



**Week 2—Marriage:  
Conflict Resolution**

*“A soft answer turneth away wrath: but grievous words stir up anger”.*  
Prov. 15:1

**Five Styles of Dealing with Conflict**

\_\_\_\_\_ Regard for Relationship

\_\_\_\_\_ Self Esteem

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*“Stop lying to one another; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves.”*  
Eph. 4:25 LB



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## The "I" Message

- 1, Tell the other person, "I have a problem."
2. Give a \_\_\_\_\_ description of the problem, from your viewpoint.
3. Tell the person how the situation makes \_\_\_\_\_ feel.
4. Let the reality of the situation produce \_\_\_\_\_.

When you get to step four you ask two critical questions:

- If you continue this behavior, knowing how I feel about it, will it make our relationship \_\_\_\_\_?
- Do you want our relationship to be better or worse?

*My dear friends, if you know people who have wandered off from God's truth, don't write them off. Go after them. Get them back and you will have rescued precious lives from destruction and prevented an epidemic of wandering away from God. James 5:19-20*

### Life Skills: (remember chicks dig guys with skills)

#### Review last week's skill:

- Did you discuss your love languages?
- Did you share events in your life and how we you felt about those events?

This week's skill:

- Discuss your most common style in dealing with conflict.
- Discuss the "I" Message and create a scenario in which it might be used.

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