

Relationships

#3: How Can I Improve My Conflict Skills?

1. Get yourself _____

a) Clarify your goals

Proverbs 15:28 *The heart of the godly thinks carefully before speaking...*

b) Beware of the _____

Proverbs 8:7 *...for I speak the truth and detest every kind of deception.*

Proverbs 12:18 *Some people make cutting remarks, but the words of the wise bring healing.*

c) Identify your _____

Proverbs 16:21 *The wise are known for their understanding, and pleasant words are persuasive.*

2. Always start _____

Galatians 2:11-12 *...when Peter came to Antioch, I had to oppose him to his face, for what he did was very wrong. When he first arrived, he ate with the Gentile believers, who were not circumcised. But afterward, when some friends of James came, Peter wouldn't eat with the Gentiles anymore.*

3. _____

Genesis 20:11 *Abraham replied, "I thought, "This is a godless place. They will want my wife and will kill me to get her."*

4. Ask for _____

a) _____

B _____

Proverbs 12:15 *Fools think their own way is right, but the wise listen to others.*

*What do I really want? For me? For them? For the relationship?

*What would I do right now if I really wanted these results?

Silence: Purposefully withhold information from the pool of meaning. It's almost always done as a means of avoiding potential problems, and it always restricts the flow of meaning. Methods range from playing verbal games to avoiding a person entirely. The 3 most common forms:

Masking: Understating or selectively showing our true opinions. Sarcasm and sugarcoating are some of the popular forms.

Avoiding: Steering completely away from sensitive subjects. We talk, but without addressing the real issues.

Withdrawing: Pull out of a conversation altogether.

Violence: Any verbal strategy that attempts to convince, control or compel others to your point of view. It violates safety by trying to force meaning into the pool. Methods range from name calling and monologueing to threats.

Controlling: Coercing others to your way of thinking. It's done thru either forcing your views on others or dominating the conversation. Cut others off, overstate your facts, speak in absolutes, changing subjects, etc.

Labeling: We can dismiss them under a general stereotype or category.

Attacking: Make the person suffer. Belittle or threaten.

Worst: Alternate between bluntly dumping their ideas into the pool of meaning and saying nothing at all. Either they start with, "you're not going to like this, but somebody has to be honest..." or they stay silent.

Good: Are fearful they could destroy a healthy relationship so they say some of what's on their minds, but understate their views out of fear of hurting others. They sugarcoat their message.

Best: Speak their mind completely and do it in a way that makes it safe for others to hear what they have to say and respond to it as well. They are both totally frank and completely respectful.

Proverbs 10 32
The lips of the godly **speak** helpful **words**,

Proverbs 16:21

The wise are known for their understanding, and pleasant **words** are persuasive.

Proverbs 18 20 ???

Ephesians 4:29 *Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen.*

[Ephesians 4:15](#)

Instead, we will speak the **truth** in love,

[John 6:26](#)

Jesus replied, “I tell you the **truth**, you want to be with me because I fed you, not because you understood the miraculous signs.

[John 8:58](#)

Jesus answered, “I tell you the **truth**, before Abraham was even born, I am!”

[Matthew 18:18](#)

“I tell you the **truth**,

[Matthew 19:23](#)

Then Jesus said to his disciples, “I tell you the **truth**, it is very hard for a rich person to enter the Kingdom of Heaven.

[Matthew 21:31](#)

“Which of the two obeyed his father?” They replied, “The first.” Then Jesus explained his meaning: “I tell you the **truth**, corrupt tax collectors and prostitutes will get into the Kingdom of God before you do.

[Ephesians 4:25](#) ...So stop telling lies. Let us tell our neighbors the **truth**,

Humility: Not arrogance or pigheadedness. Realize others have valuable input. We don't have a monopoly on truth and don't always have to win their way. Opinions provide a starting point but not the final word.