

Sound Christian Counseling, Inc.

**Sound
Counsel**

Good Relationships Experience Conflict

Even good relationships go through times of conflict. How we handle that conflict determines whether or not that relationship will remain healthy and happy. For many of us, our conflict style was learned during childhood from our family. Being aware of your conflict style is the first step toward resolving conflict in a healthy way. Are you using some or all of the following during conflict: controlling, avoidance, changing the subject, bullying, blaming, making excuses or letting someone else deal with it. These conflict styles are more likely to intensify a battle than lesson it. Let's refer to them as carnal weapons of warfare. Since the Bible says in II Cor. 10:4, that "the weapons of our warfare are not carnal, but mighty through God to the pulling down of strongholds," Lets start by asking the father to help you see the disadvantage of using these carnal weapons and how their use has impacted your relationship in a negative way. Next, ask him to give you his strength and the will to "choose" a better way of dealing with conflict. Now that your heart is ready, here are some tools to help you resolve conflict. 1) Pray- Inviting God into the conflict before you say anything can help you set your mind to be spirit lead. 2) Use "I" statements;

**Thank you for
keeping us in
mind.**

**For an
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avoid “you” statements, when followed by always and never. 3)

Avoid defensive or hostile body language. (rolling eyes, smiling, crossing arms, tapping foot).

4). Avoid name calling and put-downs 5) Acknowledge the other person’s point of view by reflecting back what they just said.

(Agreement is not necessary). 6)

Be specific and factual; avoid using generalities. Finally, 7)

Soften your tone. “A soft answer turneth away wrath”, but grievous words stir up anger. Prov. 15:1.

Merry Christmas!!

Veronica Rasmussen MSW LICSW