

## 7 C's of Conflict Resolution

1. Calm- Stay Calm; take deep breaths, diffuse anger.
2. Communication-Try to focus on the humanity of your adversary. What pain is causing his/her cruelty? Try Talking.
3. Curve Ball-If possible try a joke; try to change the mood by asking a sincere questions, or a silly one.
4. Compromise-Once you have both calmed down, try to work out a solution you can both be happy with.
5. Courage-This takes courage. any body can fight. You don't need brains. Courage means guts.
6. Compassion-Jesus asks us to love our enemies, to try to enter their world; feel what they feel.
7. Commitment- You may not "win" every fight, but you will be a committed follower of Jesus. At least you won't hurt anyone.