



The Year of G.R.O.W.T.H
GENEROSITY. RELATIONSHIPS. OUTREACH. WORD
TITHING. HEALING

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SO YOU MAD? - METHODS FOR CONFLICT RESOLUTION

Introduction: “Avoid people who are abrasive, abusive, argumentative, close-minded, critical, defiant, in denial, dishonest, domineering, evasive, impatient, indecisive, insecure, intolerant, irritable, irresponsible, jealous, overly sensitive, pessimistic, repressed, resentful, secretive, self-deceptive, selfish, self-centered, shallow, stubborn, tactless, vain, quick-tempered, and/or withdrawn.”

#3 Lessons: (1) If you try to avoid all of these types of people. You will be working hard to avoid everyone for the rest of your life. (2) Work on yourself if you see these traits in you. (3) Seek to understand why that person is the way they are or limit your time with them.

5 Signs of An Unhealthy Relationships

1. You or your partner have a serious issue apologizing.
2. Your partner is dismissive of your emotions.
3. When you and your partner disagree, they insist you do things their way or leave.
4. When you argue, one or both of you always gets defensive. You can never acknowledge that the other person has some valid points.
5. You feel worse about yourself as a person then when you started the relationship—you’re less confident and can see fewer positive qualities about yourself.

THE HOUSE OF HOPE MACON