

Resolving Conflict and Managing Anger

Homework

Personal Reflection Assignment

Think through the following questions and answer honestly. This is primarily for personal reflection, but you can share with your significant other if you would like (or maybe there's a crucial conversation you need to have with them?).

1. What crucial conversations are you avoiding?
2. Is there a crucial conversation that needs to happen with your significant other?
 - a. About your past?
 - b. About the future you will share together?
 - c. About your family?
3. What is preventing you from having that conversation, and how can you have it in a healthy way?

Couples Assignment: Family of Origin

*Do the couples assignment on **page 47** in your book. Talk about how anger was managed in your family of origin and examine what Scripture has to say about this.*

Couples Assignment: Areas of Conflict

*In class we looked at the common areas of conflict on **page 51**, and you each identified two that you thought were the most common in your relationship. Is there a crucial conversation you need to have about one of these topics?*

Extra Credit

Read the Crucial Conversations book. As we said in class, this book is really geared towards communication in the workplace, but so much of the content is relevant to us as couples too!

Get the book (link takes you to Amazon): www.deitrick.us/cc

