

MODULE 9 — BUILD A CULTURE OF CONFLICT RESOLUTION

Agreements and Habits — Not Just Skills

John 13:35 / Ezekiel 36:26

STEP 1 — SELF-ASSESSMENT (complete individually before discussing)

On a scale of 1–10, how intentionally have we built shared agreements, habits, and ground rules for handling conflict — so that when it comes, it lands in prepared soil?

My Rating:	1	2	3	4	5	6	7	8	9	10
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“The goal is not a marriage without conflict — it is a marriage where conflict consistently produces growth.”

“A couple with a culture of resolution is not simply functional. They are a testimony.”

STEP 2 — YOUR PARTNER’S VOICE (both respond in their own words)

What ground rules do you wish we had in place before our next argument? What patterns in how we fight do you most want us to agree to change together?

HIM	HER
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STEP 3 — ACTION COMMITMENT (each spouse completes)

One ground rule or shared agreement we will establish together this week — written down and committed to before our next conflict:

STEP 4 — REFLECTION (honest, private, written)

What does our current culture of conflict look like honestly? What patterns are we passing on to our children, our community, and ourselves — and what culture do we want to build instead?

AFTER THE MODULE — Alignment Check

What is the one change we will both commit to making in how we handle conflict, starting today?

Signed: _____ Date: _____