



Conflict Coping Styles

When life disappoints us or things don't go our way, we each have our own style of dealing with it. We respond our way, BUT we expect others to respond our way, too.

Conflict in marriage is inevitable.

So...

How do you handle disappointment? How does your spouse respond? How do you relate to each other inside conflict?

Three typical responses:

- with heightened emotions
- searching for a logical explanation
- looking on the bright side



Look through the following statements and jot down the numbers that describe you the best.

- 1 I want to get an emotional response that mirrors my own.
- 2 I want to solve the problem by finding the facts that will lead to the right answer.
- 3 In order to always get along, I'll ignore the problem. It will go away on it's own.
- 4 We need to deal with the feelings first.
- 5 We need to put our feelings aside for now to solve the issue.
- 6 Let's go do something fun that way we can forget about this.
- 7 I need to know if you understand me and feel the same way I do.
- 8 I know this might hurt your feelings but we need to be logical.
- 9 Things aren't that bad. It will work itself out.
- 10 I'm not sure whether I can trust you or not.
- 11 Why can't you be logical like me?
- 12 Can we focus on the pros instead of the cons?

Coping Styles:

How we handle disappointment.

Reactive

Revealed by statements: 1, 4, 7, 10

Competency

Revealed by statements: 2, 5, 8, 11

Positive Outlook

Revealed by statements: 3, 6, 9, 12



In the Coping Styles box, note the numbers you chose.

Which Coping Style do your answers reflect most?

Which Coping Style do you think your spouse is?

How is it beneficial that your partner views conflict that way?

How do you see your Coping Style as beneficial?

What impact do these different Coping Styles have on your relationship?



...Because we loved you so much, we were delighted to share with you not only the gospel of God but our lives as well.

1 Thessalonians 2:8



*Adapted from the podcast, Around the Circle.