

# MARITAL *Anger*

## And Highly Conflicted Couples.

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**NO ONE WINS IN A WORLD** where we don't speak the truth in love, where conflict is denied or avoided. No one grows where the truth is absent, where no one is pushed to be and do the best. Without conflict, we remain relatively shallow. Intimacy can never develop. You will never become all that God has made you to be. The next time you are engaged in a conflict, keep these seven principles in mind.

- 1. CONFLICT IS INEVITABLE. An occupational hazard of being human is that if you are in any relationship, for any length of time, you will experience conflict.**
- 2. MOST CONFLICT ISN'T DEALT WITH IN HEALTHY WAYS BECAUSE MOST OF US DON'T KNOW HOW. When faced with conflict, we personalize it, interpret it as an attack, or to see only one solution... ours.**
- 3. HEALTHY CONFLICT PROVIDES OPPORTUNITIES FOR GROWTH AND INTIMACY.**
- 4. UNRESOLVED CONFLICTS INTERFERE WITH GROWTH AND SATISFYING RELATIONSHIPS. Problems don't magically disappear. They go underground and grow into other problems. The more you deny, hide from, overlook, and avoid conflict, the greater the problem will become.**
- 5. CONFLICT ISN'T GOOD OR BAD, RIGHT OR WRONG...CONFLICT SIMPLY IS. It is how we choose to respond to conflict that creates the problem or produces the growth.**
- 6. CONSTRUCTIVE CONFLICT INVOLVES A COMMITMENT TO SERVE, ENCOURAGE AND BE VULNERABLE TO ONE ANOTHER.**
- 7. CONSTRUCTIVE CONFLICT INVOLVES A COMMITMENT TO STOP, LOOK AND LISTEN, THEN, MAYBE, SPEAK.**

### HERE IS FOUR MORE STEPS TO APPLY THE PRINCIPLES ABOVE:

- 1. Be aware of your anger level and choose to invest whatever anger-energy you are experiencing into strengthening your relationship.**
- 2. Make your primary goal to understand the other person. Take a few minutes to acknowledge, discuss and define the conflict and then listen. See: Proverbs 17:27, 28.**
- 3. Ask yourself; "What is *my* contribution to the problem?" Most of us find it easier to identify the other person's contribution to the problem, how "they" need to change and what "they" could do differently, rather than acknowledge our own responsibility.**
- 4. Commit yourself to understand what the issue looks like through their eyes. See: Proverbs 25:12 ; Listen to what the other has to say. Even if you think that 90% of what they're saying isn't valid, listen for the 10% that might be true. Look for even the one percent that God could use in your life to help you deepen and mature. Even if you think they are 90% of the problem, you can choose to take 100% responsibility for your ten percent. See: Proverbs 12:18.**