



The 7-Step Conflict De-escalation Protocol

Step-by-Step Process When Arguments Begin

Step 1: When conflict starts, say: "Time out - give me 2 minutes"

Did I take the time out: Yes / No

Step 2: Step outside (physical separation)

Where I went: _____

Step 3: Take 10 deep breaths while asking: "How does God love my spouse right now?"

What Scripture came to mind: _____

Step 4: Return and say: "I want to understand your perspective. Help me see it."

Did I say this: Yes / No

Step 5: Listen for 60 seconds without defending

What I heard: _____

Step 6: Respond with: "What you need from me is..."

What she/he needed: _____

Step 7: Worship God together through prayer or a favorite worship song

How we worshiped together:

- **Prayed together (30 seconds minimum)**
- **Listened to worship song together**
- **Read Scripture together**
- **Other: _____**

What this brought to our hearts:



Conflict Log:

Date	What Started It	Did I Use Protocol?	Outcome	What I'd Do Differently

Weekly Success Rate:

Conflicts this week: _____ Times I used protocol: _____ Success rate: _____%