



## The Spiral of Conflict

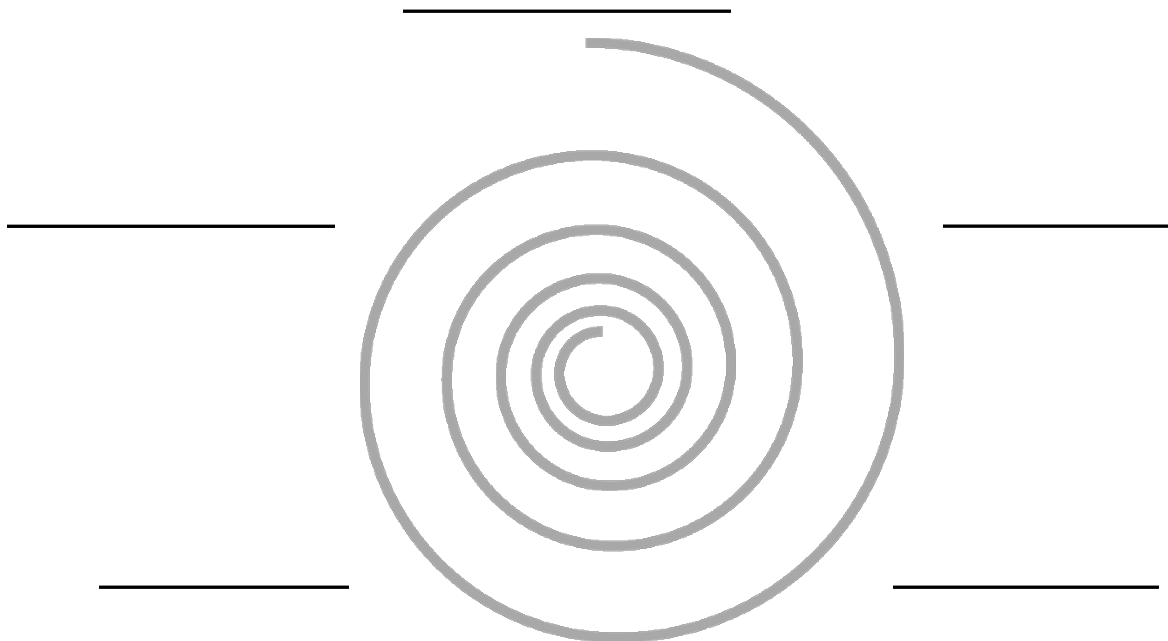
**Romans 12:2a** “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind.” (NIV)

We all have \_\_\_\_\_ that will create \_\_\_\_\_, but it’s how we handle the \_\_\_\_\_ that makes the \_\_\_\_\_.

**James 1:19-20:** “My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, for man’s anger does not bring about the righteous life that God desires.” (NIV)

We can all fall into unhealthy habits that are like \_\_\_\_\_ on the trust, safety, and love in relationships

### The Anatomy of Conflict



#### Deciding to change

- Make the decision to \_\_\_\_\_ of the responsibility
- \_\_\_\_\_ to respond in kind
- Interrupt the pattern and \_\_\_\_\_

# Rules for Time Outs



- Use the time out signal
- Either person can call a time out at any time
- The other person must respect the time out by stopping immediately
- Talk about yourself
  - You do not get to talk further about the topic
  - Do NOT talk about the other person
  - You only talk about yourself and your need to stop the process
  - Make it short and respectful
- A time must be specified to get together and address the situation
- The couple goes in different rooms to de-stress and consider what is really important (sometimes writing down your thoughts can be useful)
- The requestor initiates the get together