

# VERTICAL MARRIAGE

## “Come Back Here & Fight Like a Man”

THE HEALTH & FUTURE OF YOUR RELATIONSHIP  
IS DETERMINED BY HOW YOU HANDLE CONFLICT.

### 4 PATTERNS OF CONFLICT RESOLUTION:

1. WIN
2. YIELD
3. WITHDRAW
4. RESOLVE

### SHUT UP (and Listen)

*My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry, James 1:19 (NIV)*

### SOFT ANSWER

*A gentle answer turns away wrath, but a harsh word stirs up anger. Proverbs 15:1 (NIV)*

**Contempt** is the “single best predictor of relationship breakdowns.” Contempt is an **attitude of superiority, speaking down to your partner** through **name calling** or **direct insults**. The critic diagnosis the problem as a **defect in their spouse**, and sees the relationship in terms of **what is missing** instead of **focusing on the positive** things about their spouse & relationship. - **John Gottman**

### SOLVE OR SLEEP

*“In your **anger** do not **sin**”: Do not let the **sun go down** while you are still angry, and do not give the **devil** a **foothold**. Ephesians 4:26-27 (NIV)*

### SEEK/GRANT FORGIVENESS

*Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. Ephesians 4:32 (NIV)*

### SURRENDER TO JESUS