

Questions To Work Through Conflict Using The Twelve Steps

Conflict is a natural part of life. It can arise in various situations, whether it's with your partner, family, friends, or coworkers. Handling conflicts can be challenging, but there are effective ways to navigate through them and find resolution. One approach that has proven to be beneficial is implementing the principles of the Twelve Steps in conflict resolution processes.

The Twelve Steps, popularized by Alcoholics Anonymous, are a set of guiding principles that promote personal growth and self-improvement. Originally developed to aid recovery from addiction, the Twelve Steps have been widely embraced and adapted to address various challenges, including conflicts.

Here are some questions to help you work through conflict using the Twelve Steps:



Using the Twelve Steps to Work Through Any Conflict: Questions to work through a conflict using the Twelve Steps

by International Service Organization of COSA (Kindle Edition)

★★★★★ 5 out of 5

Language : English
File size : 532 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 19 pages



1. Admitting Powerlessness:

What aspects of this conflict are outside of your control? Can you accept that you cannot change certain things and focus on what you can influence?

2. Believing in a Higher Power:

Do you believe that seeking guidance and support from a higher power can help you navigate through this conflict? How can you tap into your spirituality to find strength and clarity?

3. Trusting in Divine Guidance:

Are you willing to trust in a higher power to guide you towards a constructive resolution? How can you let go of your ego and allow divine guidance to influence your decisions?

4. Taking a Personal Inventory:

What role did you play in this conflict? Can you honestly evaluate your actions, thoughts, and emotions without placing blame solely on others?

5. Admitting Our Wrongs:

Are you ready to acknowledge your mistakes and take responsibility for them? How can you express your apologies and make amends, if necessary?

6. Readiness to Change:

Are you willing to change your behavior, perspectives, or attitudes to find a resolution? How can you be open-minded and receptive to new possibilities?

7. Asking for Divine Intervention:

Are you open to seeking help from a higher power in finding a resolution? How can you invite divine intervention into the process?

8. Making a List of Wrongs:

Can you identify the harms caused by both parties involved in this conflict? How can you approach these wrongs with empathy and work towards forgiveness?

9. Making Direct Amends:

Are you ready to make direct amends to those you have harmed? How can you express your apologies and willingness to repair the relationship?

10. Continued Self-Reflection:

How can you continue to reflect upon your own actions, thoughts, and emotions to prevent conflicts in the future? What practices can you incorporate into your daily life to maintain self-awareness?

11. Seeking Spiritual Connection:

What steps can you take to strengthen your spiritual connection and find inner peace? How can you integrate spirituality into your conflict resolution process?

12. Carrying the Message:

How can you share your experiences and the lessons learned from this conflict with others? How can you be an example of growth and transformation?

By working through these questions, you can apply the Twelve Steps in your conflict resolution journey. They provide a framework to foster self-reflection, personal growth, and positive change. Keep in mind that conflicts are

opportunities for growth and learning, and by using the Twelve Steps, you can transform them into opportunities for healing and connection.



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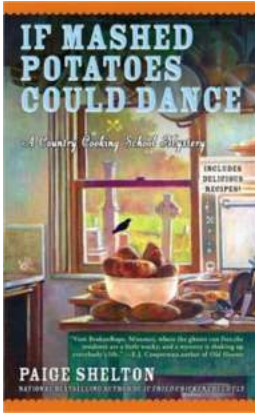


COSA is a Twelve Step recovery program for anyone whose life has been affected by another person's compulsive sexual behavior. This booklet is a guide to working the Twelve Steps around any conflict and includes helpful questions for each Step.



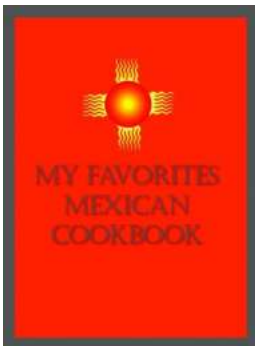
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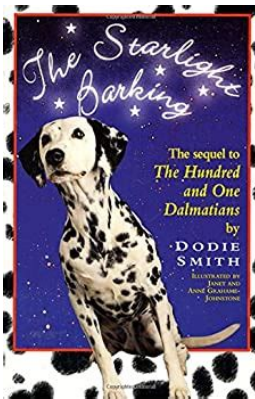
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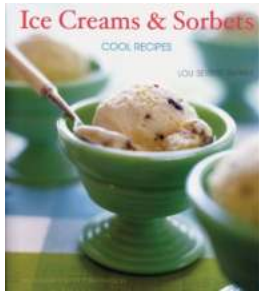
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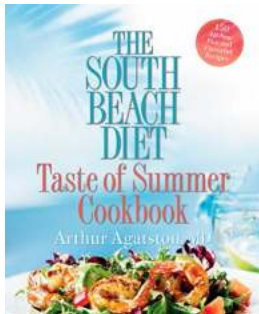
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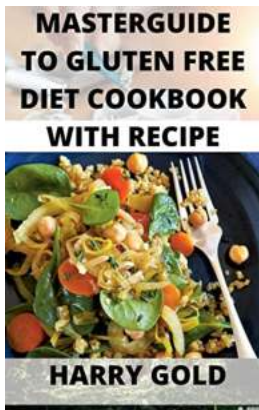
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