

Self Examination Questions: When Experiencing Relationship Conflict

"If it be possible, as much as lieth in you, live peaceably with all men." Romans 12:18

Trying to deal with problems without taking them to God

"Have I taken my hurt, my concerns and my relationship with this person to God in prayer? Have I asked God for grace and wisdom for how to deal with this relationship? Have I prayed specifically for this person?"

Pride

"Do I see myself as 'better' than the other person?" "Do I over-focus on how I've been wronged and forget I have wronged others?"

Faultfinding

"Do I only see the negative things the other person does without seeing any of the positive things?"

Replaying the Hurt

"Do I review and replay the scene of the conflict or when I was hurt over and over again?"

Avoidance

"Do I avoid being around the people I had conflict with? Is this part of the problem?"

Silence

"Has my refusal to share information, my feelings or opinions with others led to or fueled this problem?"

Isolation

"Do I withdraw emotionally from others?"

Gossip

"Do I talk about the person behind his/her back or spread negativity about the person with my friends, family or co-workers?"

Resentment

"Have I let anger build up over time and turn to bitterness?"

Adapted from *Restoring Broken Relationships: Hope for the Heart* by June Hunt, The Soul Care Bible: Thomas Nelson Publishers.

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