

## Preparing for Marriage Respectfully Resolving Conflict

In life and in relationships, there will be conflict. Conflict can be a result of personality differences, differing goals, limited resources, miscommunications (honest mistakes, or intentional, words or actions that offend), or unrealistic expectations.

**Stop:  
Take a moment and discuss the above conflict possibilities with family members.**

All challenges resulting from conflict can, and should be, viewed as an opportunity to show respect for the other person involved, while communicating and deepening relationships. The secret to conflict resolution: create a situation where both parties feel good about the outcome!

Take a S.T.A.N.D. to Solve a Problem

- S – Stop and calm down. Keep emotions in check.
- T – Tell what’s bugging you. Listen to each side. Stick to facts!
- A – Assess alternatives. Brainstorm your options.
- N – Narrow the choices to “win-wins”
- D – Decide on the best one that you both agree upon -and do it!

### Tip for small children: Hand Pocket Problem Solver

Hold their hand(s) in yours and go through problem-solving steps. You will have to do this a dozen times but it will kick in!

- Thumb: Say what’s bugging you (the problem)
- Pointer, Middle-Man, Ring Man: Name 3 ways to solve it (ANYTHING!)
- Pinkie: Name the best choice.

**Here are some random scenarios for you to try out your new conflict resolution skills!**

<https://tinyurl.com/8bcr55t8>