

Communication and Conflict Resolution

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Module one

We must be willing to learn our spouse's primary love language if we are to be effective communicators of love (Gary Chapman Pg14). Husband and wife have a primary love language follow by a second or third. Love is essential in human development, without love a child emotional grow becomes non-thriving.. The word of God mentioned 1 Corinthians 13:1 "I may speak in different languages of men or even angels. But if I don't have love, then I am only. A noisy bell or a ringing cymbal. If we are willing to learn how to speak a love language has to be with honesty and true; it doesn't matter how much we can give to others if I don't have love I am nothing. Forevermore, mankind desires are to be loved by another, especially when man or women grew up on empty tanks, is a strong force of need of love once becomes an adult and follow us into marriage. These people with empty tanks don't know to speak love language to spouses, instead creates a communication conflict. My key concept is an "empty love tanks"; that was my life in my early years of marriage, which resulted in a barrier to communicate and prevent me on resolving my personal conflicts. Gary Chapman mentioned in his book "a child that grows up without love can be emotional and socially retarded." Our nature human needs cries out to be loved, which lead us in a search journey life trying to fulfill that need. I heard that monkeys have to live in groups, cannot be isolated if do they end up crazy. Empty love tanks carried many burdens, developing an emotional and social burn out creating many personal conflicts (isolation) losing the ability to communicate. Empty love tanks have to receive heavy doses of their primary love language, and how we discover this a person love language? Observing how they behave, what they complaint about, and what they request most. This people have a great emotional love need; I was one of these people until I fell in love with my Lord Jesus Christ receiving His truly love, I was able to learn to receive and give love. He gave me

heavy doses of His love through His Holy Spirit and His word planting a wonderful love seed in my heart. I learned how to receive and how to give and will apply this particular concept in every daily life especially with my spouse and children. It will be important observing empty love tanks behaviors and teach like Titus 2:4 mentioned “in that way they can teach the younger women to love their husbands and children.” Dr Chapman mentioned “each person has a primary love language, typically people speak their own love language” what’s natural for them is to know each language communicate better.

Module two

Greg Smalley, Psy.D mentioned “perceptions, interpretation and judgment about one’s spouse-and how that determines the satisfaction and quality oa a marriage.” The power of how we perceive, interpret and bring to judgment can change relationships negative or positive, depends which glasses we use when we see our spouse. In my experience, wrong perception and interpretation was part of my first years of marriage. What we perceive it’s what we think is real but doesn’t make it true. For example. after I perceived a negative believe, I can interpret by my behavior which means I have ready made a judgment of what I believe about my spouse is true, which is a major risk for a barrier communication creating conflict in between. Romans 14:14 “so we should stop judging each other. We must decide not to do anything that will make a brother or sister weak or fail into sin. I am in the Lord Jesus. And I know that there is no food that is wrong to eat. But is a person believes that something is wrong, then that thing is wrong for him. Early un my marriage, negative thinking behavior took over our relationship building anger against each other over the years, each of us; one used to believe “how terrible behavior of my spouse, and other believe how evil and cruel is my spouse” time past by interpreting our

negativity crating a huge barrier bridge in between us. Unfortunately, conflicts in marriage will happen, it's no doubt, is all depends how we see that person, it will bring a negative or positive response even if that person has done something don't like. The word of God instructs us in how to give honor each other, looking each other through God's eyes, and that's what I began to do years ago, after followed Gods instructions, my marriage change for good, today we cannot avoid problems, but we learned and still learning how to see each other with grace and love holding onto the positives.

Module three

I work as a nurse in the Emergency Department, able to see different types of abuse cases, but I always avoided those involved children sexual abuse patients. As a child I was a sexual molestation victim; strong feelings of fear and anger were with me as I was growing up. Sexual abuse patients will bring anxiety irritability and mixed anger and sadness emotions making my patient care skills challenged. Past hurts (any type of abuse) in childhood can defined a root of many emotional disorders including spiritual bondages in adult-age resulting in unresolved wounds affecting good marriages; healing process will be necessary to bring peace and grace onto marriage, as counselors we can serve this process throughout God's healing grace.

Module Four

John Trent, Ph.D. mentioned "The choice that you make with your difference from this day forward will either divide you or unite you. We have choices in every aspect of our lives, understanding a choice and its own consequences will direct a person to despair; judging and isolating resulting and stepping away. But if we learn how to value each other will bring strengths, unity and be able to move forward. I will keep encourage others in my family to be aware of how non-judging but how to value a person will end up in life.

Module five

What's a true apology is for one spouse, can be rejected by the other? Learning languages of apology, marriage will speak, give and receive forgiveness without doubt. After learning these techniques and putting into practice with honesty, I have received an assertive response.

Furthermore, we all have somebody to forgive us.

References

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