



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF MARCH 26, 2007



It's Not Easy Being a Superhero: Battle of the Sexes

Featuring
Dr. John Townsend
Psychologist
Best-selling co-author of Boundaries series,
author of Hiding from Love

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I. Introduction

Conflict is an expectable, good part of a good relationship

II. Basic Aspects of Conflict

Defining Conflict: A difference that causes a problem

Conflict serves love

Conflict is about God too

Conflict and confrontation are related, but they're not the same thing

Conflict is a sign of life

People who do conflict well have clearer definitions of how they feel and what they love/don't love

*And a great road
will go through that
once deserted land.
It will be named the
Highway of
Holiness. Evil-
minded people will
never travel on it. It
will be only for
those who walk in
God's ways; fools
will never walk
there.—Isaiah 35:8*

III. Types of Conflict

1. The sin of one person
2. The brokenness/immaturity of one person
Ex. One who says yes but performs no
3. Two people with different desires
4. When one person's desires don't fit the relationship
5. The known versus the unknown

IV. The Plan for Conflict

1. Bring care and value into the conversation
 - Raw truth makes a person feel wounded or judged
2. Hear out both sides
3. Go back to care and value
4. Validate both sides/Validate each other's experience
 - Validating doesn't mean "I agree"
5. Are there any immediate solutions?
6. Are there Deeper Issues?
7. Recheck again with care and value
8. If it doesn't work, bring in a third party

IV. Tips for Conflict

Have a normalizing talk about the process

Get feedback on your feelings

Require engagement

Next Week on “Solutions”

Hope: Hope Springs Eternal

Resources:

BOOKS:

Boundaries in Marriage

By Drs. Henry Cloud and John Townsend
www.zondervan.com

It's Not My Fault

By Drs. Henry Cloud and John Townsend
www.cloudtownsend.com

Hiding From Love

By Dr. John Townsend
www.zondervan.com



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