

How Do You Deal with Conflict?

“If any differences arise amongst you, behold Me standing before your face, and overlook the faults of one another for My name’s sake . . .” —Bahá’u’lláh

When you watch rowers glide smoothly across the water, their graceful movements make it easy to forget how incredibly strong they are. Rowing not only builds up your lungs, it uses nearly every muscle in your body!

That kind of power doesn’t just happen. Rowers work hard for it. When they do a challenging workout, it creates very small tears in their muscles called **microtears**. After

the microtears are repaired, the muscles become stronger. Then rowers can pull their oars harder and faster than ever.

Friendships can be a bit like rowing. We want them to always glide along, but disagreements happen. They can feel like microtears after a workout. But if we can come back and solve the problem together, the relationship grows and develops. It can get stronger and more resilient until we’re racing through obstacles together.

How well do you repair conflicts? Circle your answers, then add up your points.



1. When I face a conflict that upsets me, I calm down and think about it before I make big decisions.
Often = 3 • Sometimes = 2 • Rarely = 1

2. I plan with the other person how conflicts can be repaired and avoided in the future.
Often = 3 • Sometimes = 2 • Rarely = 1

3. I think about my whole relationship with the person over time, not only this one challenge.
Often = 3 • Sometimes = 2 • Rarely = 1

4. I try to be aware of messages I send with my tone of voice or facial expressions.
Often = 3 • Sometimes = 2 • Rarely = 1

5. I use the elements of consultation, such as listening and speaking with love, sincerity, and kindness.
Often = 3 • Sometimes = 2 • Rarely = 1

6. I listen to others with respect, acknowledge their feelings, and try to see things from their point of view.
Often = 3 • Sometimes = 2 • Rarely = 1

7. If I bring up a problem, I also try to offer possible solutions to consider.
Often = 3 • Sometimes = 2 • Rarely = 1

8. I take responsibility for my part in the conflict and apologize if I need to.
Often = 3 • Sometimes = 2 • Rarely = 1

9. I look for the best in the other person and share what I appreciate about them.
Often = 3 • Sometimes = 2 • Rarely = 1

10. To organize my thoughts, I write down what I want to say and practice with others I trust.
Often = 3 • Sometimes = 2 • Rarely = 1

11. I explain the problem and share how I feel without blaming others.
Often = 3 • Sometimes = 2 • Rarely = 1

12. I discuss the problem in person if possible, since texts and e-mails can lead to confusion and make the situation worse.
Often = 3 • Sometimes = 2 • Rarely = 1

My Score

36-28 POINTS You're developing strong relationship-repair muscles. Keep it up!

27-20 POINTS You're getting stronger! Choose an item from the quiz and keep practicing your problem-solving skills.

19-12 POINTS You're learning the ropes! Try some tips from the quiz to help you glide along.