

# Resolving Conflicts Managing Anger 2026

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# RECAP

- Healthy Boundaries
- 4 T's of Communication
  - Timing
  - Tone
  - Technique
  - Truth
- What you say vs. what I hear?
- Am I a good listener?
- Intentional / Empathetic Listening
- Daily 5 A's;
- Affirmation, Affection, Ask, Apologize, Amen

# Scripture Says

- My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry. James 1:19
- For our struggle is not against flesh and blood, but against the authorities, against the powers of the dark world and against the spiritual forces of evil in the heavenly realms. Ephesians 6:12

# Resolving Conflicts

DEFINITION: To make a decision on a course of action of a disagreement or argument.

Before any confrontation ask yourself, "How important is this?"

A week from now

A year from now

In light of eternity

## 2 Types of Conflicts

- Normal Conflict
- Deep Conflict

# Normal Conflict

- Daily home and car management
- Minor financial conflict
- Control or manipulations or lack of respect
- Lack of verbal control
- Small parenting conflicts
- Poor communication
- Time management

# Deep Conflict

- Your spouse truly despises your side of the family/stepchild
- Your spouse is verbally abusive, swears, or leaves conversation
- Your spouse hits or throws things
- Your spouse has addiction issues (drugs, alcohol, gambling, pornography, sex)
- Your spouse is unfaithful
- Your spouse lies on a regular basis
- Your spouse keeps secrets

What is your percentage of Normal vs. Deep Conflict?

# Five Patterns of Confronting

- 1. Fight to win
- 2. Withdraw
- 3. Yield
- 4. Going to others
- 5. Loving Confrontation

# Five Patterns of Confronting

## Fight to win

- “I am right, you are wrong” ,, You would rather be right than happy.
- You lose sight of why you are fighting and can often get ugly.



# Five Patterns of Confronting



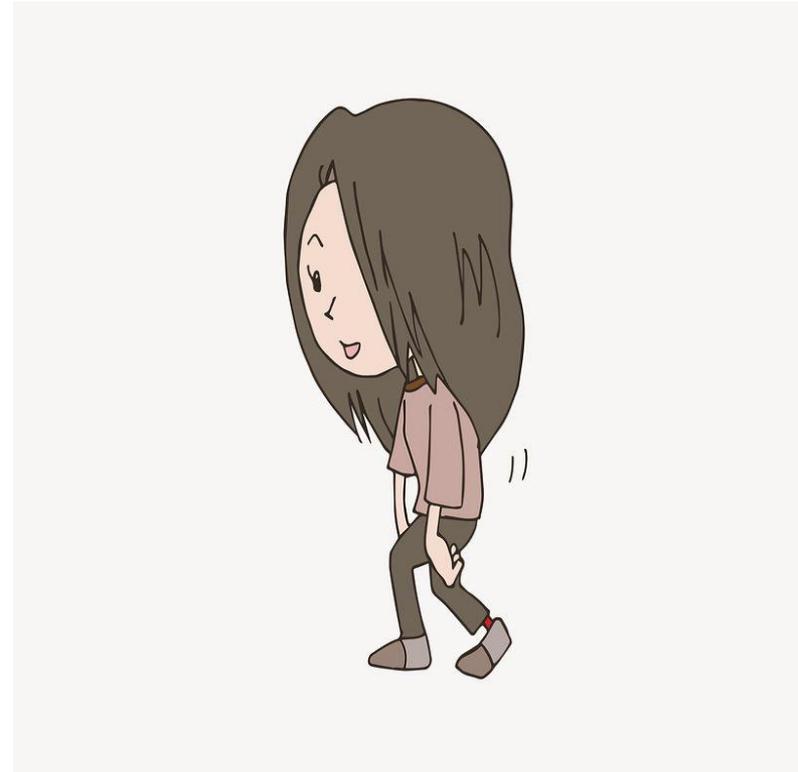
## Withdraw

- “I am uncomfortable” and leave.
- Withdraw emotionally or physically. This approach does not understand that nothing is resolved.

# Five Patterns of Confronting

## Yield

- “Whatever you want is fine”
- Safe is better than confrontation.
- Peace at any cost, Involves giving up.



# Five Patterns of Confronting

## Going to others...

- You turn to friends, family, co-workers, etc. for dialogue/advice
- Seeking Affirmation from others
- Have you spent more time talking to God than to others about this?



# Five Patterns of Confronting



## Loving Confrontation:

- You value the relationship more than winning or losing, escaping, or feeling uncomfortable.

# Break out

- What Patterns of Confronting did you observe growing up?  
Fight to Win  
Withdraw  
Yield  
Going to Others  
Loving Confrontation
- What Patterns are most like you?

Be honest!

Safe haven here!

# STEP UP

## A discussion with an 8 year old

- S - Say the problem without blame
- T - Think about a respectful solution
- E - Explore the solutions
- P - Pick the solution



# Managing Anger

#1

Use a  
statement  
to diffuse  
anger

#2

Use  
time-out  
process

#3

Agree on  
a play

**#3 This is the goal!!!**

# Option 1

## A statement to diffuse anger

- I love you and you love me and we don't want to hurt each other
- I feel like we are under spiritual attack
- I think we both need to ease up and backup a little bit
- Can we take a 10-minute time-out?
- Your examples??? "Seagull"

# Option 2

## A time-out process

1. Calm yourself and get alone
2. Identify the enemy and your emotions
3. Speak the truth in love
4. Practice the Pause: When in: Doubt, Anger, Tired, Stress

When you Pause, Pray!!!!!!!!!!!!

\*Time outs are not avoidance tactics! Nor a time to reload your verbal ammunition.

\*Do NOT chase after someone during their processing time!

\*Decide on a time to come back together to talk...

Do NOT be defensive but try to understand..

# Option 3

## Agree on a plan

1. Call on God immediately.
2. Check your anger.
3. Check the time.
4. Proceed with the “intentional/empathetic listening”
5. Formulate a statement that clearly identifies the conflict for both partners
6. Brainstorm possible solutions
7. Agree upon a solution
8. Try your solution and evaluate its effectiveness

# Why is it so hard to forgive?

- I am hurting too much
- We believe forgiving will excuse the behavior
- We think we have the right to judge or punish
- We believe our spouse should ask or earn forgiveness
- Forgiving makes us vulnerable
- We may not have good examples on how to forgive
- Withholding forgiveness gives us a false sense of power or control
- We may desire to “get even”
- We wrongly equate forgiving with forgetting
- We assign differing values to things – something may be way more important to one of us

# What forgiveness is **not**...

- Enabling
- Excusing sin
- Tolerating abuse
- Peace at any costs
- Holding a grudge

When YOU eagerly seek to forgive:

YOU are pursuing oneness together  
not isolation

A Healthier Relationship

Less Stress, Anxiety and Hostility

Lower Blood Pressure

Fewer symptoms of Depression

A Stronger Immune System

Improved Heart Health

Improved Self-Esteem

# Final Thoughts...

- Take time this week to discuss your strategies going forward
- Pray together when you are finished

