

# Managing Relationship Conflict



## What in us drives our need to get our point across against all odds?

- Conflict is an emotional response to a situation that don't go the way we expected it to. It is a defense mechanism. It is a disagreement where the parties involved perceive a threat to their needs, interests or concerns. Our response to the perceived threat, rather than the true threat (issue), facing us drives the intensity of the conflict.

## The secret to managing conflict is :

1. Understand the true threat or nature of the issue causing the conflict,
  2. What is the real solution not the lets end this now solution but if to actual resolve will continue to reoccur, and then through agreement and awareness continue to manage it every time it raises it ugly head.
- Many conflicts are repetitive within relationships. That is, your argument is about the same things though perhaps expressed in different ways. When the root of the problem is not found and dealt with... your life can become a life of power struggles. And, that is not good for any relationship.

**6 week course:** Meets once per week for 1.5 hours. Participants learn to manage relationship conflict and preserve the quality and dignity of their relationship. Highly recommended for people co-parenting, parenting teens, and pre-marital planning as well.

**Recommended for:** All adults interested in creating and/or maintaining a healthy relationship with their partner.

Learn **10 new steps** to use conflict as a motivator for change and to heal your relationship.



Enroll Now! Group meets Friday – 9:00 – 10:30 for 6 weeks. Open to parents of children 0 to 18 years.

**Call 219-886-1111**

On the web: [www.indianaparentinginstitute.org](http://www.indianaparentinginstitute.org)