



7 Steps to Resolve Any Conflict

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1. Take a Time Out

When tension is high you need to take a break before you say something you'll regret. Instead of walking away with attitude, simply ask for space. Let your partner know you need to cool off and you'll be ready to talk at (specific time).

2. Self-Reflect

Process your feelings by asking yourself:

- Why am I really upset?
- Do I want to win or do I want a solution to this problem?
- Do I need to compromise or do I need to stand my ground?

3. Accept him

Consider whether or not you're trying to change him or control him. For instance, if he likes blue and you like purple, you can't change that. He is who he is and you must accept him the way he is. Anything less than acceptance, will lead to one of you being unhappy.

4. Practice empathy

Put yourself in his shoes. If you were he, how would you feel? Changing your perspective will help you to see what you're missing and create a solution that works for both of you.

5. Stick to the facts

Our emotions can be a train wreck when we're upset. When evaluating the issue, use facts not emotions. Ask yourself:

- Is he trying to hurt me or take advantage of me?
- Is he trying to control me?
- Does he love me?
- Is he willing to compromise?

6. Focus on the Solution

When it's time to talk things over, stay focused on a solution, not on winning. Come up with at least **3 solutions** that could work to squash the problem once and for all. Then choose one that both of you can live with.

7. Pray

Pray for your partner and with your partner. It's hard to stay mad when you're and trusting God for answers.