

Presentation Outline

Class: Family Support

Curriculum: Family Conflict Resolution

Time Frame: 1hr. and 30 min.

Facilitator: Lauren Davis

INTRODUCTION: There's an old saying that if any two people always agree on everything, then one of them is not thinking. Conflict is inevitable - particularly in a family, since its members live in such close proximity. Disagreements can serve as opportunities for developing family unity, and healing old wounds that hinder our joy and fulfillment. But when conflicts go unresolved, they become a source of frustration and discouragement. And so today's subject is 'Family Conflict Resolution'. Let's begin by looking into why our conflicts go unresolved, and then move into some tried and tested solutions to this problem.

MAJOR PROBLEMS: Here are three basic problems that keep families from resolving their differences.

- **Pride**
 1. Selfishness - only caring about our own personal happiness, "finger-pointing", etc.
 2. Stubbornness - refusing to compromise.
 3. Arrogance - the "know-it-all" syndrome.
- **Confusion**
 1. Parents failing to resolve their differences in private.
 2. Parents refusing to recognize a child's right to voice his or her concerns.
 3. Children failing to recognize parental authority.
- **Poor Communication Skills**
 1. Not listening to one another carefully.
 2. Abusive language - shouting, name calling, over-talking, etc.
 3. Debating - believing that "being right" is more important than coming to an agreement.

SOLUTIONS:

- **Exercise humility** - A chain is only as strong as its weakest link. We must recognize that each family member stands to benefit from the well-being of their fellow members. Families must be willing to learn and grow together as a unit; respect each others feelings and opinions and accept responsibility for our own shortcomings.
- **Establish family order** - Like schools, businesses and communities, families must be well organized in order to resolve the inevitable conflicts that arise. We must clearly define the roles each member must play, and honor one another according to the rights and responsibilities assigned to each role.
- **Develop effective communication skills** - Without the ability to communicate effectively, our conflicts simply cannot be resolved. We must carefully consider the opinions of each family member, avoid abusive language and communicate with the common goal of unity and mutual understanding.

INTERACTION:

- Pass out and read guidelines on 'Negotiations and Compromise'.
- Have a Q&A session on the guidelines.
- Open the floor for general discussion.

CONCLUSION: In order to successfully resolve family conflicts, we must recognize that each family member has an important contribution to make in the process. We must honor the rights and

responsibilities assigned to each member - the authority of parents, the views of our children and the importance of establishing unity for all. And finally, we must speak to each other with compassion and respect; listen carefully as other members voice their concerns, and allow mutual agreement rather than winning an argument to become our main objective.