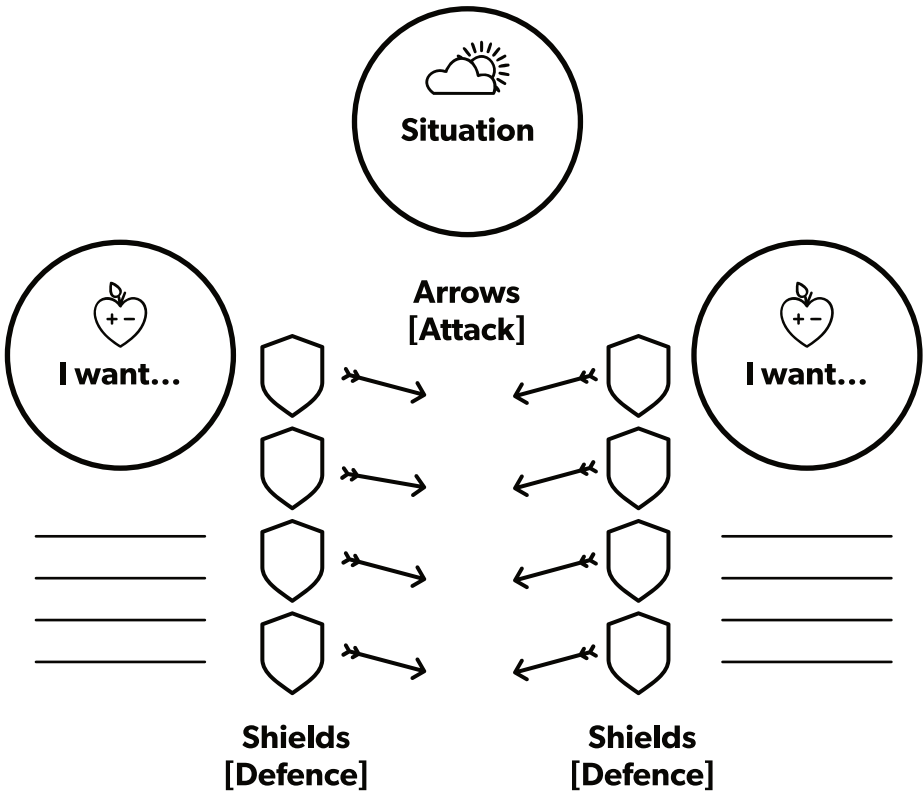




Picturing the Heart of Conflict

This tool is based on James 4:1-10. It aims to give us a more objective sense of what's going on in our conflicts by: (i) naming the *situation* that triggered the conflict; (ii) seeing the particular ways we are *attacking* (arrows) and/or *defending* (shields) in conflict; and (iii) identifying *what we're wanting*. Pinpointing these wants is the basis for specific repentance before God who 'gives us more grace' (James 4:6).



Adapted from David Powlison, 'Let Me Draw a Picture: Picturing The Heart of Conflict', *Journal of Biblical Counseling*, 16:1 (1997).

