

The Big Picture



- ❑ **Compatibility is nice; problem solving is essential**
- ❑ **Issues don't split people up; bad conflict does**
- ❑ **Old patterns are corrected in new relationships**
- ❑ **A rising tide lifts all boats**
- ❑ **It's never too late to switch conflict systems**
- ❑ **You might need a coach**
- ❑ **Warmth is generated by friction**

Compatibility is Nice; Problem Solving is Essential

Marital failure has less to do with **incompatibility** and more to do with **the inability to resolve differences**.

“Ruth and I are **happily incompatible**.” Billy Graham

**Issues don't split people up;
bad conflict does**

It's not the **issues**; it's the **process**.

**Old patterns are corrected in
new relationships**

Relational fixes for personal problems

Common: I can't fix you, I can only fix me
Better: If we change our system, we'll both change

A Rising Tide Lifts All Boats

“Boats” lifted in the rising tide:

Trust

Letting things go: “Love covers a multitude of sins”

Want to’s: Love means changing conflict systems

It’s Never Too Late to Switch Conflict Systems

You Might Need a “Coach”

Warmth is Generated by Friction

Questions for Reflection

**(If you're doing this study
as a couple, as a group, or as an individual)**

- There's a lot of emphasis these days on finding a compatible mate. Do you think that's healthy or unhealthy? Why or why not?

- If you were explaining to someone how issues don't split people up but the inability to resolve differences does, how would you explain it?

- Think of one of your historic weaknesses that's gotten stronger since you've been married. Explain how that happened.

- The "boats" lifted by the rising tide of good conflict mentioned in the video are trust, letting things go, and the want-to's. Which one of those boats has been lifted for you? Or is there a boat not mentioned in the video that now floats a little higher for you?

- The oft-quoted adage is, "You can't teach old dogs new tricks." Do you think that's true when it comes to learning better ways of handling conflict? Why or why not?

- If you felt like you needed the assistance of someone to help improve your conflict system, would you request it? Why or why not?

- People often say, "Once the warmth has left a relationship, you can't get it back." Do you think that's true? Why or why not? Explain how bad conflict cools off a relationship and how good conflict warms it up.