

GUIDELINES FOR GOOD CONFLICT RESOLUTIONS

This exercise will help you discern the kind of marriage partners the two of you may be. It is a list of what you and your partner should be doing when you have disagreements.

Read each statement. Then on the blank lines, record the number that corresponds to how often you and your partner practice this biblical rule for effective conflict resolution. Use this scale:

"I never do this" =4 "I seldom do this" = 1
"I sometimes do this" = 3 "I frequently do this" = 0;
"I always do this" = 2

YOU PARTNER

1. When a disagreement or problem arises, I focus on what is happening and what I should do to correct it instead of trying to understand what my partner does.
2. When a problem arises, I am ready to admit that I may be part of the problem. I focus on what I am doing wrong, rather than on what my partner is doing wrong.
3. I realize I cannot change my partner; that he/she must want to change or all my efforts will compound the problem rather than solve the problem.
4. I realize that love is not primarily a feeling, but actions calculated to serve, please and help my partner in a God-honoring way.
5. I focus my attention on changing my own behavior, attitudes, reactions and responses toward my partner. I plan specific, attainable, repeatable, positive changes I can make.
6. I am constantly working to develop and maintain a good communication system. I know that relationships are hindered when there is no communication or the wrong kind of communication.
7. I am working to develop and maintain many commonalities with my partner, including common projects, common interests and common recreational activities. I do a variety of activities with him/her. I am creative in the expression of my love and appreciation of him/her.
8. I recognize and allow for differences between my partner and me. I know men and women tend to view things differently.
9. I regularly practice the Golden Rule as stated in Matthew 7:12. I treat my partner as I want to be treated.
10. I major on the positive qualities of my partner and our relationship rather than focus on the negative. I emphasize our commonalities rather than our differences. (Philippians 4:8)
11. I practice the principle laid down in Luke 6:34-35. I give and serve, expecting nothing in return.
12. I keep current. I deal with one problem at a time. I don't continue to have reruns on arguments from the past. I forgive and forget. (Matthew 6:34; Ephesians 4:26)
13. I try to maintain a close relationship with God through Jesus Christ. (John 14:6; I John 4:21; Matthew 22:37-39; Ephesians 5:21-33)

After you finish this exercise, count the number of 0 and 1 answers you gave and mark the number on the appropriate line below. Next, count the number of answers

you gave with the numbers 2,3 or 4. Record that number on the appropriate line below.

		YOU	PARTNER
Number of 0 and 1 answers	___	___	
Number of 2,3 and 4 answers	___	___	

This exercise describes thirteen principles for good conflict resolution in your relationship with your partner and in your dealings with other people. It describes how you can be the kind of marriage partner God wants you to be. If you honestly answered several of the statements with a 2, 3 or 4, plan how you can change in order to answer those statements with a 0 or a 1. The more 0's and 1's you have, the better will be your relationship with your partner and with others.