

## Handling Conflict

Topic: #603

Category: Life Situations



*Pride only breeds quarrels, but wisdom is found in those who take advice. Prov. 13:10*

Conflict is inevitable and isn't always bad. In fact, it can help you learn assertiveness, set boundaries, and have more honest relationships.

### When you need to confront someone:

1. Don't assume. Don't assume their intentions or that you fully understand the situation. Pray!
2. Ask questions. Find out facts. Ask: "What was your intention in saying/doing that?" "What did you mean when you said..."
3. State your perception; how **you** feel, rather than what they did.
4. Deal with one issue at a time. The other person may bring up something that's bothering them, but stick on one subject.

### When someone is confronting you:

1. Don't take it personally.
2. Don't counterattack.
3. Ask for time to give it objective reflection. Our natural tendency is to fight.
4. Set a time to re-discuss the issue.
5. Pray! Honestly evaluate your actions.

### Either way:

1. Keep focused on the big picture – the main issue.
2. Always respect the other person as a person.
3. Be solution oriented.

### Discussion Questions:

1. In what ways have you handled conflict in the past? (Avoid it, gossip, criticize). What is the end result?
2. How does unresolved conflict affect your mental health"?
3. How does your mental health contribute to your conflicts?
4. **Role Play:** Ask members with conflict in their lives (outside of the group) if they would like to "practice" resolving in the group.

Adapted from: Widener, Chris. *Don't let conflict keep you from success*. Beliefnet.com, August 30, 2010.

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#### When someone is confronting you:

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2. Don't counterattack
3. Ask for time to think.
4. Set a time to meet again.
5. Pray and evaluate!

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