

CONFLICT

WITH DR. GREG & ERIN SMALLEY



FOCUS ON THE FAMILY® | FOCUS ON MARRIAGE™

At Focus on the Family, we desire to see your marriage thrive. Explore these questions with your spouse as you work toward deeper levels of communication and intimacy.

VIDEO #1: MARRIAGE NEEDS CONFLICT

- The Smalleys indicate that marriage needs conflict, which can present opportunities. Do you agree or disagree?
- How do you see conflict presenting opportunities in your relationship?
- How have you handled conflict in your marriage in the past?

VIDEO #2: CONFLICT VS COMBAT

- In the video, the Smalleys indicate that conflict is healthy for your relationship, but combat is not. What do conflict and combat mean to you?
- What could you do differently when there is conflict so that it doesn't become combative?

VIDEO #3: PUSHED BUTTONS/FIGHT OR FLIGHT

- What reaction do you identify with: "flight or fight"?
- How do you most typically react when your buttons are pushed?
- What can you and your spouse do to have healthier conflict in your marriage?

VIDEO #4: HEALTHY CONFLICT

- What is one thing you can do to calm down before talking through conflict?
- What are some emotions you feel when experiencing conflict?
- Why do you think identifying your emotions is important?

CONSULTATIONS & REFERRALS

Need prayer and want to talk to one of our Christian counselors? We would love to help! To reach Focus on the Family's counseling department by phone, call 1-855-771-HELP (4357) weekdays 6:00 a.m. to 8:00 p.m. (Mountain Time).