

## Use your conflicts creatively



Conflict is just disagreement heated up, and disagreement arises out of differences that are accentuated when we live close together. Reconciling our differences is the main task in building relationships. Conflict is normal, because we are all different. Anger is a normal emotion and, as with all emotions, is a gift from God. Anger itself is neither good nor bad. It is part of life. It's what we do with it that's either good or bad.

## In this workshop you will learn

- ways of dealing with conflict
- unhealthy and healthy ways of dealing with anger
- how to process anger
- how to resolve conflicts and disagreements
- how to deal with conflicts constructively

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