

FAMILY CONFLICT COMMUNICATION EVALUATION FORM

EVALUATE the conflict in your Home regarding Actions, Attitudes, and Words

(Mark the number that represents the overall communication in your family in each category considering all of your actions, attitudes, and words. This will help you to identify the areas that you most need to improve.)

For additional help, see Family Resource Page of Scriptures regarding these categories.

"If you keep on biting and devouring each other, watch out or you will be destroyed by each other. So I say, live by the Spirit and you will not gratify the desires of the sinful nature...²² But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control...²⁴ Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit." Galatians 5:15-24

SPIRIT-LED in Christ vs. BONDAGE to Sin/Selfishness

LOVE	1-----2-----3-----4-----5-----6-----7-----8-----9-----10	Hatred
Physically HONORING	1-----2-----3-----4-----5-----6-----7-----8-----9-----10	Physically Harming
Wholesome Speech <i>Wholesome" whole; words that BUILD UP/Complete/Repair</i> <i>"Unwholesome" -not whole; words that TEAR DOWN/Destruct</i>	1-----2-----3-----4-----5-----6-----7-----8-----9-----10	Unwholesome Speech
Slow to Anger	1-----2-----3-----4-----5-----6-----7-----8-----9-----10	Quick-Tempered
Humble/Serving "It's a joy to bless others"	1-----2-----3-----4-----5-----6-----7-----8-----9-----10 vs.	Prideful/Taking "What's in it for me?"
Truth <i>Commitment to TRUTH: Accountable, Reasonable, Accepts Correction, Honest, Sincere</i> vs. <i>Compromising Truth for FALSEHOOD:</i> <i>Lies, Deceives, Hides/Secretive/Avoidance, Flatters, Manipulates/Distorts, Excuses, Blames</i>	1-----2-----3-----4-----5-----6-----7-----8-----9-----10	Falsehood
Merciful <i>Long-suffering, Forgiving, Empathetic</i>	1-----2-----3-----4-----5-----6-----7-----8-----9-----10 vs.	Un-Merciful <i>Easily-Offended, Keeping Record of Wrong</i>
Seeks Oneness "I want what is best for our relationship/us"	1-----2-----3-----4-----5-----6-----7-----8-----9-----10 vs.	Separate/Seeks Self "I want what is best for me"

If there's a winner and a loser in conflict, then the RELATIONSHIP was the real loser.

For a more extensive evaluation of your family's communication habits, fill out this evaluation form for each family member. Redoing this form every semester can be a helpful way for parents to select which communication habits each family member should focus on improving. Or you can select one quality for the entire family to focus on improving together.



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...words of my mouth and meditation of my heart...