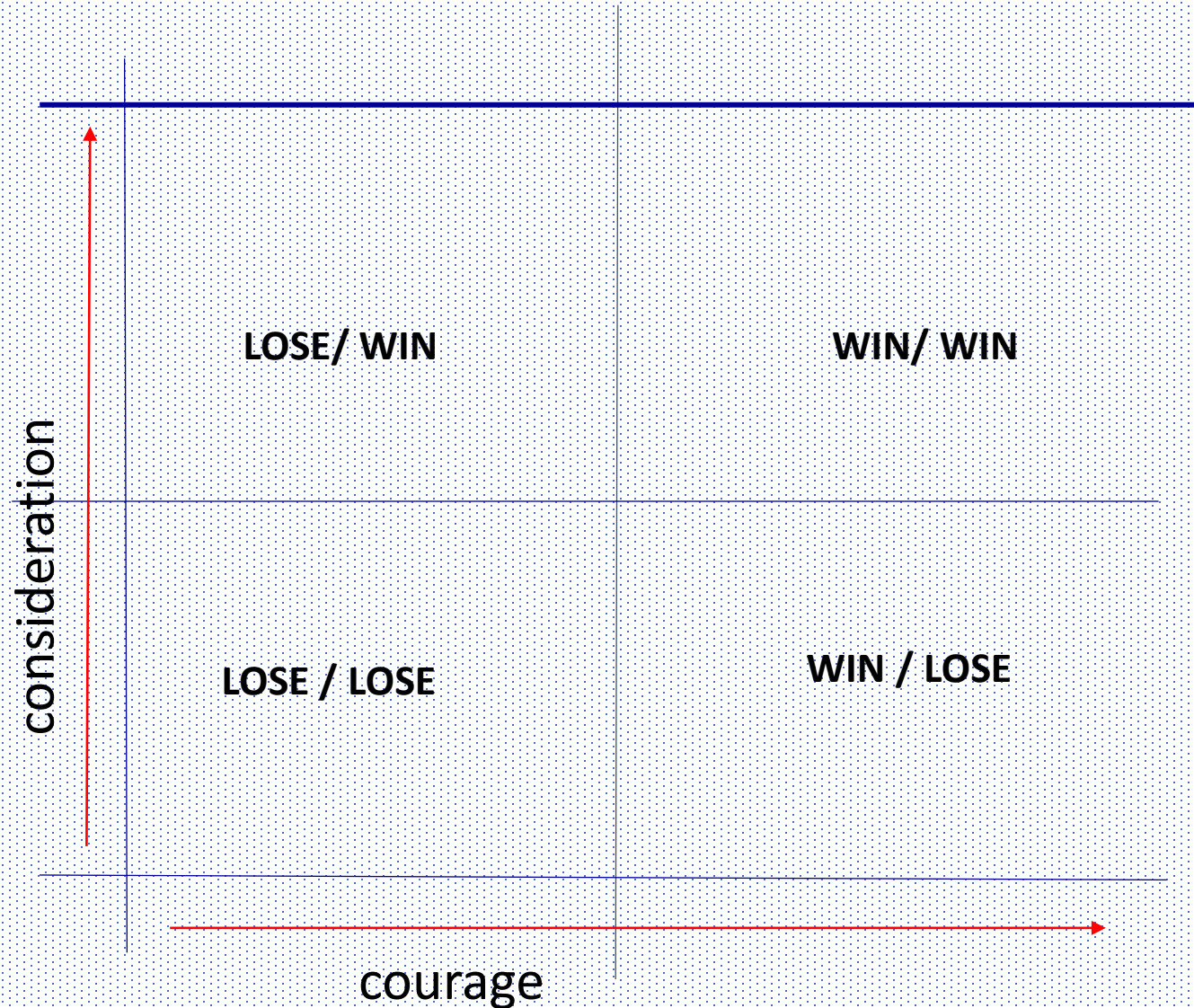
# CONFLICT RESOLUTION

Conflicts are inevitable in a close relationship like marriage. They are not a disaster. They can be an opportunity for growth in the relationship

**'As iron sharpens iron, so one person sharpens another'**  
**Proverbs 27:12**



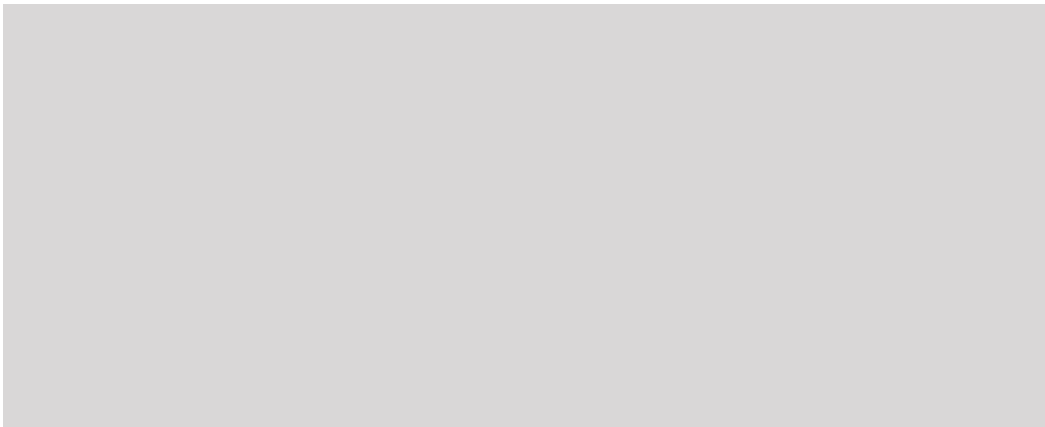
# STORMING



## RESULTS OF WIN -WIN SOLUTION

- **More creative in Thinking up solutions**
- **Communication is focused on the issue and not on people**
- **Have needs met**
- **Feeling of mutual respect**
- **Love grows deeper with every conflict resolved**

Every relationship will have some conflicts at some time or other.  
when we use win-win problem solving  
**it strengthens the relationship.**  
when we don't,  
**it destroys it.**



# Six kinds of conflict



1. SIN OF ONE SPOUSE
2. IMMATURITY OR BROKENNESS OF ONE PERSON
3. HURT FEELINGS THAT ARE NO ONE'S FAULT
4. CONFLICTING DESIRES
5. DESIRES OF ONE PERSON VERSES THE NEEDS OF THE RELATIONSHIP
6. KNOWN VERSUS UNKNOWN PROBLEM

# Six kinds of conflict



## 1. SIN OF ONE SPOUSE

- Sexual sin
- Angry outbursts
- Loss of self-control
- Impatience
- Spending lavishly
- Substance abuse
- Controlling behavior
- Name calling

# confrontation & conflict

Be willing to discuss your behavior:

If you are made aware of your behaviour, or attitudes, or aspects of your person, which continually create distance you should

*(e.g. lack of sensitivity within your sexual relationship, hygiene, attitudes towards money, etc)*



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Shalom Family Enrichment Ministry

# confrontation & conflict



Nagging and constant criticism destroy relationships. You haven't married the perfect woman and you are not the perfect man.

Affected person



*In religious terms, we are all 'sinners' - which means we all 'miss the mark' at times*



# confrontation & conflict



**CHANGE ANYONE  
- EXCEPT YOURSELF!**  
*However, if your partner sees  
you changing and sees it is good  
for your relationship they are  
more likely to change*



**PRAY ABOUT IT ONLY GOD CAN  
CHANGE THE PERSON**

## Six kinds of conflict

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### 2. IMMATURITY OR BROKENNESS OF ONE PERSON

- Conflicts that come from one spouse's inability
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# CONFLICT RESOLUTION

- Part of falling in love is
- Idealizing the person  
&
- Accepting the reality





# Six kinds of conflict

## 3. HURT FEELINGS THAT ARE NO ONE'S FAULT

- Sometime one person feels hurt for no fault of the other

# CONFLICT RESOLUTION



- Acknowledge the hurt to yourself
- Communicate
- Empathize
- Be in healing mode

## confrontation & conflict



**You are not  
enemies!**

**You are lovers trying  
to resolve issues  
that surface in your  
relationship.**

# Six kinds of conflict

## 4. CONFLICTING DESIRES

- Wherever you have two people, you will have conflicting desires.





## CONFLICT RESOLUTION

- Two giving people develop a pattern of give and take and differences get negotiated
- Avoid moralizing
- Empathize
- Meet your spouse's desire before you meet your own



## Six kinds of conflict

### 5. DESIRES OF ONE PERSON VERSES THE NEEDS OF THE RELATIONSHIP

- Sometimes the desire of one person conflicts with the needs of the relationship



# CONFLICT RESOLUTION



- Marriage means giving up some individual rights for the sake of the marriage.
- Keep it in balance
- Make sure that the marriage gets served first.

## Six kinds of conflict

### 6. KNOWN VERSUS UNKNOWN PROBLEM

- Denial is very dangerous. Some denial are intentional, but some are unintentional



# CHRISTIAN WAY OF DEALING THE CONFLICT

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Dealing with  
Conflicts  
in marriage



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# DEALING WITH CONFLICT

## APOLOGY



**\*A useful tip: It is never enough to say, “I’m sorry.” You need to say “I’m sorry. Please forgive me”.**

**This transfers the control to the other person, the one who has been hurt. You have to wait for them to forgive you.**

# DEALING WITH CONFLICT



**\*What facilitates reconciliation is to say:  
“I’m sorry, please forgive me for my part in this.”**

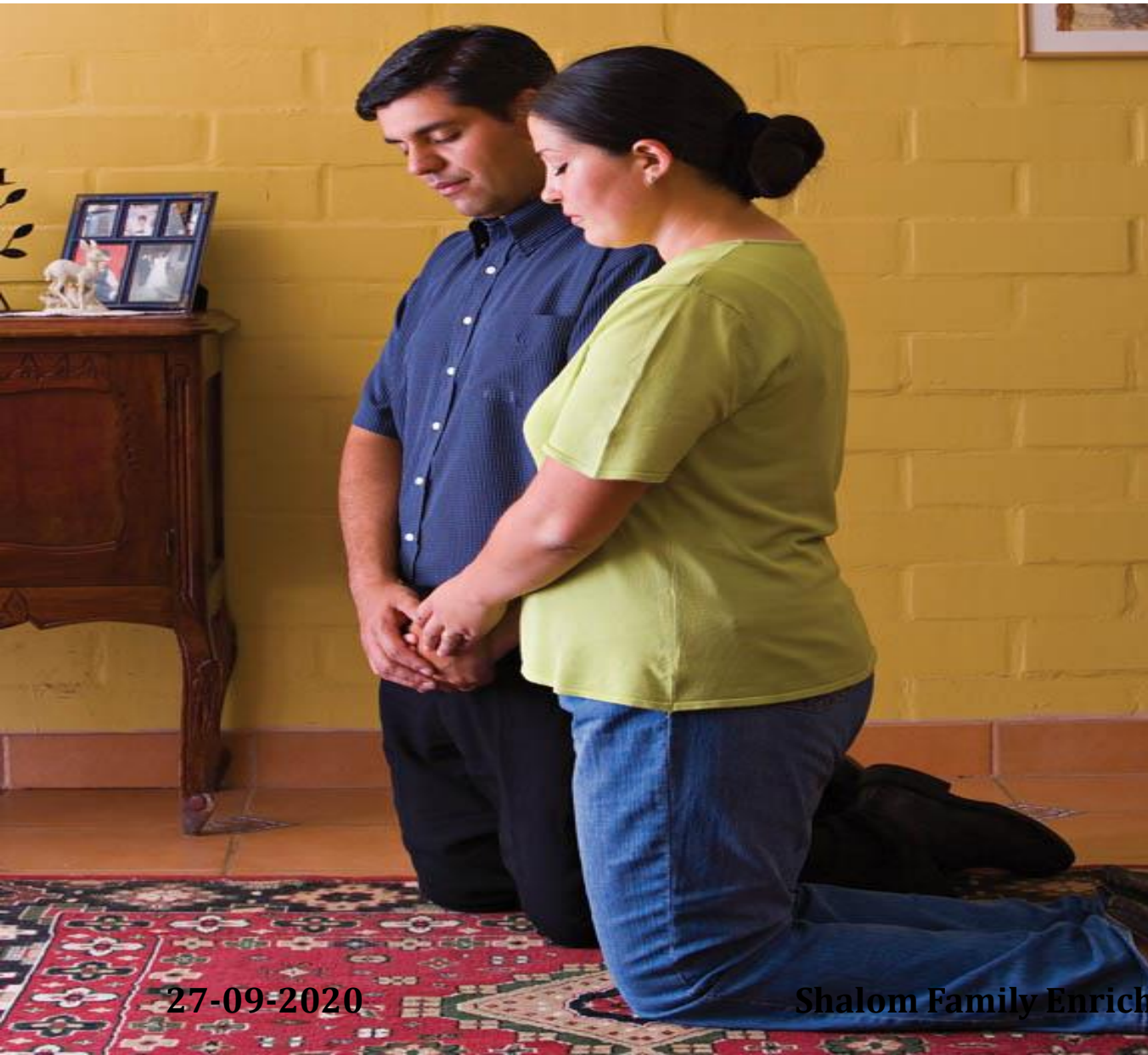
# Dealing with Conflicts in marriage

## CHRISTIAN WAY OF DEALING THE CONFLICT

**FORGIVENESS** – A process that requires action by both persons.

- **Pride (unwillingness to say 'please forgive me')**
- **Anger**
- **Resentment,**
- **Winning the argument,**
- **Proving you were right and other negative attitudes get in the way of reconciliation.**

# DEALING WITH CONFLICT



## PRAYER

**We need to ask God to help us  
heal the memory**

**He should be the center of our life**



# DEALING WITH CONFLICT



## USE 'I' STATEMENT INSTEAD OF 'YOU'

No "You" statements. Use statements that begin with the word "I". Do not use statements that include the word "you," because these statements make people feel defensive.



## STRIKE A WIN-WIN SOLUTION

# DEALING WITH CONFLICT



**AVOID INTRUDERS**

**IT TAKES TWO TO MAKE ONE**

**THREE IS A CROWD**



**A MARRIAGE IS ONLY AS  
STRONG AS WHAT IT  
COSTS TO PROTECT IT**

**LIKE THE MAN WHO SOLD ALL  
HE HAD FOR THE PEARL OF A  
GREAT PRICE**