

## How Does Your Family Deal With

# Conflict?



**H**urts are inevitable in all relationships. And oddly enough, we often hurt the most, those we love the most. Since both of these statements are true, make it a priority to establish some guidelines for how to resolve hurt in family relationships.

**Has your family ever talked about how to handle those inevitable misunderstandings?** Do you have some family values about how to deal with conflict? During your next Family Night, establish some guidelines that everyone agrees on.

### Here are some suggestions:

- Work to resolve personal anger (that is not related to family issues)—never take it out on others.
- Consider the needs and feelings of others—never selfishly focus on your own needs and feelings.
- Apologize openly and forgive one another quickly – never pretend to be perfect.
- Share your concerns and feelings directly—never talk to one person about another.
- Address hurts and problems openly—never pretend they do not exist.
- Encourage personal responsibility and accountability—never blame others for your inappropriate behavior.
- Be honest with emotions and affection—never use manipulations and guilt trips.
- Prioritize the people in your home—never the possessions, work, or projects.
- Discuss these and other issues. Appoint a family member as "secretary" to write down the guidelines. Review these policies on a regular basis during Family Nights.