

Making Peace...Resolving Conflict

- WHO:
- A. The stronger of two people will initiate peace-making steps.
 - B. The person who senses friction will initiate peace-making steps.
 - C. The person who is bothered or offended will initiate peace process.
 - D. The person who realizes he has bothered or offended will repent.
- WHEN:
- A. As soon as possible. "In your anger do not sin. Do not let the sun go down while you are still angry, and do not give the devil a foothold." Eph. 4:26-27
 - B. After both have sufficiently cooled down.
- WHERE:
- A. A quiet, private, comfortable place, free of interruptions.
 - B. Sometimes a public setting is better, especially if hostilities are high in one or both .
- WHY:
- A. To restore a peaceful, God-pleasing relationship.
 - B. Resolving conflict can greatly strengthen a relationship.
 - C. "Blessed are the peacemakers, for they will be called sons of God." Mt. 5:9
 - D. What we don't talk out, we act out.
- HOW:
- A. Attitude of reconciliation is more important than method.
 - B. Affirm the relationship and how you value the other person.
 - C. Share power (decisions such as where, when, etc.) as much as possible.
 - D. Listen intently to understand and discover feelings.
 - E. Speak honestly, tactfully, and vulnerably (share hurts, fears).
 - F. The more emotional of the two should speak first.
 - G. Seek first to understand, then to be understood.
 - H. Speaking in person is best.
- METHOD 1: "I" Messages and Active Listening

When _____ (state specifically the action or behavior that occurred),
I feel _____ (hurt, fearful) because _____ (consequence to you) _____ .
and then _____.

"When I don't get a call saying you will be late, I get scared and worried because something might have happened to you and I don't want to lose you because I love you so much."

"You feel frightened when I don't call and say I'll be late because you fear something terrible happened to me."

Active Listening Responses

“Let me see if I am understanding you.”

“Is this what you are saying?”

“I want to follow you.”

“So you are feeling _____ because _____.”

“Keep going; tell me more.”

“Can you give me an example?”

“I’m confused about _____.”

“You’re right; I was wrong when I _____.”

“I can see your point...”

METHOD 2: Timed Talk

Set a timer for five minutes. Let the more emotional person vent first for five minutes. The other person active listens, with very few interruptions. When time is up, switch roles unless the first speaker is on a roll and wants to finish AND the listener is willing to surrender more time.

METHOD 3: Love Letter

Write a letter to the other person, using all of the following areas and devoting the same space to each feeling.

Anger	“I don’t like...” “I feel frustrated...”	“I am angry that...” “I feel annoyed...”
Sadness	“I feel disappointed...” “I feel hurt...”	“I am sad that...” “I wanted...”
Fear	“I feel worried...” “I feel scared...”	“I am afraid...” “I do not want...”
Regret	“I feel embarrassed...” “I feel ashamed...”	“I am sorry...” “I didn’t want...”
Love	“I love...” “I thank you for...”	“I appreciate...” “I forgive...”

P.S. The response I would like to hear from you is...

- A. The other can read letter aloud while writer listens.
- B. Writer can read letter aloud while other listens.
- C. Other can read letter privately and respond within 24 hours.