

Faulkner University
A Christian University

Marriage
&
The Family

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Monday, November 20

- Chapter Three, Stinnett
 - Conflict Resolution
- Chapter Four, Stinnett
 - Romance
- Expressive Techniques

Conflict Resolution

- Does “happily ever after” really happen?*
- Is every marriage a happy marriage?*
- Are most marriages happy marriages?*
- Is a happy marriage even possible?*

Conflict Resolution

- What Happened?*
- Why is their marriage so good and mine so awful?*
- Why do we have to fight about everything?*

Conflict Resolution
Triggers

- *The "Firsts"*
 - *Holiday*
 - *Child*
 - *Move*
 - *Job Problem*
 - *"Fight"*

Conflict Resolution
Intimacy

Sometimes, we are kinder to strangers than we are to the people in our own home.

We would never think of talking that way to someone we don't know.

Conflict Resolution
Intimacy

"Most of us feel more free to disagree with those persons who are closest to us."

SHS, 32

Conflict Resolution

Intimacy

- *It's safer*
- *We spend more time around our family*

Conflict Resolution

Basic Differences

- *These should have been resolved long before engagement.*
- *These are fundamental issues that make us who we are.*

Conflict Resolution

Why?

5 Types of differences

Taste – what you like and dislike

Habits – what you do without thinking

Values – what controls your behavior

Thinking – how you decide what to do

Temperament – how you do it

Conflict Resolution
Remaking A Partner

- *Closely linked to the discussion on basic differences*
 - *Likewise, should have been resolved long ago.*
 - *May be incredibly difficult to bring about large scale change.*
- *Implies dissatisfaction or displeasure.*

Conflict Resolution
Power Struggles & Competition

- *“...responsible for some of the most intense and destructive marital conflict...”*
SHS, 33
- *A competitive relationship means someone must lose so that the other can win.*

Conflict Resolution
Tremendous Trifles

- *This is best known as “making a mountain out of a molehill.”*
- *May, unconsciously, contribute to “gunny-sacking.”*
- *“Successful couples prevent trifles from gaining undue importance by discussing them as soon as they begin to be irritants.”*
SHS, 35

Conflict Resolution
Tremendous Trifles

- *Leaving dirty clothes on the floor*
- *Leaving dirty dishes in the sink overnight*
- *Procrastination*
- *Cap off the toothpaste, squeezing it in the middle*
- *Leaving lights on when not needed*

Conflict Resolution
Different Role Expectations

- *A 9-5 career minded husband*
- *A stay-at-home wife*
- *A weekend stay-at-home husband*
- *A submissive wife*
- *A take-care-of-business husband*

Conflict Resolution
Different Role Expectations

- *Each spouse will play a certain role in the marriage.*
- *The expectation of what that role will be should be well vetted before the wedding.*
- *Once married, compromise and adaptation will be required to avoid conflict.*

Fixing Conflict
Before
Permanent Damage Occurs

Conflict Resolution
Handling the Differences
Lambrides 5 "A's"

- Awareness
- Acknowledgement
- Acceptance
- Adaptation – Adjustment
- Appreciation

Conflict Resolution
Principles for Resolving Conflict

- *Be Adaptable*
- *Don't Avoid Conflict*
- *Avoid Conflict Cycles*
- *Don't Gunnysack*
- *Avoid Passive-Aggressive Behavior*
- *De-escalate the conflict*

Conflict Resolution
Principles for Resolving Conflict

- *Develop a Conflict Formula*
- *Choose the Right Time*
- *Be Patient*
- *Be Committed*

Conflict Resolution
Developing a Conflict Formula

- *Develop a Conflict Formula*
 - *Create some preexisting rules.*
 - *No denial – if one thinks there is a problem, then there is a problem.*
 - *No joking or sarcasm*
 - *No retreat*
 - *Absolute respect*

Conflict Resolution
Developing a Conflict Formula

- *Develop a Conflict Formula*
 - *Identify the problem with facts, not feelings*
 - *Express how the facts make you feel*
 - *Reach mutually agreeable solutions*

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Romance
What Is It?

- Enjoying the moment
- Drinking deeply of our surroundings
- Enjoying our immediate surroundings to the exclusion of things more remote.

Conflict Resolution to Romance

- Conflict Resolution and Romance each function at opposite ends of the marital spectrum but each complements the other.
- Conflict Resolution is more analytical, logical. Romance is oriented toward the subjective, feelings and such.

Romance
What Is It?

- Romance is not feminine
- Romance is not sex

Romance
What Is It?

- SHS list a series of steps to increase romance.
 - Although often spontaneous, many require rather extensive planning.
 - Many are inexpensive or even free.
 - Often, the key is to figure out how to “out-nice” the other person.
