

May 6, 2018



How NOT to Deal with Conflict

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Navigating Emotionally Healthy Relationships (part 4)
Ephesians 4:1-6

Conflict is _____

6 Things Not To Do:

❖ Avoidance

- Self-reflection:
 I often do this I sometimes do this I rarely do this

❖ Blame

- Self-reflection:
 I often do this I sometimes do this I rarely do this

(continued on back)

Ephesians 4:1-6

❖ Instant Replaying

- Self-reflection:
 I often do this I sometimes do this I rarely do this

❖ Lawyer Mode

- Self-reflection:
 I often do this I sometimes do this I rarely do this

❖ Peace At All Costs

- Self-reflection:
 I often do this I sometimes do this I rarely do this

❖ Holding Grudges

- Self-reflection:
 I often do this I sometimes do this I rarely do this

Conclusion