

# CONFLICT RESOLUTION BASED ON THE ST FRANCIS PRAYER

“...To understand than to be understood, to love than to be loved...”

One member of a couple says, “I would like to do the ST FRANCIS RESOLUTION”.

The partner can say, “Not now” but cannot say, “Not today”.

A time is scheduled if it is not done immediately; phones are turned off and the couple sit knee to knee.

The one who asked for the session begins by telling what they saw happen, “On Wednesday when you were backing my car out...”

The responder plays back what they heard...WITH NO CORRECTIONS! If you are sure it was Tuesday and you did not back the car out, you say, “I heard you say, on Wednesday when I was backing your car out...”. It will be the hardest thing you ever do the first time. If you correct your partner’s details you will defeat the process and initiate a fight. DON’T DO IT! PLAY IT BACK AS YOU HEARD IT COMPLETE WITH THE INCORRECT DETAILS. Your mission is to make our partner know he/she was heard.

The first speaker needs to use short sentences and only do one or two at a time so the responder can get it right. If the first speaker hears an error he/she needs to say, “No, that is not what I said” and repeat the statement. Responder needs to really concentrate and get it right this time followed by, “Did I get it right this time?”

When the responder thinks the first speaker is finished he/she says, “Is that all?” If the answer is no, then say, “Please tell me more”. When first speaker says he/she is finished responder asks, “How did that make you feel?”

First speaker says, “I felt discounted and unappreciated”. Responder says, “I can see how you would feel that way. Did you also feel (fill in the blank if you can. TRY HARD! “Sad” is usually a good choice)...is that how you felt?” First speaker then responds to the question...To love than to be loved...”

Now it is responder’s turn. He/she then, without anger, in a normal voice says, “On Tuesday when George was backing your car out...” and first speaker says it back without any corrections. When responder says he is finished, first speaker says, “How did that make you feel? Etc...”

It then becomes first speaker’s turn again...“WOW! It was Tuesday?” Etc...and you do the whole process again.

Do it until both are complete.

My Beloved and I did this as a workshop a number of years ago and were asked the question, “Have you used it recently?” We responded that we had and our friend asked, “What was the argument about?” NEITHER OF US COULD REMEMBER! It works that well.

It is our sincere hope and prayer that this will bless our lives as it has ours.