

Resolving Conflict in the family

Course Outline

Session One: Defining Conflict. Positive aspects of conflict. Various styles of responding to conflict.

Session Two: Roots of conflict: Wounds of the past, distorted perceptions. Self-image and its impact on relationships.

Session Three: Differences in gender and personality

Session Four: Balancing Emotion and Reason.

Session Five: Managing anger, resentment, and hatred.

Session Six: Importance of good communication. Benefits of loving, listening and forgiving.

Session seven. Problem solving.

Session eight: Changing personal habits and attitudes to create harmony in relationships.

Be Comfortable with Conflict

The problem is not that there are problems.
The problem is expecting otherwise and thinking
that having problems is a problem.