



# Family Development Day

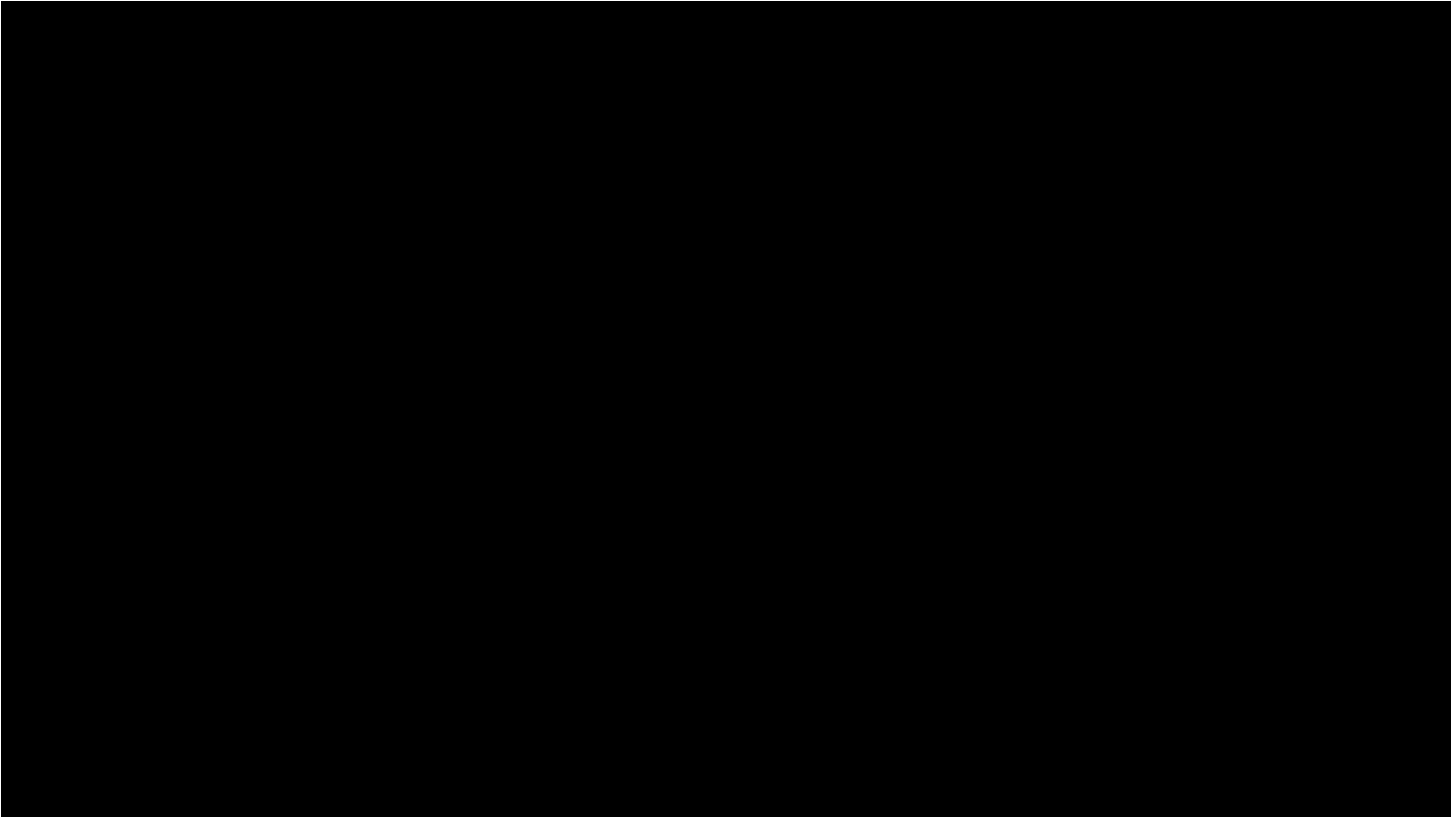
## Managing Conflict

# Truth Statements about Conflict

Christians CANNOT  
AVOID conflict.

Conflict is the great  
ACCELERATOR in all  
relationships.

Conflict is rooted in  
MISCOMMUNICATION.



# God expects Christians to manage conflict.

- Jesus said, “If your brother or sister sins against you, go and point out their fault, just between the two of you. If they listen to you, you have won them over.” (Matthew 18:15)
- Then Peter came to Jesus and asked, “Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?” Jesus answered, “I tell you, not seven times, but seventy-seven times.” (Matthew 18:21-22)
- In your anger do not sin. Do not let the sun go down while you are still angry. (Ephesians 4:26)
- Love is patient. Love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, *it is not easily angered, it keeps no records of wrongs.* (1 Cor. 13:4-5, emp. added)

# How do we manage conflict?

## Step 1

Determine “emotional set point”?

1. Does grace and mercy fill the air?
2. Is your home/church a retreat?
3. What type of energy do you bring?
4. Have you seen a video lately?



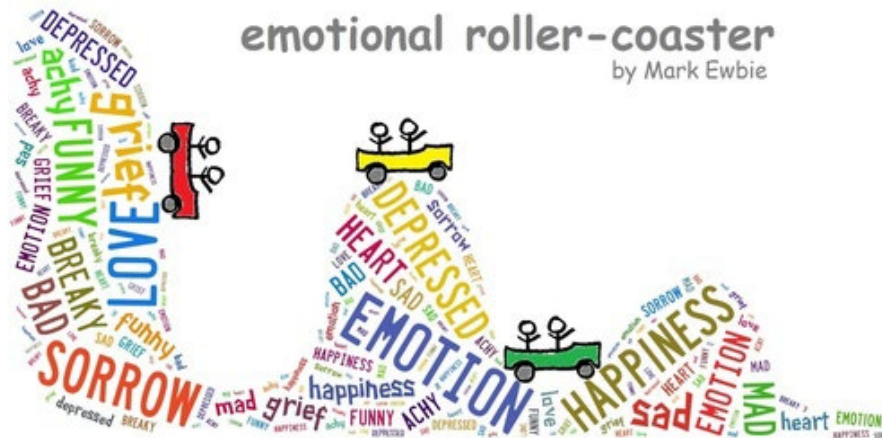
“He’ll take a dozen long-stemmed roses.”

# Rollercoasters

A self-differentiated person tries to remain calm and clear headed in the face of conflict for the purpose of assessing the facts to avoid thinking clouded by emotions.

## Truth

An escalated parent cannot deescalate an escalated child!



# How do we manage conflict?

## Step 1B

### Lower Emotional Set point

1. Reduce stress (commitments)
2. Balanced life (H.A.L.T.)
3. Keep “big” picture in mind
4. Spiritual exercises



“He’ll take a dozen long-stemmed roses.”



On a scale of 1-10 (boiling), where do you live?

# How do we manage conflict?

## Step 2

Determine automatic response to conflict.

1. People often go into “auto mode”
2. “Auto mode” is based on HABITS
3. Life is a series of habits



Reward-based learning



How did your parents manage conflict?



# How do we manage conflict?

## Step 2B

Enhance automatic response to conflict.

1. Slow down time (gift of “pause”)
2. W.W.J.D.
3. Inventory the day
4. Live Romans 12:2



Reward-based learning



Are you willing to be transformed?

# How do we manage conflict?

## Step 3

Identify triggers that produce conflict.

## Examples

Blended families

Money

Routines

Personality

Extended families

Lack of downtime

Sickness

Ghosts from past

Abuse, grief, trauma

Expectations (Hallmark)



Reward-based learning



What topics produce conflict in your home?

# How do we manage conflict?

## Step 3B

### Special Treatment of “Triggers”

1. Avoid hiding (elephant in room)
2. Seek Multiple “points of view”
3. “Special” Communication



Reward-based learning



Have you developed special communication techniques for “trigger topics”?





How do you  
“Fight Fair”?

## Step 4

**How do we  
manage  
conflict?**

**Learn to  
fight fair in  
the sandbox.**

Stay on topic

Actively listen

Resolve issue in day

Don't press "buttons"

Try to understand

Use relational triangle

Agree to disagree

Seek common solution

Be willing to change

Use the "S" word

# Conclusion

## Truth Statements

- Cannot avoid conflict.
- Great accelerator.
- Be intentional.
- Fear energizes conflict.
- Miscommunication lies at the heart.
- Conflict brings out the best or worst in us!

