

Conflict Resolution

Genesis 1:27

1- The Difference

A- Desired by God

B- There will be conflicts

2- Responses to conflicts

A- Anger

1. Repress

2. Express

3. Deny

4. Confess

B- Options

1. Yield

2. Ignore

3. Win

4. Resolve

C- Possible solutions

1. Conciliation

2. Compromise

3. Coexistence

4. Creation

3- Rules for conflict resolution

- A. Never in front of the children
- B. Make every effort to stay on the subject
- C. Do not attack each other
- D. Do not come back to past issues
- E. Do not involve a third party in your conflict
- F. Find the right moment to resolve the conflict
- G. Try to understand each other
- H. Control your tone and your emotions
- I. Talk about solutions
- J. Do not let unresolved conflicts accumulate
- K. Forbid any expression of aggression and the « always » and « never »

4- The six steps of forgiveness

- First step: Honor each other
- Second step: Love your spouse
- Third step: Abdicate your “right of vengeance”
- Fourth step: Rebuilding trust
- Fifth step: Look to the future
- Sixth step: Reaffirm your love