

Conflict is Inevitable

While a nice thought, a conflict-free relationship is not a realistic expectation.

Between any two imperfect humans, disagreements and misunderstandings are bound to arise.

It's how you approach conflict in your relationship that makes all the difference.

In fact, not all conflict needs to result in an argument. It can be productive. Often, it is an opportunity to connect and hear your partner's needs.

So don't be afraid of conflict. It can be helpful to remember that while conflict is inevitable, combat is optional.

From a Gottman Institute's Marriage Minute email



RESOURCES FOR COUPLES

Marriage is one life's most rewarding relationships.

Take the challenge to build a God-honoring relationship. Whether you are 18 or 80, dating, engaged, or married, there is a stimulating book, a class or a seminar for the two of you.

Re|Engage Marriage Enrichment Program provides a time of growing in relationship, and learning how to love our spouses. It's a place where healthy marriages will flourish, mediocre marriages will be revitalized and hurting marriages can be rebuilt. Re|Engage **is** based on Biblical truths of marriage. Childcare and dinner are offered. Starting Wednesday January 8 at Lake Bible Church, Lake Oswego. Details: AgapeMarriage.org/Shop

Retrouaille is for couples facing difficult challenges in their relationship. It helps couples restore their marriage and rebuild a loving relationship. Catholic, all faiths are welcome. A program to build stronger marriages, and help couples reconnect. January 17-19 in Portland. Check it out at HelpOurMarriage.com

Love and Respect We believe love best motivates a woman and respect most powerfully motivates a man. Research reveals that during marital conflict a husband most often reacts unlovingly when feeling disrespected, and a wife reacts disrespectfully when feeling unloved. It's **FREE**, with child care. Starting Wednesday, February 1 at Clackamas Valley Baptist Church, Estacada. Details ClackamasValleyBaptistChurch.org/Event/Love-Respect

Marriage Team Coach Training If you have a healthy marriage, you and your spouse are invited to become a coach couple. During 24 hours of training, you will learn to use a proven curriculum offering hope and skills to couples in all stages of their relationship. Pre-married to seriously challenged couples are saving their marriages with the support of couples coaches like you! Go to www.MarriageTeam.org for details of this **FREE** training over two weekends starting March 21 at US Digital Outreach Center, Vancouver.

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Every Marriage Matters

Helping Marriages Become All God Intended

Check out additional resources at www.EveryMarriageMatters.org