

10 COMMUNICATION GUIDELINES WHEN CONFLICT COMES

In Our House...

1. WE NEVER MENTION DIVORCE.

Genesis 2:24

2. WE DON'T RAISE OUR VOICES. WE CONTROL OUR ANGER.

Proverbs 29:11

3. WE DON'T SLAM DOORS OR SWEAR AT EACH OTHER.

Matthew 7:12

4. WE TAKE A BREAK FROM THE CONVERSATION IF IT STARTS TO ESCALATE.

James 1:19-20

5. WE DON'T HOLD GRUDGES OR BRING UP OLD ARGUMENTS.

1 Corinthians 13:5

6. WE DON'T PLACE BLAME. WE SAY, "I FEEL" INSTEAD OF "YOU DO THIS OR THAT."

Galatians 6:4-5

7. WE SEEK TO HAVE A SOFT WORD AND TONE RATHER THAN A HARSH ONE.

Proverbs 15:1

8. WE DON'T GO TO BED ANGRY AT EACH OTHER.

Ephesians 4:26

9. WE LISTEN BEFORE WE SPEAK.

Proverbs 18:13

10. WE SAY, "I'M SORRY, WILL YOU FORGIVE ME?"

Colossians 3:13