



→ CONFLICT

How does a molehill become a mountain? Marriages that go the distance know how to resolve conflict.

→ 10 STEPS TO CONFLICT RESOLUTION

1. Set a time and place for discussion.
2. Define the problem. Be specific.
3. List the ways you each contribute to the problem:
Partner 1:

Partner 2:
4. List past attempts to resolve the issue that were not successful:
 - 1)
 - 2)
 - 3)
 - 4)
5. Brainstorm 10 possible solutions to the problem. Don't judge or criticize any of the suggestions.
 - 1)
 - 2)
 - 3)
 - 4)
 - 5)
 - 6)
 - 7)
 - 8)
 - 9)
 - 10)
6. Discuss and evaluate each of these possible solutions. Be as objective as possible. Talk about how useful and appropriate each suggestion feels for resolving your issue.
7. Agree on one solution to try:
8. Agree how you will each work toward this solution. Be as specific as possible.
Partner 1:

Partner 2:
9. Set up another meeting to discuss your progress:
10. Reward each other for progress. If you notice your partner making a positive contribution toward the solution, praise his/her efforts.

OUR
TOP
PICK
FOR
2020
LOVE
FAIR

→ NOTES

THREE THINGS TO PRAY

1. Invite God to work on your heart to be a better spouse.
2. Pray for God's peace as you resolve conflict in your marriage.
3. Pray for God to bless this marriage.

