

Marital Conflict Management

In order to gain some insight into how you are managing marital conflict according to the biblical principle of oneness, answer the following questions thoughtfully and honestly using the following scale:

0 = never; 1 = seldom; 2 = sometimes; 3 = frequently; 4 = almost always; 5 = always.

Consider each question below in the context of how you think and act when you and your spouse are having conflict.

Oneness:

- _____ Do you see yourself and your spouse as on the same side?
- _____ Are your interactions about issues based on mutual interests? (values, desires, needs)
- _____ Do you try to consider your spouse's perceptions earnestly and honestly?
- _____ Do you see the resolution of conflict in terms of a restored relationship?
- _____ Do you strive for agreement as you seek solutions, and are you willing to concede your position?
- _____ Are your interactions with your spouse warm, peaceful, and positive?
- _____ Do you seek out the input of others with the goal of restoring your marital relationship?
- _____ Would you trust a third party's input if it was critical of you?
- _____ Total

Twoness:

- _____ Do you see yourself and your spouse as disconnected and on opposite sides?
- _____ When you interact about issues are you trying to assert your own position?
- _____ Do you interpret and utilize facts to defend your own position?
- _____ Do you see the resolution of conflict in terms of winning and the determination of whose position is right?
- _____ Do you limit the options for resolution to ultimatums you give and concessions you demand from your spouse?
- _____ Are your interactions with your spouse characterized by suspicion, tension, or high emotion?
- _____ Do you seek out the input of others in order to bolster your individual position?
- _____ Do you distance yourself from a third party who doesn't appear to support your position?
- _____ Total

When you have finished, add the numbers for each column and write the total in the space provided. A higher total in one column than the other will indicate whether you tend to be more oneness-oriented in your approach to managing marital conflict or more twoness-oriented.

On the back of this sheet, identify areas in which you are contributing positively to thinking and living as one as you deal with conflict in your marriage. Also, identify areas in which you have been operating primarily according to "twoness," in other words, your own self-interest.

