



TIPS FOR FIGHTING WELL

In this episode, we share three tips for how to fight well with others. Whether it's with a spouse, family member, or friend, these three basic ground rules for any healthy argument.

INTRODUCTION (00:32)

You will always have conflict in your life. Conflict is not bad and can in fact lead to a strengthening of your relationship. It can also healthy for your own personal growth.

1. *What did you observe or learn about conflict in the home with which you grew up?*

RULE #1: THE OTHER PERSON IS NOT YOUR ENEMY (02:26)

We can often go into conflict or disagreements with the desire to win. However, allowing the other person to share their thoughts and opinions will encourage healthy resolution.

2. *What is your goal in conflict: to win the fight or to avoid the fight? Why do you think this often your goal?*

RULE #2: RECOGNIZE THAT YOU BOTH HAVE A PAST (03:16)

Our thoughts and behavior within a conflict will often default to what we learned or observed in our growing up years. Having understanding for the other person will help us respond to them with grace.

3. *How was conflict (arguments, disagreements, or fighting) resolved in the home with which you grew up?*

RULE #3: IDENTIFY WHAT YOU EXPECT FROM THE OTHER PERSON (04:43)

Assess your goals within conflict — either winning or avoiding the disagreement all together. Preferring others — laying down our rights, comforts, or desires — is how we demonstrate our trust in God and is the beginning of real resolution.

4. *With those closest to you (thinking of recent conflicts) how could have you shown deference to their needs, emotions, and perspectives?*
5. *What could the other person do in a conflict to make you feel cared for, loved, and safe within a conflict?*

ACTIVATION (07:15)

Write down the following “Rules for Healthy Arguing”:

- 1) The Other Person is Not My Enemy
- 2) Remember We Both Have a History
- 3) Acknowledge and Verbalize My Expectation