

Lesson 15- Conflict and Sexual Issues

I. Conflict

A. Solving Problems

1. Becoming allies
2. Self-compassionate inner voice
3. Fall-back measures
4. Adversarial and avoidance shifts of everyday life

“The four concepts combined result in this, that you lack the self-compassion (concept two) and are unable to solve the moment (concept one) by making the elegant statement that turns your partner into an ally; you will be stuck as a fallback measure (concept three), making the adversarial shift of everyday life, which turns your partner into an enemy, or making the avoidance shift of everyday life, which turns your partner into a stranger.” –Wile

B. Self-Awareness and its importance

1. Biblical foundations
2. Sanctification

C. Collaborative couple therapy

1. Leading-edge feelings and unease of the moment
2. Inner conversation
3. Loss of voice

4. Create a platform
5. Solving the moment
6. Recovery conversation
7. Unsolvable problems

II. Sexual issues

A. Resources and articles

1. Loss of control
2. Loss of trust
3. Loss of intimacy
4. Spiritual fallout

B. Sex in the media

C. What is sex for?

Questions to Consider:

1. What are Biblical foundations for self-awareness?
2. What are the effects of an over-sexualized youth?
3. Why is sex nourishing for a relationship?