

AUTHENTIC COMMUNICATION

INDIVIDUAL SECTION

OBJECTIVE - To analyse how well you handle conflict and to begin the process of practicing forgiveness.

Instructions - Complete both parts of this section.

1. How well do you believe you and your partner handle conflict in your marriage? (Mark one)

Very well Well Not well Poor

2. How well do you think you listen to your partner when you are having conflict?

Very well Well Not well Poor

3. How well do you think he/she listens to you in those times?

Very well Well Not well Poor

4. During conflict, how do you usually respond when you are hurt or offended? (Mark all that apply)

<input type="checkbox"/> Anger	<input type="checkbox"/> Agression	<input type="checkbox"/> Retaliation
<input type="checkbox"/> Withdrawal	<input type="checkbox"/> Suppression	<input type="checkbox"/> Other
<input type="checkbox"/> Silence	<input type="checkbox"/> Hostility	<input type="checkbox"/> Other

5. During conflict, how does your partner respond when hurt or offended?

- | | | |
|-------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Anger | <input type="checkbox"/> Agression | <input type="checkbox"/> Retaliation |
| <input type="checkbox"/> Withdrawal | <input type="checkbox"/> Suppression | <input type="checkbox"/> Other |
| <input type="checkbox"/> Silence | <input type="checkbox"/> Hostility | <input type="checkbox"/> Other |

6. How willing are you to seek forgiveness when you are wrong, and grant it when you have been wronged?

- | | | |
|----------------------------------|---|--|
| <input type="checkbox"/> Willing | <input type="checkbox"/> Somewhat willing | <input type="checkbox"/> Usually Not willing |
|----------------------------------|---|--|

Prepare your heart by humbling yourself before God. Confess any anger that may keep “the wall” up and your partner at a distance.

Thank God that He has forgiven you (read 1 John 1:8-9). Then acknowledge your willingness before God to seek forgiveness from your partner. Likewise, prepare your heart to grant forgiveness to your partner by thanking God for him/her.

Therefore, confess your sins to one another, and pray for one another, so that you may be healed. The effective prayer of a righteous man can accomplish much.

James 5:16

INTERACTION SECTION

OBJECTIVE - To seek or grant forgiveness verbally.

SETTING:

1. Make sure you are able to talk freely.
2. Don't be defensive.
3. Concentrate on using “I” statements only.
4. Seek to listen.
5. Express the truth in love.

Instructions - Complete together.

1. Which two or three things seem to bring about conflict most often in your marriage?

2. How can you help each other diffuse conflict when it occurs? (Be specific)

3. What is at least one thing you need to ask forgiveness for?

STEP 1:

Husband: While looking at your wife, restate the offence you would like to seek forgiveness for and ask her forgiveness.

Wife: Grant forgiveness to your husband with your words. Be honest.

Then, by deed, take the offence written down on the piece of paper and throw it away or burn it as a symbolic gesture of the freedom forgiveness grants.

STEP 2:

Wife: While looking at your husband, restate the offence you would like to seek forgiveness for and ask his forgiveness.

Husband: Grant forgiveness to your wife with your words. Be honest.

Then, by deed, take the offence written down on the piece of paper and throw it away or burn it as a symbolic gesture of the freedom forgiveness grants.

Now pray together and ask the Lord Jesus for the power to grow in how you handle conflict.