

PARENTS PODCAST



Main Ideas

Develop the ability to disagree, argue, and resolve conflict.

Understand that the things we often describe as “attention-seeking” behaviors are actually “connection-seeking” behaviors.

There’s eight image-bearing qualities our kids/spouse can tap into: compassion, calm, creativity, curiosity, confidence, courage, clarity, and connection.

Make love the loudest voice in your home. Sibling fights are not the parent’s fault.

Parent fights are not the child’s fault. Do not take responsibility for more than what you are responsible for.



Next Steps & Resources

If you have not listened to part one of our conversation with Amy Newberry, titled The Bottleneck Effect, circle back and listen now!

Join the Life.Church Parent’s Facebook group!

Check out Amy Newberry’s character building chart, posted in the LC Parents Facebook Group and Instagram.

Finally, if you need to, go cry it out, then come back and listen to this episode again. You are not alone!



Three Tips

The art of argument.

Cultivate the ability to disagree. Arguments are not the problem; bad arguing techniques are the problem. Viewed properly, a healthy argument actually promotes harmony. Because the goal is not always that we agree, but rather that we dwell in peace.

Protectors and managers.

Protectors are kind of like the walls we hide behind to shield ourselves from the true emotional impact of a situation. A couple examples would be: anger and avoidance. Managers are tools we use to control the outcome of a given situation. Examples here are: people-pleasing, performing, or even lying.

Stay in your lane.

Listening to this episode may be overwhelming. Lean into Amy’s reminder and resist the temptation of trying to deal with everything all at once. Pick a lane—one family member you want to change your conflict approach with—and stick with it.



Discussion Questions

What is the default “manager” you have used in conflict? What is your child’s?

What is one change you can make in your approach to conflict as a family? How can you focus on that one thing and “stay in your lane” this week?

Tell about a time when you gave or wish you had given a conversation a “shelf life.” How did doing/not doing that affect the outcome of the situation?