



with Care for the Family

Discussion Questions

Episode 10: When everyone falls out

1. Understanding how conflict was handled when we were growing up can give us helpful indicators to how we may handle conflict as an adult. How did your family navigate conflict when you were young?
2. What is your natural conflict resolution style? Do you want to get things resolved quickly, or do you need time to withdraw and process the situation alone?
3. Life can be chaotic and it's easy for our patience to wear down over time. What practical things could you do in a moment of conflict to take some time out if you need to calm down and self-regulate?
4. Emma encouraged us to use 'I' statements, rather than 'you' statements when we're talking through a disagreement. This helps avoid defensive comments and helps the other party understand where you're coming from. How can we model this well with our children?
5. Observing how our children naturally handle conflict equips us to help them understand what's going on internally. How can we give them language, tools, or alternative actions to use when their emotions escalate?
6. The Mhlanga family gave us some top tips for handling conflict. These include: having a friendly 'wrestling' time to help release pent-up energy, giving one another space, group hugs and remembering that we're all a part of the same team. Which of these could be helpful for your family?
7. Emma explained the 'hand model of the brain', which gives insight into what happens when we are triggered by conflict – i.e. 'flipping our lids'. How could you use this visual tool to help your child understand the physical reactions and the emotional responses behind a challenging conflict?
8. What are some of your key takeaways from this session?



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