

# Emotionally Healthy Relationships Clean Fighting

Discipleship that changes your relationships with others

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## 8 Necessary Skills

1. Clean Fighting
2. Ladder of Integrity
- ~~3. Incarnational Listening~~
- ~~4. Explore the Iceberg~~
- ~~5. Genogram Your Family part 1,2~~
- ~~6. Stop Mind Reading~~
- ~~7. Clarify Expectations~~
- ~~8. Community Temperature Reading~~

Each skill must be built upon.

# Review:



Our main take aways so far from our EHR study....

## Emotionally Healthy Assessment:

We analyzed how emotionally mature we are and rated ourselves from infant, child, adolescent or adult

## Bring down the temperature:

Use statements like, "I'm puzzled when..." or " I noticed and I prefer..."

## Stop mind reading and clarify:

Using statements like, "I think you think...is that correct?"  
Making sure your expectations are valid and agreed upon.

## Family genogram:

Analyzing patterns of behavior in our extended families to determine if we are perpetuating or breaking family cycles and poor messaging

## Incarnational listening:

Learning how to listen without judging; practicing attunement - listening to tone, eyes, facial expressions, posture and intensity of words to make some 'feel heard'



“Most christians are poor at resolving conflict. There are at least two reasons for this: the first relates to wrong beliefs about peacemaking and the second relates to a lack of training and equipping in this area” Scazzero pg. 130

Our goal for this lesson is to learn how to resolve conflicts as an emotionally mature adult by eliminating dirty fighting and taking responsibility for a difficult issue.

In other words, to learn how to resolve conflict maturely.



Let's consider the story of Daniel:  
Daniel 1: 8-17

**8** But Daniel purposed in his heart that he would not defile himself with the portion of the king's meat, nor with the wine which he drank: therefore he requested of the prince of the eunuchs that he might not defile himself.

**9** Now God had brought Daniel into favour and tender love with the prince of the eunuchs.

**10** And the prince of the eunuchs said unto Daniel, I fear my lord the king, who hath appointed your meat and your drink: for why should he see your faces worse liking than the children which are of your sort? then shall ye make me endanger my head to the king.

**11** Then said Daniel to Melzar, whom the prince of the eunuchs had set over Daniel, Hananiah, Mishael, and Azariah,

**12** Prove thy servants, I beseech thee, ten days; and let them give us pulse to eat, and water to drink.



**13** Then let our countenances be looked upon before thee, and the countenance of the children that eat of the portion of the king's meat: and as thou seest, deal with thy servants.

**14** So he consented to them in this matter, and proved them ten days.

**15** And at the end of ten days their countenances appeared fairer and fatter in flesh than all the children which did eat the portion of the king's meat.

**16** Thus Melzar took away the portion of their meat, and the wine that they should drink; and gave them pulse.

**17** As for these four children, God gave them knowledge and skill in all learning and wisdom: and Daniel had understanding in all visions and dreams.



Question: What steps did Daniel take to resolve conflict with those in authority over him?





Question: What does Jesus mean in Matthew 5:9 when he says, **“Blessed are the peacemakers: for they shall be called the children of God.”** ?

“True peace will not come by pretending that what is wrong is right”

Scazzero pg. 135

# Dirty Fighting Tactics

Silent Treatment	Complaining	Anger/Rage	Lecturing/Fussing
Denying	Passive/Aggressive Behavior	Blaming/Attacking	Walking Away/ Avoiding
Condescension	Placating	Lying	Threatening Gestures
Defensive	Hitting/Violence	Name Calling	Shouting
Showing Contempt	Criticizing	Sarcasm	Using 'always' and 'never'

Which of these tactics apply to you?

# Important Things to Keep in Mind:

- Conflict is normal, important and necessary if relationships are to flourish and mature over time.
- Conflicts can be places of revelation about God and ourselves.
- We need to be aware of how our triggers in the present have roots in our past.
- Research shows 96% of arguments are determined in the first 3 minutes. Be careful how we start. It's ok to say, "Hey, can we start again?"
- If the fight is too complex, ask for help from a friend, pastor, or professional counselor.

Openness over  
Stubbornness

Values and  
Trust over  
Secrets

Kindness over  
Bitterness

# Fight Cleanly Principles

Ownership  
over  
Accusations

Resolve over  
Repetition

Specific  
Overbroad

# How To Fight Cleanly



Keep the well-being of the relationship in mind when working through disagreements. Ask God to help you with discernment and humility when addressing issues.

- **State the Problem:**  
“I notice...”
- **State why it is important to you:**  
“I value....because...”
- **Fill in the following sentence:**  
“When you....I feel...”
- **Ask for feedback:**  
What do you hear me saying? How does what I’m saying make you feel?
- **Find a compromise that works for all:**  
State your request. Ask are you willing to do all, part, or none of what I’m asking. Modify the request or offer an alternative.

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Questions?