



FLOOD CHURCH LILONGWE
MARRIAGE PREPARATION COURSE
SESSION 4 NOTES AND ACTIVITIES

SESSION 4: RESOLVING CONFLICT

Exercise: Look at Your Difference (10 mins)

1. Mark against each issue, where on the line your fiancées and your own preferences lie eg. K =Kate and H = Humphreys
2. Do it separately then exchange manuals
3. Discuss how your differences can be complementary in your relationship

Money	Spend ___ H _____	_____ K ___ Save
	–	
Holidays	Adventure ___ K _____	_____ H ___ Rest
	–	
Issue		
Money	Spend _____	_____ Save
Holidays	Adventure _____	_____ Rest
People	Spend time with others _____	_____ Spend time alone
Sleeping	Go to bed late _____	_____ Get up early
Tidiness	Keep everything tidy and under control _____	_____ Be relaxed and live in a mess
Disagree- ments	Thrash it out _____	_____ Keep the peace
TV	Keep it on _____	_____ Throw it out
Relaxation	Go out _____	_____ Be at home



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Punctuality	Have time in hand_____	_____Cut it close
Planning	Make plans and stick to them_____	_____Be flexible and change plans
Organization	Organized_____	_____Disorganized
Decisions	Spontaneous_____	_____Cautious
Extended Family	See often_____	_____See rarely
Friends	Long list_____	_____A few close ones
Music	Like it on constantly_____	_____Only at certain times
Talking	Talkative_____	_____Quiet
Change	Enjoy change_____	_____Resist change
Initiative	Like to initiate_____	_____Prefer to respond to others ideas

Types of problems:

1. Solvable Problems
2. Perpetual problems
3. Gridlock Perpetual Problems

ACTIVITY: Using the soften your start-up formula

1. "I feel (your feeling)".... Eg. Hurt, jealous, frustrated



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2. **“When (the specific behaviour, not a pattern of behaviour)”** Eg. When we don’t have dinner together

3. **“And I need (state your positive need)”** Eg. to spend quality time together this week **Using the 7 steps**

Practice sharing with each other using the soft start-up formula.

Steps for resolution of conflict

1. Hit the pause button
2. Identify the issue
3. Discuss the issue rather than attack each other
4. Listen to each other
5. Work out possible solutions
6. Choose the best solution for your relationship and see if it works
7. Evaluate your progress

Reflection Questions: Take time to discuss these questions.

1. What patterns of resolving (or failing to resolve) conflict did you observe in your parents marriage/
2. What are the trigger points for conflict in your relationship?
3. What causes conflict to escalate and what helps each of you to hit the pause button?
4. Which is the most important of the steps for resolving conflict for each of you?

Homework:

3.11 ACTIVITY: Areas of tension

Which of the following areas have you already experienced tension in within your relationship?

- Extended Family
- Finances
- Sex



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- Children
- Work
- Time management
- Travel
- Church
- Physical distance

Are there solvable, perpetual or gridlock perpetual problems we have in these areas?

Is there an area we need to seek support in now?