



# CONFLICT RESOLUTION



## **For a Wife:**

1. Stop accusing and ask questions.
2. "I sense that I've made you feel like you're not acceptable in my sight and I don't appreciate your efforts. Is that true?"
3. "Please share with me: How did I make you feel?"
4. "At the time I didn't realize that I was making you feel falsely accused, and unappreciated. But now I can see that that is exactly what I did. I'm so sorry. Will you forgive me? (You may ask specific forgiveness for criticizing, rejecting, accusing, or ungratefulness, whichever words are most pertinent in the current situation.)"
5. "Thank you so much for all you do for me and our family. You're an awesome husband."(Thank him for the specific things he has done to love and care for you.)



# CONFLICT RESOLUTION



## **For a Husband:**

1. Don't try to answer her question. Answer the question with a question.
2. "By the tone of your voice, I sense that I've hurt you. Is that true?"
3. "Please share with me: How did I make you feel?"
4. "At the time, I didn't realize that I made you feel (Repeat the feelings she shared with you). But now I can see that that is exactly what I did. I'm so sorry. Will you please forgive me? (You may ask forgiveness for the specific ways she has shared you made her feel not loved, uncared for, or not listened to.)"
5. I love you, and the last thing I would ever want to do is hurt you, or make you feel like I don't love you or care about you.