

MODULE 03 — HEADSHIP
LEADING THROUGH CONFLICT

A Man Who Cannot Handle Conflict Cannot Lead a Family

TOOL 3 — Leading Through Conflict Worksheet

PART 1 — KEY CONCEPT COMPREHENSION

This module teaches that conflict is not the enemy — how a man leads through it either builds trust or destroys it. A husband who leads through conflict earns trust no calm season could produce. Answer based on what you read.

1. The module says a leader sets the tone, not the temperature. Whatever emotional temperature you bring into conflict is what your family follows. What temperature do you typically bring — and what has it produced in your home?

2. The goal of every conflict in a marriage is not a verdict — it is restoration. Think of a recent argument. Were you trying to win — or trying to win your wife back? What is the difference?

3. The module identifies the repair attempt as the most underused leadership tool in marriage. What does a repair attempt look like in your marriage? When did you last use one — and what happened?

4. James 1:19 gives a sequence: listen first, speak second, anger last. Be honest — what is your actual sequence in conflict? What would reversing it cost you?

PART 2 — SELF-ASSESSMENT

Rate yourself 1 (rarely true) to 5 (consistently true). This is not a guilt exercise — it is a growth map.

STATEMENT	1 – 5
I regulate my emotions before I speak in conflict — I do not lead with my temperature	<input type="text"/>
My goal in every argument is restoration, not winning	<input type="text"/>
I use repair attempts to de-escalate tension rather than push through it	<input type="text"/>
I listen first, speak second, and rarely allow anger to lead	<input type="text"/>
My wife feels safe enough to bring conflict to me without fear of escalation	<input type="text"/>
I take intentional pauses in conflict rather than forcing resolution in the heat of it	<input type="text"/>

TOTAL SCORE: _____ / 30 **24–30 = Strong foundation. 15–23 = Key areas need attention. Below 15 = Redesign starts today.**

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PART 3 — CASE STUDY REFLECTION — MARCUS AND DIANE

Marcus and Diane were in the middle of an argument when Marcus did something he had never done before. He stopped, took a breath, and said — I need five minutes. I want to hear you but I cannot hear you right now. He walked outside, regulated, and came back. Diane said later that those five minutes changed how she saw him. Not because he had the right answer when he returned. Because for the first time, he had chosen her over his anger.

5. Marcus chose her over his anger. What does choosing your wife over your anger look like in your specific marriage? What has it cost you when you chose anger instead?

6. What is your most destructive conflict pattern — escalation, withdrawal, stonewalling, or contempt? Name it specifically. What is one thing you will do to interrupt that pattern the next time conflict arises?

PART 4 — SCRIPTURE RESPONSE

Both scriptures are cited directly in this module. Write one specific thing each requires of you.

Proverbs 15:1

"A gentle answer turns away wrath, but a harsh word stirs up anger."

What this specifically requires of me:

James 1:19

"My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry."

What this specifically requires of me:

PART 5 — COUPLES ALIGNMENT CHECK

Answer individually, then compare. Mark D (Disagree), P (Partial), A (Agree).

STATEMENT	HUSBAND	WIFE
We have talked honestly about our most destructive conflict patterns	<input type="checkbox"/>	<input type="checkbox"/>
My wife feels safe bringing conflict to me without fear of escalation or withdrawal	<input type="checkbox"/>	<input type="checkbox"/>
We both understand that restoration — not winning — is the goal of every argument	<input type="checkbox"/>	<input type="checkbox"/>
I take responsibility for my emotional temperature in our disagreements	<input type="checkbox"/>	<input type="checkbox"/>
We use repair attempts and they actually de-escalate tension between us	<input type="checkbox"/>	<input type="checkbox"/>
My wife would say I listen before I speak in conflict	<input type="checkbox"/>	<input type="checkbox"/>

Where are your biggest gaps as a couple? What will you discuss this week?

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PART 6 — YOUR 30-DAY ACTION PLAN

A man who cannot manage himself cannot lead his family. Complete this before you move to Module 4. These are commitments, not goals.

The specific conflict pattern I am committing to interrupt this month:

What my repair attempt will look like the next time tension rises in my home:

How I will practice the James 1:19 sequence — listen, speak, anger — this week:

The honest conversation I need to have with my wife about how I handle conflict:

The tool, resource, or person I will engage to help me grow in this area:

CONFLICT LEADERSHIP DECLARATION

I commit to setting the tone in my home, not the temperature. I will pursue restoration over victory. I will listen before I speak. I will regulate before I respond. And when I fail — I will repair. My family will know that conflict in our home is not a threat. It is a leadership opportunity.

Husband Signature

Date