Episode 12:

Conflict Without Combat: A conversation with Ken Howard on conflict, reconciliation, and family unity

StoryLens Podcast One-Sheet Snapshot

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In this episode, the StoryLens team sits down with Marriage and Family Therapist, Ken Howard, to examine one of the most consequential distinctions in family relationships: the difference between conflict and combat.

The conversation covers:

1. Why dysfunctional patterns transmit across generations without awareness
2. How unresolved wounds accumulate into relational fractures
3. Why reconciliation, not just forgiveness, is what actually rebuilds trust.



Featuring:
John Christensen
Cameron Bond

Guest:
Ken Howard
Marriage and Family Therapist

Building Relational Skills

- The capacity for healthy conflict is a skill developed through practice. It is not inherited or innate.
- High achievers who acknowledge a relational blind spot have the same capacity to address it that made them successful elsewhere.
- **Families that build the skill of healthy conflict become more durable, not more fragile.**

The Cost of Avoiding Hard Conversations

- Unresolved wounds accumulate over time, producing diminished trust, avoidant behavior, and compounding frustration.
- **Emotional pain that goes unaddressed does not stay contained; it finds expression.**
- Relational repair requires courage, honesty, and the willingness to be wrong.

Forgiveness vs. Reconciliation

- Forgiveness cancels the relational debt. It is a decision, not a process.
- Reconciliation rebuilds trust through demonstrated behavioral change over time.
- **Both are necessary. Neither substitutes for the other.**

Conflict vs. Combat

- Combat seeks victory. There is always a winner and a loser.
- **Conflict seeks connection.**
- Healthy conflict produces understanding and strengthens trust in the process.

Hidden Lessons in Families

- Family systems transmit behavioral patterns to younger generations without explicit instruction.
- **Latent learning shapes how people handle emotions and disagreements before they are old enough to recognize it.**
- Without awareness, unhealthy patterns repeat across generations.

Notable Quotes

"Combat creates winners and losers. Conflict creates connection."
-Ken Howard

"If you had the power to build something unhealthy, you have the power to build something healthy."
-Ken Howard

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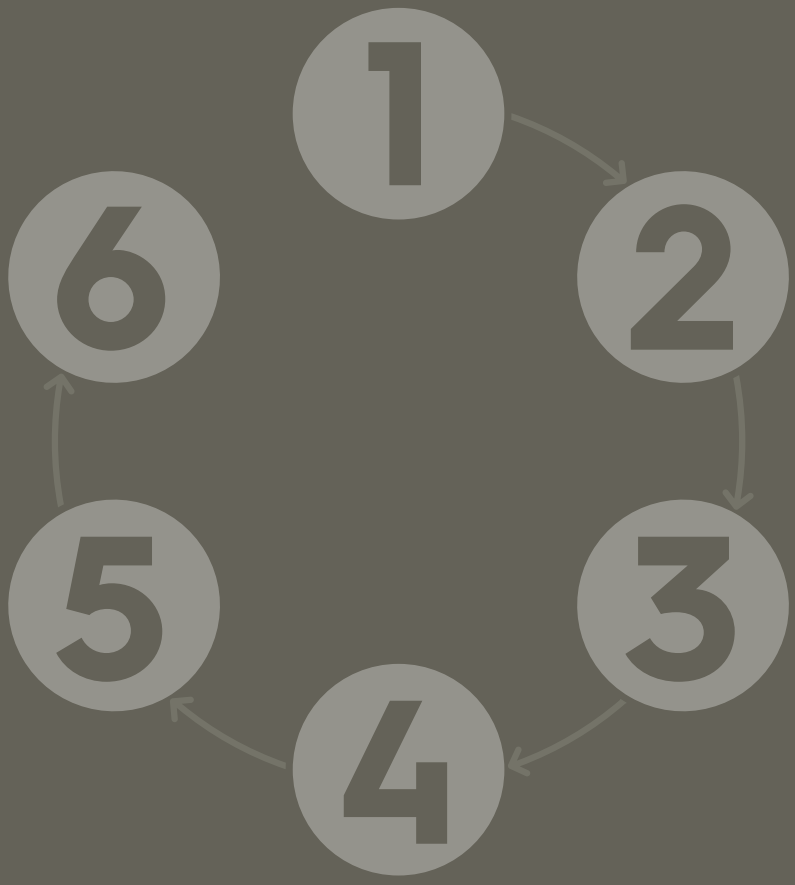
StoryLens Podcast Episode 12

featuring the

Conflict Cycle

with Ken Howard
Marriage and Family Therapist

One-Sheet Snapshot



Episode 12

Conflict Cycle

Turn reactive conflict toward understanding, repair, and restoration.

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Print, take notes and discuss each step in the cycle together, step by step, focusing on understanding, repair and restored connection.



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