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Conflict in Relationships

How to Manage Conflict Effectively and Help Your Relationship
Grow

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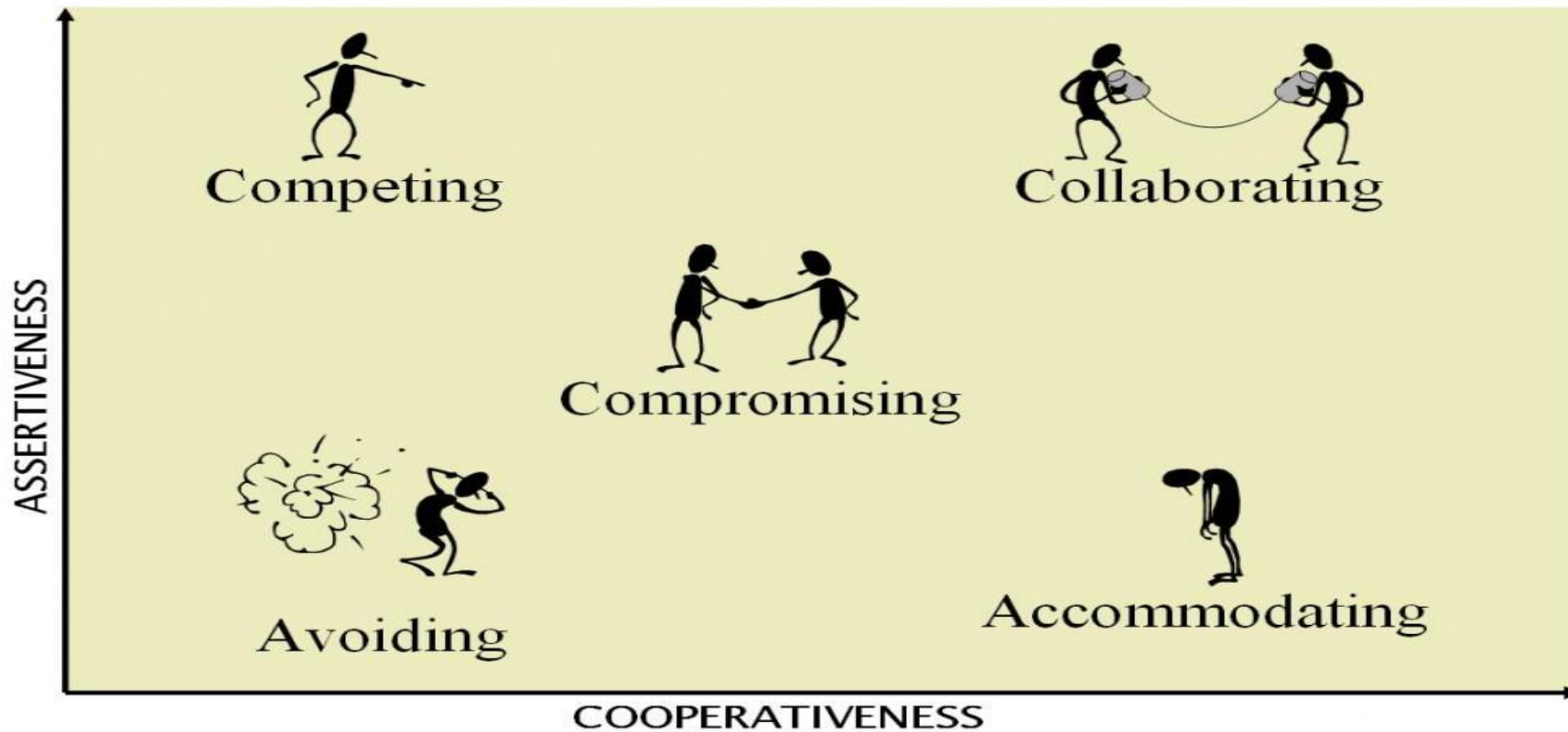
Managing Conflict in Relationships

- Conflict is a normal part of relationships. Being in conflict is not good or bad in itself, it is how we manage conflict that matters.
- In this presentation, you will learn about your conflict resolution style, how to manage conflict more effectively, and how to help your relationship grow.



What is your conflict resolution style?

Dealing With Conflict – Thomas /Kilmann model



Can you identify your conflict resolution style?



Conflict in Intimate Relationships

There are four main negative communication styles that contribute to worsening conflict between couples according to John Gottman:

- Criticism
- Contempt
- Defensiveness
- Stonewalling

If you think that your couple has a pattern of engaging in those behaviors, you may benefit from working on your conflict management style.



Healthy versus Unhealthy Ways of Managing Conflict

Healthy

- **Acknowledge** the problem
- Focus on the **problem** not the person
- Treat one another with **respect**
- Ability to connect **empathically**
- Effective **communication/using the “I” statement**
- **Being clear and specific** about what your needs are
- Capacity to **forgive and forget** and find a resolution

Unhealthy

- Avoid the existence of a conflict
- Focus on the person not the problem
- Have a disrespectful attitude
- Inability to understand the partner
- Using aggressive communication and blaming language
- Expecting your partner to read your mind
- Withdrawing love and holding resentment



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Help Your Relationship Grow

As you start to manage conflict effectively, you will be able to see conflict as an opportunity to help your relationship grow rather than as a threat to your relationship.

Tips to help your relationship grow:

<http://www.therapistaid.com/worksheets/relationship-growth-activity.pdf>



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Family Consultation Service (FCS)

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