Family Wellness ministry
GREEK ORTHODOX METROPOLIS OF SAN FRANCISCO

Metropolis of San Francisco

Eight Dates - DATE 2

"AGREE TO DISAGREE" Addressing Conflict

Thursday, September 24, 2026

- **Welcome / Opening Prayer**

- **Quote for the Evening**
- ***"Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you with all malice. And be kind to one another, tenderhearted, forgiving one another, even as God in Christ forgave you."*** *Ephesians 4:31-32*

- **Interactive Poll Questions**

- **Video Presentation on CONFLICT "Agree to Disagree"** *by George Papageorge, M.F.T. ~ Family Wellness Ministry, Director*

- **Couples - Face to Face / Heart to Heart Questions**

1. Knowing yourself, what is one thing that you would want to do differently during times of conflict?
2. What would be one way that your parents dealt with conflict that you do not want to repeat?
3. When you and your partner have distinctly different perspectives, what makes it difficult for you to validate that perspective?
4. What do you think about the idea that validating the other's perspective has nothing with agreeing with them?

- **INSTAGRAM 80 second Moment:** *Michael Hunter / upspiral.com*
  #1 Green Flag someone will make a great partner… "Repair after Conflict"
-
- **Breakout Group Question**

  Which of these 5 steps speaks to you the most and why?

Think of a time when conflict helped you understand someone better. What made that conflict productive rather than destructive?

FIVE Steps to help repair damage done during "Regrettable Incidents"

Step 1: **Share Feelings**
Step 2: **Share Perspectives & Validate**
Step 3: **Awareness of Triggers**
Step 4: **Accept Responsibility**
Step 5: **Do-over**

- **Homework**

  READ: Date Two - "Agree to Disagree – Addressing Conflict "
  ENGAGE: "We All Have Issues"
  PREPARE FOR & GO on **Date TWO**

  Send photos to Pres Pat: ptsagalakis@sanfran.goarch.org

- **Closing Remarks and Closing Prayer**

Join us Thursday, October 1 @ 6:30 p.m. for Session 3 as we discuss

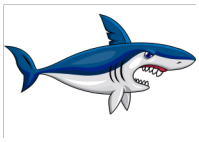
SEX AND INTIMACY - presented by Fr. James & Pres Donna Pappas, Dr. Fr. Vasili Hillhouse and Dr. Nikki Froussakis

Agree to Disagree: Addressing Conflict

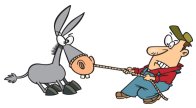
Conflict happens in every relationship, and it's a myth to believe that in a happy relationship you'll get along all the time. Relationship conflict serves a purpose. It's an opportunity to get to know your partner better and to develop deeper intimacy as you talk about and work through your differences.

WHAT IS OUR RESPONSE TO CONFLICT?
What is your conflict animal style?

1- Turtle = AVOIDANT Response to Conflict

2- Shark  = ATTACKING Response to Conflict

3- Labrador Retriever = PEOPLE PLEASING Response to Conflict

4- Mule  = STUBBORN Response to Conflict

5- Porcupine = DEFENSIVE Response to Conflict

6- Other _____ = _____

This week's "Face to Face ~ Heart to Heart" Questions:

1. Knowing yourself, what is one thing that you would want to do differently during times of conflict?

2. What would be one way that your parents dealt with conflict that you do not want to repeat?

With the goal of achieving "mutual understanding" the choice to "go there" andvalidate your partner's perspectives becomes essential. This also allows us to discover what lies beneath these problems that we encounter.

3. When you and your partner have distinctly different perspectives, what makes it difficult for you to validate that perspective?

4. What do you think about the idea that validating the other's perspective has nothing with agreeing with them?

This week's "Break-out" Group Question:

Which of these 5 steps speaks to you the most and why?

FIVE Steps to help repair damage done during "Regrettable Incidents"

Step 1: **Share Feelings**
Step 2: **Share Perspectives & Validate**
Step 3: **Awareness of Triggers**
Step 4: **Accept Responsibility**
Step 5: **Do-over**

Reflect how any one of these 5 steps can be considered "Christ-like" behavior.

Break-out Group Courtesies:

- Make your sharing brief
- Honor Confidentiality
- Give everyone an opportunity to share
- No cross talk = no advice giving
- If someone chooses to pass, that's totally ok.
- Good to share your experience, strength and hope

Think of a time when conflict helped you understand someone better.

What made that conflict productive rather than destructive?

Therefore, as God's chosen people,
holy and dearly loved,
clothe yourselves with
compassion, kindness,
humility, gentleness and
patience. Bear with each
other and forgive one
another if any of you has
a grievance against someone.
Forgive as the Lord forgave you.
And over all these virtues put
on love, which binds them all
together in perfect unity.

Colossians 3:12-14

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"Let all bitterness, wrath, anger, clamor,
and evil speaking be put
away from you with all malice.
And be kind to one another,
tenderhearted, forgiving one another,
even as God in Christ forgave you."

Ephesians 4:31-32

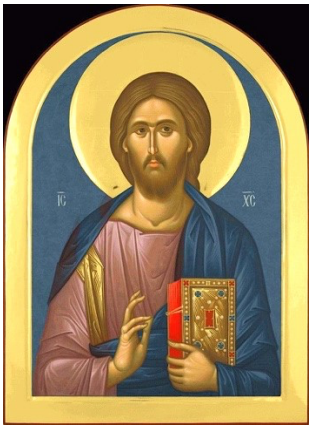
8 DATES
Rules of Engagement:

- Read the material
- Talk… and listen a lot.
- Limit alcohol or drug use on dates
- Hold onto your sense of humor

Rules for Fighting Fair

- No physical or mental violence
- Avoid criticism
- Avoid name-calling
- Don't try to place blame
- Not while under the influence
- Avoid absolutes
- Finish the fight - don't walk away
- No third parties
- Stay physically close to each other
- Avoid using technology to address conflict – remember the importance of nonverbals!
- Being right is not as important as your relationship
- Fight to understand - not to "win"

IMPORTANCE OF THE SACRAMENT OF CONFESSION



"To repent is to awaken from the sleep of ignorance, to rediscover our soul, to gain the meaning and purpose of our lives by responding to the incomparable love of the One who is 'not of this world…"

…. In confession "we share our peculiarity, our brokenness to someone who does not shame us, who will stand as a representative and as a witness before God, then our healing can begin.

When we are able to take off our mask, and together with at least one person look clearly at our vulnerability, then our recovery and restoration has begun." ~ *Deacon John Chryssavgis*

PARABLE OF THE GOOD SAMARITAN (READ: Luke 10:25-37)

JESUS IS OUR MODEL:

- **SEE THEM**
- **GO THERE**
- **HAVE COMPASSION**

THIS WEEK:

READ: Date Two - "Agree to Disagree – Addressing Conflict " pages 68-89.
EXERCISE: "We All Have Issues" - pages 76-80
PREPARE FOR & GO on Date TWO *choose which person will plan and organize your date

SEND US YOUR DATE PHOTOS

MARK YOUR CALENDARS: SEX AND INTIMACY - presented by Fr. James & Pres Donna Pappas, Dr. Fr. Vasili Hillhouse and Dr. Nikki Froussakis - **Thursday, October 1 @ 6:30 p.m. for**

MARK YOUR CALENDARS
For our upcoming sessions (6:30 pm)

Oct 1 ~ Sex & Intimacy
Oct 15 ~ Work & Money
Nov 5 ~ Family
Nov 19~ Fun & Adventure
Dec 3 ~ Growth & Spiritualty
Dec 10 ~ Dreams

Please submit any questions and date photos to
Pres Pat: Ptsagalakis@sanfran.goarch.org

For all past session videos and handouts visit our website
familywellnessministry.org/eight-dates/

A Prayer for Marriage

By Fr. Timothy Pavlatos

In the name of the Father, and the Son and the Holy Spirit. Amen.

To bear the crowns of marriage, crowns bestowed on us by Your mighty hand, is a great honor and a divine privilege, yet we can easily lose sight of this, as we begin to live our lives routinely.

Because of our own imperfections, we have the capacity to bring upon our marriage relationship challenges which create difficulties.

With our tongue we can praise and glorify You, and yet, utter words that pierce the heart of our beloved.

With our actions, we can be holy instruments to help those in time of need, and yet, hurt the one we share our life with most intimately.

Help us, O Lord, so that we may speak and act in ways toward our spouse that are pleasing to You, honoring our crowns, putting our beloved above ourselves, just as you put all of humanity above Your Self coming in the form of a Servant, sacrificing Your very life.

You have told us that when we truly love, we will not insist on our own way, we will not keep track of past wrongs, and we will not provoke the other. The only deficits we should see are our own, and then strive to work on these so that we may grow and become a greater instrument of love.

For this reason, grant us the desire and the ability to serve, speak, and treat our spouse as we would You, with humility, gentleness and kindness. Help us so that we will listen with patience, genuine interest, and joyful curiosity.

Enable us to see and love our most beloved as you see and love them, for without Your help, we will never fully realize the treasure that You have placed before us. We will never see You in them. Amen.