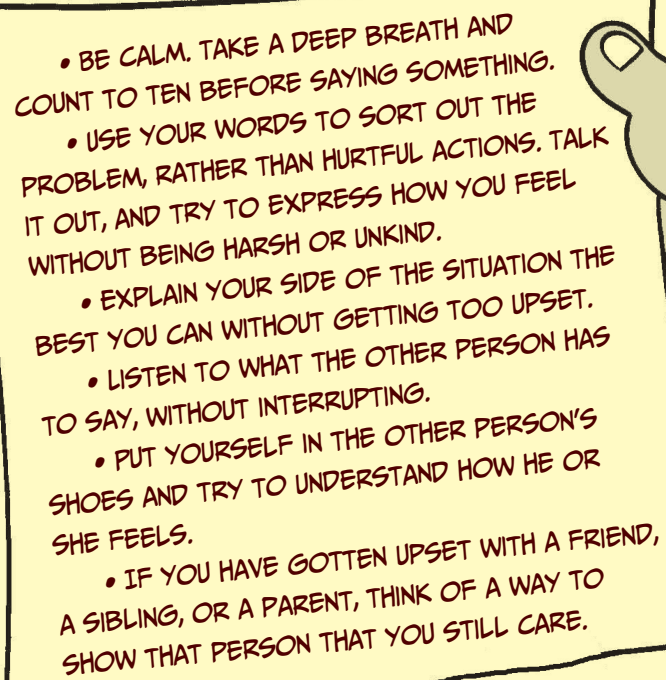


EVERYONE AT TIMES FALLS INTO MISUNDERSTANDINGS WITH SOMEONE OR GETS INVOLVED IN DISAGREEMENTS AND ARGUMENTS. IT CAN BE EASY TO BEGIN SUCH AN EPISODE, BUT A BIT MORE OF A CHALLENGE TO END IT. USUALLY BOTH PARTIES THINK THEY ARE IN THE RIGHT, AND THEY MAY FIND IT DIFFICULT TO EITHER ADMIT THEY ARE WRONG OR TRY TO SEE HOW THEY CAN WORK IT OUT SO THAT EVERYONE IS HAPPY.

EVEN THOUGH IT CAN BE A CHALLENGE, THE NEXT TIME YOU FIND YOURSELF IN A DISAGREEMENT WITH SOMEONE—LIKE A FRIEND, A CLASSMATE, A SIBLING, OR YOUR PARENTS—CONSIDER SOME OF THE FOLLOWING TIPS:

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- BE CALM. TAKE A DEEP BREATH AND COUNT TO TEN BEFORE SAYING SOMETHING.
 - USE YOUR WORDS TO SORT OUT THE PROBLEM, RATHER THAN HURTFUL ACTIONS. TALK IT OUT, AND TRY TO EXPRESS HOW YOU FEEL WITHOUT BEING HARSH OR UNKIND.
 - EXPLAIN YOUR SIDE OF THE SITUATION THE BEST YOU CAN WITHOUT GETTING TOO UPSET.
 - LISTEN TO WHAT THE OTHER PERSON HAS TO SAY, WITHOUT INTERRUPTING.
 - PUT YOURSELF IN THE OTHER PERSON'S SHOES AND TRY TO UNDERSTAND HOW HE OR SHE FEELS.
 - IF YOU HAVE GOTTEN UPSET WITH A FRIEND, A SIBLING, OR A PARENT, THINK OF A WAY TO SHOW THAT PERSON THAT YOU STILL CARE.

¹ AKJV

² Proverbs 15:1 ESV

Soft Answers



THE BIBLE HAS A LOT OF GOOD INSTRUCTION FOR THOSE WHO EASILY QUARREL OR DISAGREE WITH OTHERS. EPHESIANS 4:29, 31-32 SAYS, "LET NO CORRUPT COMMUNICATION PROCEED OUT OF YOUR MOUTH, BUT THAT WHICH IS GOOD TO THE USE OF EDIFYING.... LET ALL BITTERNESS, AND WRATH, AND ANGER, ... AND EVIL SPEAKING, BE PUT AWAY FROM YOU..., AND BE YE KIND TO ONE ANOTHER, TENDERHEARTED, FORGIVING ONE ANOTHER."¹

TAKE TIME TO SEE WHAT ELSE THE BIBLE HAS TO SAY ABOUT ARGUING, AND ASK JESUS TO HELP YOU HAVE MORE PATIENCE, UNDERSTANDING, AND LOVE FOR OTHERS.

THE OTHER PERSON MAY NOT MAKE IT EASY TO END A DISAGREEMENT OR ARGUMENT, BUT YOU CAN DO YOUR PART TO "BE KIND, TENDERHEARTED, AND FORGIVING," REMEMBERING THAT "A SOFT ANSWER TURNS AWAY WRATH, BUT A HARSH WORD STIRS UP ANGER."²

S&S link: Character Building: Social Skills: Resolving Conflicts-2f

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