

CONFLICT RESOLUTION

How do you tend to deal with conflict?

Choose one, or a combination of two, from the list below:

1. Passive / Withdrawn

This individual leaves, whether physically or emotionally, when there is conflict. They may see the conversation as hopeless, so does not even try. They do not want to deal with the issue. They say "Let's talk about this later." or "I don't want to deal with this right now." They hide from the issue.

2. Blame / Dominate / Winning

This person needs to win. They find fault and keep score to keep the other person at a disadvantage. Domination is usually reflected by being loud and strong in arguments. They store up old hurts and emotions and uses them at the most opportune time against the other. They criticize, obsess over flaws and imperfections rather than finding value in their partner. The relationship often gets sacrificed for their desire to be right. It's their way, or the highway. They are ready to fight till the end, possibly to the end of the relationship. Control is their force.

3. Compliant / Yielding / Resentful

This person gives to get along. They yield to protect themselves from conflict, suppressing feelings and stores them instead of resolving the problem. Believing that conflict is bad, this person says "yes" when sometimes they'd rather say "no." This is when resentment sets in. Many refer to this individual as passive-aggressive. Instead of fault-finding or trying to win, they thwart their partner by constantly doing that which they deny they are doing - in such an indirect way as to escape accountability if they are confronted. They are controllers as well, but in a passive way.

4. Victim / Whiner:

This is the martyr. They believe they suffer as a result of someone or something else. These people complain of the wrongs done to them and love to take pity on themselves. They take no responsibility for the problem. The problem has been done to them. "After all I have done for you, you treat me this way?"

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5. Generalized Confusion / Hopelessness

This person has either given up or is almost there. They do not want to deal with issues because they see no point in doing so. Everything is too hard and too confusing. There are so many things going bad in their life that they feel there is no way out. Such people become lonely, isolated, negative, depressed, and/or cynical.

View your spouse in a positive light. If you see your spouse as being the source of any of your unhappiness, or believe that your relationship challenges are the sign of a failed marriage, you will not be able to resolve conflict well.

The goal is to become aware of how you both deal with conflict so you can keep your and your spouse's style in mind when discussing issues. Use this awareness to make positive changes in your personal belief, mindset, and behavior.

Celebrate your differences; don't make them a battleground.

Much of your conflict will come from areas that you are different. Different does not mean bad or good, just different. Power Couples recognize and encourage one another in their strengths, and are aware of each other's challenges.

Couple Discussion:

- How do you tend to deal with conflict?
- How does your spouse tend to deal with conflict?
- What are your main differences?
- In what areas are your styles similar?
- How may your differences cause problems?
- How do your similarities act as couple strengths?
- Now that you are aware of your styles, what actions could you both take to make resolving conflict a positive experience?



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