

WORKBOOK 5:

TRUCKERLIFE

DEALING WITH CONFLICT



dealing with **CONFLICT**

Conflict is inevitable

and should be expected! Even in the healthiest relationships there will be disagreements, misunderstandings, differing points of view and perspectives, as well as competing needs. The existence of conflict in our relationships shouldn't surprise us or discourage us.

Conflict can be seen as an opportunity to deepen and strengthen your relationships. Think about the people you are the closest to. Picture the individuals you have the strongest relationship with. Aren't they the people you have gone through life's difficulties with? *Aren't they the people we have worked through conflict with?* Managing conflict in a constructive way brings you closer together.

"Peace is not the absence of conflict, it is the ability to handle conflict by peaceful means."

-RONALD REAGAN

tips for "fighting" fair:

Ask if it is a good time to discuss a problem.

Be able to say that you are feeling yourself getting upset and you need a "time out" before the conversation can continue.

No matter what, tell each other that you love each other and say "goodnight" at the end of the day, even if the conflict is not resolved.

Make a distinction between what your partner does and who they are as a person. No personal attacks.

Don't interrupt when your partner is explaining their side of an issue. Save your response until your partner has been able to fully express themselves.



Have a conversation with your partner about the "rules" you will use to "fight the good fight."

questions

TO ASK



looking
back



looking
around

What were the biggest sources of conflict in your family growing up?

How was conflict handled in your home?

How were your mom and dad different in the way they handled conflict?

Can you think of a time when conflict was handled in a healthy way that brought people in your family closer together?

What about your partner? Have a conversation with your partner about how conflict was handled in their home growing up. What were the biggest sources of conflict in their home? How did their mom and dad each handle conflict differently?

What are the biggest sources of conflict in your family?

How does each member of your family typically handle conflict? What unique challenge does being on the road for long periods of time present for resolving conflict?

When it comes to conflict, are you more of an Avoider, Stuffer, or Affirmer? What is your partner? How do you and your partner handle conflict differently? How would your partner describe the way you handle conflict?

What are your hidden issues below the surface of the "icebergs" of your conflict? How are you dealing with these issues?



Someone once said that conflict should cause us to turn to each other not turn on each other.



looking ahead

How can you respond to conflict instead of just reacting? Responses take time, thoughtfulness, and a plan. Reactions usually happen in an instant without any thought. How is conflict handled in your home?

Reactions often involve saying and doing things that we end up regretting. Responses involve saying what is necessary to protect and build the relationship.

Reactions are our emotions controlling us; responses are us controlling our emotions.

Reactions are often destructive; responses are constructive.

How can you be more of an active listener when working through conflict?

Ask questions for clarification. Restate in your own words what you hear the other person saying. "So what I hear you saying is..."

The ultimate goal is
**TO LEARN TO HAVE HEALTHY CONVERSATIONS
THAT LEAD TO A BENEFICIAL SOLUTION.**

FOR MORE INFORMATION AND TIPS TO STRENGTHEN YOUR RELATIONSHIPS, CHECK OUT:

FIRSTTHINGS.ORG

