

Resolving Conflict and Managing Anger

SDOE Spring 2022



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**“The best predictor of marital success is the way you
handle conflicts and disagreements.”**

- Fighting for Your Marriage

“...here is one thing that would complete my joy—come together as one in mind and spirit and purpose, sharing in the same love. Don’t let selfishness and prideful agendas take over. Embrace true humility, and lift your heads to extend love to others. Get beyond yourselves and protecting your own interests; be sincere, and secure your neighbors’ interests first.”

- *Philippians 2:2-4 (VOICE)*

“A fool does not think before he unleashes his temper, but a wise man holds back and remains quiet.”

- Proverbs 29:11 (VOICE)

“So put away your lies and speak the truth to one another because we are all part of one another. When you are angry, don’t let it carry you into sin. Don’t let the sun set with anger in your heart or give the devil room to work.”

- Ephesians 4:25-27 (VOICE)

“The thief approaches with malicious intent, looking to steal, slaughter, and destroy; I came to give life with joy and abundance.”

- *John 10:10 (VOICE)*

“We’re not waging war against enemies of flesh and blood alone. No, this fight is against tyrants, against authorities, against supernatural powers and demon princes that slither in the darkness of this world, and against wicked spiritual armies that lurk about in heavenly places.”

- *Eph. 6:12 (VOICE)*



5 Patterns of Confronting

1. Fight to Win
2. Withdraw
3. Yield
4. Go to Others
5. Loving confrontation
(healthy dialog)

Discuss

1. Which pattern(s) did you observe most growing up?
2. Which pattern best describes you?

Crucial Conversations

1. Opinions differ
2. Emotions are strong
3. The stakes are high

“The best way to work on us is to start with me.”

- *Crucial Conversations*

Staying in Dialog: Self-Reflective Questions

1. What do I want for myself?
2. What do I want for others?
3. What do I want for the relationship?
4. How would I behave if I want these results?

Restoring Safety

1. Express mutual purpose
2. Learn and express empathy
3. Maintain and demonstrate respect

Breaking the Cycle of Escalation

1. Apologize when appropriate
2. Use contrasting statements
3. Define purpose, brainstorm solutions

Discussion

1. Think about a recent crucial conversation you had (with your significant other, at work, etc). Can you identify the point where it became crucial?
2. How did the conversation resolve? Was healthy dialog maintained?
3. Can you think of anyone you know who is skilled at having crucial conversations? What behaviors or techniques do you see them use in a crucial conversation?

Pulling Back from the Brink

1. Use a pre-planned statement to diffuse anger
2. Take a timeout
3. Use a systematic approach to conflict resolution (page 48)

“Those with knowledge know when to be quiet, and those with understanding know how to remain calm.”

- Prov 17:27 (VOICE)

Forgiveness

Forgiveness is Not...

1. Enabling
2. Excusing sin
3. Tolerating abuse
4. Peace at any cost
5. Holding a grudge

Benefits of Forgiveness

1. Healthier relationships
2. Improved mental health
3. Less anxiety, stress, hostility
4. Lower blood pressure
5. Reduced chance of depression
6. Stronger immune system
7. Improved heart health
8. Improved self-esteem

“Put up with one another. Forgive. Pardon any offenses against one another, as the Lord has pardoned you, because you should act in kind.”

- Colossians 3:13 (VOICE)

“A happy marriage is the union of two good forgivers.”

- Ruth Graham

Normal Conflict

1. Daily home/car management
2. Minor financial disagreements
3. Lack of verbal control
4. Small parenting conflicts
5. Poor communication
6. Time management

Deep Conflict

1. Deep contempt for spouse's family
2. Uncontrolled verbal abuse
3. Physical abuse
4. Major financial conflict
5. Addiction issues
6. Isolating spouse or kids
7. Control/manipulation/lack of respect
8. Unfaithfulness
9. Untruthfulness/lack of transparency

Discussion

1. Individually, look at the common areas of conflict on page 51 in your book. Pick 2 that you think are most common in your relationship.
2. Compare choices. Did you agree? How can you have productive dialog about this?
3. Share with your discussion group if you are comfortable doing so (what areas did you identify, and how will you have healthy dialog?)

Conclusion