

# Study Guide: Can't We Just Get Along?

August 17, 2013



*"The most intense conflicts if overcome, leave behind a sense of security and calm that is not easily disturbed. It is these intense conflicts that are needed to produce lasting results."  
- Carl Jung*

Your biggest conflicts are about the way you \_\_\_\_\_.

Unresolved conflict always results in the \_\_\_\_\_ of something meaningful.

Conflict causes \_\_\_\_\_ and \_\_\_\_\_ causes \_\_\_\_\_.

The Key to marital happiness is not your spouse, but \_\_\_\_\_.

## Nine Most Common Areas of Marital Conflict

1. Negative \_\_\_\_\_/ Emotions
2. \_\_\_\_\_
3. \_\_\_\_\_ Issues/Concerns
4. Poor \_\_\_\_\_
5. \_\_\_\_\_ Gender \_\_\_\_\_
6. Unrealistic \_\_\_\_\_
7. Scheduling & \_\_\_\_\_
8. Personal \_\_\_\_\_
9. Family Issues
  - a. \_\_\_\_\_ Decisions
  - b. Dealing with \_\_\_\_\_

## 10 Common Mistaken Objectives in Resolving Conflict

1. To Rationalize your \_\_\_\_\_
2. To prove yourself \_\_\_\_\_
3. To prove your mate \_\_\_\_\_
4. To \_\_\_\_\_ the other person
5. To pay back a previous \_\_\_\_\_
6. To vent \_\_\_\_\_
7. To \_\_\_\_\_ your spouse
8. To make him/her feel \_\_\_\_\_  
or \_\_\_\_\_
9. To \_\_\_\_\_ them into  
submission
10. To stir up a \_\_\_\_\_ marriage.

## Why Does Conflict Occur?

- There is a lack of \_\_\_\_\_
- There is a lack of \_\_\_\_\_ or decision making
- There are discrepancies in \_\_\_\_\_ performance
- There is a \_\_\_\_\_ conflict between two people who have different \_\_\_\_\_, \_\_\_\_\_ or values.
- There is an unwillingness to \_\_\_\_\_.

### Suggestions for Resolving Conflict

- Don't let problems \_\_\_\_\_
- Choose your \_\_\_\_\_ wisely,
- You don't have to \_\_\_\_\_ everything you \_\_\_\_\_
- Keep the \_\_\_\_\_ thing the \_\_\_\_\_ thing
- State your feelings \_\_\_\_\_, Remove the guesswork.
- Make a conscious decision to keep the \_\_\_\_\_ under control.
- Don't dwell on the \_\_\_\_\_.
- Don't \_\_\_\_\_ the other person
- Make an effort to \_\_\_\_\_ not to tear \_\_\_\_\_.
- Keep it \_\_\_\_\_.
- Learn when to call a \_\_\_\_\_ fire.
- Seek to \_\_\_\_\_ rather than talk.
- When wrong, take \_\_\_\_\_
- Learn to say I am \_\_\_\_\_
- Communicate \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

*“Whenever you are in conflict with someone, there is one factor that can make a difference between damaging your relationship and deepening it. That factor is attitude.”*  
 -Unknown



### Obstacles to Resolving Conflict

1. Anger
2. Fear
3. Pride
4. Black and White Thinking
5. Unreasonable Expectations
6. Sitting in Judgment
7. Lack of Empathy

*- adapted from the Language of Apology by Beverly Angel*

### The 4 Most Deadly Reactions

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Having the Right Attitude

- Have a willingness to Engage
- Humility
- Willingness to take Responsibility
- Willingness to Change
- Developing “Thick” Skin

### Four Tests of True Humility

- A non-defensive spirit when confronted
- A willingness to be accountable
- An attitude of “nothing to prove, nothing to lose.”
- An authentic desire to help others.

### Suggested Reading for Dealing with Relationship Conflicts

Communication Miracles for Couples: Easy and Effective Tools to Create More Love and Less Conflict. By: Jonathan Robinson (2009)

The Anatomy of Peace: Resolving the Heart of Conflict. By: The Arbinger Institute.

The Seven Principles for Making a Marriage Work. By: John M. Gottman and Nan Silver (1999)

Lifemates: A Lover's Guide for a Lifetime Relationship. By: David and Janet Congo. (200)