

Conflict Resolution Instructions

General Instructions:

1. Make sure you and your spouse are able to discuss without entering into bitterness or anger.
2. Make sure you are able to talk about the feelings and emotions, and that you can listen to the same from your spouse.
3. Set your heart on finding out what God has to tell you, versus getting what you want.
4. Start by each spouse identifying possible ways to resolve the issue. Make sure not to exclude anything under the grounds that “it is not possible”. If it is the right option and is God’s plan He will make it happen.
5. Do not intentionally “load up or sabotage” what you desire or do not want.

Example Conflict : Problems with Boss at Work - Option #1: Change Job (requires moving)

Step 1 - List the possible positives and negatives for each option.

Step 2 - Refer to At Stake Pyramid and put the corresponding number next to each positive and negative comment.

1 for Level 1 = God (Your personal relationship with Christ)

2 for Level 2 = Spouse (The Overall goal of *marital intimacy*)

3 for Level 3 = Family (Raising Godly and healthy children)

4 for Level 4 = Everything Else (Work, hobbies, friends, extended family, service, etc...).

** Note - If more than one number applies, use the lowest number.

+	-
More money (Level 4) Bigger home (Level 3) Move to big city with lots to do (Level 4) Free from emotional pain from boss (Level 2)	Children leave the schools they love (Level 3) Find new church (Level 1) Have to start over with friends (Level 4) Risk of not liking new positions/coworkers (Level 4)

Step 3 - Apply the following values and sum each column.

Level 1 = 5 points

Level 2 = 3 points

Level 3 = 1 point

Level 4 = 0 points

+	-
More money (Level 4=0) Bigger home (Level 3=1) Move to big city with lots to do (Level 4=0) Free from emotional pain from boss (Level 2=3) 4 points	Children leave the schools they love (Level 3=1) Find new church (Level 1=5) Have to start over with friends (Level 4=0) Risk of not liking new positions/coworkers (Level 4=0) 6 points

Step 4 - Evaluate:

Consider nothing that has a higher point total in the negative column than the positive.

Prayerfully consider the top two options unless the process has brought about peace in your decision.