

Overcoming Divisions and Contention

Consider how effective you are at overcoming divisions and contention by completing the following self-evaluation. You could approach the assessment with one or more of the following settings in mind: ward or branch, family, roommates, work, or social media. Use a scale of 1–10, where 1=never and 10=always.

1. I look for the good in others. ____
 2. I am slow to anger. ____
 3. I show understanding instead of judgment. ____
 4. I listen to understand before I talk. ____
 5. I speak the truth with love. ____
 6. I strive to follow the Savior's example in my daily interactions with others. ____
- What are you doing well?
 - Where could you do better?

Learn more about what you can do to overcome divisions and contention in your life by studying a general conference talk about the topic. You can search for talks by going to the General Conference collection in Gospel Library and typing keywords into the search bar. You could search for words like “contention,” “peacemaking,” “unity,” or others you think might be helpful. Select a talk, and look for a message from the talk that could apply to your life. Record impressions, questions, truths, or ways to apply what you are learning. Consider using the note-taking tool in Gospel Library.