

10 Commandments of Dating

7th Commandment- Thou shalt fight fairly

*the best predictors of success in marriage is how you handle CONFLICT

*how will you get along after the 6-month "honeymoon stage is over?"

I. 4 Harmful Responses to Conflict

A. Peace at all costs (AVOIDANCE)

1. you can't handle CONFLICT
2. problem- you don't see problems in relationship (denial)
3. all problems are held inside and over time build up

-God says you should "turn the other cheek". Does this mean to never speak up? Why do you think it is important?

B. Win/Lose (DEFENSIVENESS)

1. if you are focused on YOU, you can't hear anyone but YOU
2. problems are never solved because you are always trying to find a defense for yourself
3. there doesn't have to be WINNERS or LOSERS in every argument; you must learn to agree, or move on
 - Don't push the issue if it is something sensitive
 - Breathe and come back to it later when things have "cooled down"

C. You don't count (DEPRECIATION)

1. you are over critical of the other person
2. you DEGRADE the other person to ELEVATE yourself

*this is using words/sayings such as:

- "You're overreacting"
- "You don't know anything"
- "You're stupid"

D. All-out war (UNCONTROLABLE)

1. this is ASSULT verbally or physically
 - yelling matches, hitting
2. you have no self-control or respect or the other person

II. Fair Fighting Techniques

A. CALM DOWN

1. get ahold of yourself and breathe before discussing the issue
 2. this may take a several minutes or an hour
- *remember, everything doesn't have to be an ARGUMENT

B. Set the TONE

Ask yourself:

1. How am I going to say this that won't be offensive?
2. How can this be said so I don't put him/her on the defensive?
3. When is the best time for me to bring this up?
4. Am I making a bigger deal out of something that is small?

C. Be Quiet and LISTEN

1. Don't let your focus be explaining your side of the story
2. You must see their POINT OF VIEW

D. Use "I" statements

1. don't just point the finger; take blame if necessary
2. which sounds better (if this is being said to you) and why?
 - * "I feel hurt when you..."
 - * "You make me so angry when you..."

E. Negotiate and Compromise

1. try to TALK a situation out
 2. find a median that you both can be happy with
 3. it is important to have a solution so the issue isn't continued
- *also, once taken care of, leave it in the PAST

III. Benefits of Keeping this Commandment

- A. greater respect for one another
- B. you will actually find solutions to your problems
- C. you will feel the freedom to express yourself and also know how the other person truly feels