

Called to Peace: *Biblical Conflict Resolution in Christian Marriage*

Learning to Ask Problem-Solving Questions

Inquiring About Changes You Need to Make

Questions to help you understand the impact of your words/actions:

- How do/did I make you feel when I... ?
- What goes/went through your mind when I... ?
- What do/did you think I mean/meant when I say/said... ?
- What do/did you think is/was my reason for... ?
- Why did what I said (or did) cause you to be upset (or hurt you)?
- What kinds of things do I say (or do) that make you feel attacked or cause you to respond defensively?
- What specific words (or phrases) do/did I use that you find/found hurtful or offensive?
- Are there times when my tone of voice is troublesome to you, and could you describe that to me and give me an example or two?
- How does it make you feel when I am more quiet than usual or unresponsive or “clam up”?
- Do I communicate (irritation; harshness; disrespect; anger) to you through my countenance or posture? If “yes,” could you try to explain what that looks like and an example of when I have communicated like this?

Questions to help you address past sins/offenses:

- Have I done anything over the years that has made it difficult for you to _____ ?
- Can you think of anything that I have said or done for which I have not confessed and sought your forgiveness? (Matthew 5:23-24; Luke 17:3-4)
- Would you please help me by showing me my fault in any sin I have committed against you? (Matthew 18:15)
- Would you please help me by telling me anything that I have said or done which may have caused you to close your heart to me, even if it is something small? *I promise that I won't minimize it, or make excuses, or even give any explanation for it. I want only to repent of my sin and to be right with you. If it is something that I did or did not do that is not sin according to Scripture, but caused you hurt or offended you, please tell me that too. I care about hurt or offense I have caused you, even if I didn't intend it, and I don't want anything to remain in the way of a right relationship between us.*
- What are some things you have seen that belong to the “old self” in me that I need to “put off” (Ephesians 4:22-24)? [See the follow-up question to this in the next section.]

Questions to help you learn how to do differently:

- What things that belong to the “new self” do you believe I need to “put on” (Ephesians 4:22-24)?
- In what specific ways would you like to see me be more... ?
- What are some ways in which I can build/rebuild trust in my relationship with you?
- If there were one or two things I could do to show _____ , what would they be?
- Would you share your thoughts with me about how I can demonstrate my repentance by what I do (Acts 26:20)?
- In what way(s) can I make restitution for what I have said/done?