

# CONFLICT HELP

Conflict is a normal part of relationships and community. Healthy groups handle conflict with grace, honesty, humility, and love. Use these principles to navigate difficult conversations well.

## WHEN CONFLICT HAPPENS

- **Pause Before Reacting:** Take a moment to pray and process before responding emotionally.
- **Assume the Best:** Seek understanding first rather than jumping to conclusions.
- **Address Issues Directly:** Healthy communication happens face-to-face, not through gossip or avoidance.
- **Invite God Into the Process:** Pray for wisdom, humility, and peace before difficult conversations.

## HEALTHY RESPONSES

- **Listen Well:** Make space for the other person to feel heard and understood.
- **Speak Truth with Grace:** Be honest while remaining kind and respectful.
- **Take Responsibility:** Own your part and be willing to apologize when needed.
- **Pursue Reconciliation:** Focus on restoring relationship rather than simply winning the argument.

## WHEN TO ASK FOR HELP

- **Conflict Remains Unresolved:** If repeated conversations are not productive.
- **Someone Feels Unsafe or Deeply Hurt:** Bring in additional support quickly.
- **Communication Breaks Down:** Seek outside perspective when conversations become unhealthy.
- **Reach Out for Support:** Connect with your coach, pastor, or ministry leader for wisdom and guidance.

Healthy conflict handled well can strengthen relationships, build trust, and deepen community.