

GREAT MARRIAGES DON'T *JUST* HAPPEN

Webinar Series - Session Two

UNDERSTANDING CONFLICT

1. Conflict is inevitable.

2. Be aware of your 'triggers'.

3. Conflict becomes a 'big deal' when it touches on a deeper issue.

- Insecurities, weaknesses
- Strong negative emotions
- Threatens values
- Fears
- Stress

CONVERSATION

TOGETHER: Choose a recent disagreement.

INDIVIDUALLY: In that disagreement...

- What emotions did I feel?
- How did I feel about myself?
- What assumptions did I make about my partner's attitude towards me?

TOGETHER: Share your insights and take time to hear your partner's point of view.

4. When we let surface issues pile up, small issues become big issues.

5. When we don't manage conflict well, we add fuel to the fire.

6. Forgiveness puts out the fire.

5 LANGUAGES OF APOLOGY

1. Expressing **Regret**: “I’m sorry.”

2. Accepting **Responsibility**: “I was wrong.”

3. Making **Restitution**: “How can I make it right?”

4. Genuine **Repentance**: “I want to change.”

5. **Requesting** Forgiveness: “Can you find it in your heart...?”

CONVERSATION

INDIVIDUALLY: Which language of apology do you use most easily? Which language of apology is the one you most need to hear?

TOGETHER: Take note of each other’s responses... especially if they’re different. Any insights for how to repair after conflict in the future?

Please visit familylifecanada.live to access the FamilyLife Canada Podcast and the latest digital resources to strengthen your relationship.