

MODULE 10 — RESOLVING CONFLICT WITH IN-LAWS

Navigating Disagreement and Maintaining Peace Worksheet

INSTRUCTIONS: Complete this worksheet individually, then discuss your answers with your spouse. Be honest about what you have observed, not what you wish were true.

1. PAST CONFLICTS

What is the biggest conflict you've experienced with in-laws?

How was it resolved (or is it still unresolved)?

How did your spouse handle it? Did they choose your side, their family's side, or try to stay neutral?

2. UNRESOLVED ISSUES

Are there lingering resentments or unspoken tensions with extended family?

Do you or your spouse avoid certain family members because of past conflict?

What would it take to truly heal these broken relationships?

3. COMMUNICATION BREAKDOWN

How do you typically communicate when there's a problem with in-laws?

Does your spouse defend you, defend their family, or stay quiet?

Do you and your spouse have a united approach to handling family conflict?

4. REPAIR & RESTORATION

Who is responsible for initiating reconciliation after conflict?

Are you willing to seek peace even if it requires compromise?

Is your spouse willing to have difficult conversations with family to protect the marriage?

5. FUTURE CONFLICT PREVENTION

What systems or boundaries could prevent future conflicts?

How will you and your spouse handle the next family conflict?

Are you both committed to resolving family issues in ways that strengthen, not weaken, your marriage?

KEY REFLECTION: What is your biggest concern about ongoing conflict with in-laws?

How can you and your spouse work together to resolve family conflicts in healthy, marriage-protecting ways?