

How I Experience Conflict

For me, conflict is like . . .

- War . . . where I'm engaged in a life-and-death battle against an enemy
- Competition . . . where I'm competing against an opponent
- Bomb . . . where I'm facing the danger of a violent explosion
- Juggling . . . where I'm trying to carefully balance a number of objects
- Trial . . . where I'm being tried to determine innocence or guilt
- Dance . . . where I'm learning to move in step with my partner or others
- Game . . . where I'm playing by friendly rules and want to win
- Negotiation . . . where I'm at a bargaining table negotiating an agreement
- Puzzle . . . where I'm sorting and putting pieces together to complete a picture
- Problem . . . where I'm challenged to discover a resolution to a difficulty
- Dilemma . . . where I'm caught between two unfavorable "horns" or options
- Adventure . . . where I'm on an exciting venture of exploration and discovery
- Maze . . . where I'm trying to find my way through or out
- Storm . . . where I'm seeking cover from destructive forces
- Tide . . . where I'm facing powerful but predictable forces that are natural
- Firefighting . . . where I'm trying to contain a fire from spreading
- Volcano . . . where I'm wondering if hot gases and lava are about to erupt
- Garden . . . where I'm tending wanted seeds and plants but also weeds and pests
- Other: _____

Optional: *Draw an image* that represents conflict for you. What does this image express?

 **For me, conflict is like ...**

In conflict, I often feel . . .

- | | | |
|--------------------------------------|--------------------------------------|---------------------------------------|
| <input type="checkbox"/> Angry | <input type="checkbox"/> Lonely | <input type="checkbox"/> Ashamed |
| <input type="checkbox"/> Aggressive | <input type="checkbox"/> Sick | <input type="checkbox"/> Energized |
| <input type="checkbox"/> Sad | <input type="checkbox"/> Indifferent | <input type="checkbox"/> Resentful |
| <input type="checkbox"/> Optimistic | <input type="checkbox"/> Superior | <input type="checkbox"/> Hopeful |
| <input type="checkbox"/> Excited | <input type="checkbox"/> Isolated | <input type="checkbox"/> Hostile |
| <input type="checkbox"/> Inferior | <input type="checkbox"/> Cautious | <input type="checkbox"/> Stressed |
| <input type="checkbox"/> Intimidated | <input type="checkbox"/> Hurt | <input type="checkbox"/> Enthusiastic |
| <input type="checkbox"/> Fearful | <input type="checkbox"/> Guilty | <input type="checkbox"/> Other: _____ |

As for my assumptions, I believe conflict is . . .

- | | |
|---|---|
| <input type="checkbox"/> inevitable and experienced by all. | <input type="checkbox"/> a result of our sin. |
| <input type="checkbox"/> abnormal, and harmony is normal. | <input type="checkbox"/> a problem to be avoided. |
| <input type="checkbox"/> a natural part of God's creation. | <input type="checkbox"/> an opportunity to be explored. |

For further consideration: Ask yourself these questions and see where it takes you.

 **In conflict, my family often . . .**

 **In conflict, I often . . .**