**Family Conflict – Fighting for your Family Leader Notes March 1, 2015**

**1. What was your best/worst day this week and why?**

**2. What’s your usual style of dealing with conflict?** (if you didn’t ask this last week)

Focus on my

needs and desires

 Focus on others’ needs and mutual relationships

Avoidance – turtle; Giving in – teddy bear; competition – shark; compromise – fox; collaboration – owl.

What might be the advantage and disadvantage of each conflict resolution style?

Turtle – Positives - get’s you away from dangerous situations; allows you to cool down if your emotions are high; sometimes minor issues don’t need to be noticed; Minuses – A conflict can get worse if it isn’t addressed;

Teddy Bear – Positives – maintain the relationships; Negatives – Get taken advantage of; can lead to hidden resentment in the teddy bear

Shark – Positives – the conflict is addressed; sometimes bullies need to be challenged; Negatives – can create resentment in the loser; when parents power up using authority or force, it can create distance and resentment in the children.

Fox - Negatives – fox may deceive people and get them to believe things that aren’t true; others may feel outfoxed or cheated; Positives – tries to give everybody a feeling of getting something they want.

Owl – Negatives – It can take a long time and a lot of energy to truly find a win-win solution; Positives – Best outcomes. Trust, strong relationships, and great feelings of winning together.

**3. Is it possible to change conflict resolution styles? How does change happen?** (In different contexts, we may choose a different style. For example, depending on the situation, a boss may choose one style, an employee another. A parent may need to power up and force the issue, or ignore a particular behavior. A child may choose one style because it seems the most expedient. Over time, maturity and experience can help us choose more effective styles in each situation.)

**4. According to Matt. 5:9, what does it mean to be a peace maker? How is that different from being a peace keeper? In what relationships would you like to experience more peace?**

**5. What are things you do to prevent conflict from growing in your family?**

**6. What’s the latest you’ve stayed up trying to resolve a conflict? Was it worth it? Did it work?**

**7. Do you agree with the observation that men tend to want to solve problems while women often just want to explore the problem and be supported?**

**8. What’s the CORE of a good fight?**

**Cooperation** – fight for a win-win solution. Even a self serving win-win works.

**Ownership** – Admit your part of the problem, and be a part of the solution.

**Respect** – Steer clear of exaggeration, blaming, belittling, sarcasm, and threats. Disrespect is toxic to the relationship.

**Empathy** – Step into each other’s shoes.

**9. If you traded lives for a week with your spouse/children, what do you think you might find most difficult?**

**10. How does your relationship with Jesus Christ make a difference in conflicts you have in your family, at school or work?**

**11. Read Eph. 4:30-5:1. To reduce conflict, what do you need to get rid of, and what do you need to add? Do you agree that “the road to conflict resolution inevitably runs through the tunnel of forgiveness?”**

**Pray for the people in your home group.** Be mindful of any particularly challenging interpersonal conflicts others are facing. Pray that Jesus would be their Peace and help them to be peacemakers.