



4 STEPS TO HEALTHY CONFRONTATION

In this video, Nathan and Lacey reveal 4 steps to making your confrontation healthy... or healthier. They also discuss how to immediately apply the four techniques if you're an avoider or a seeker of confrontation.

INTRODUCTION (00:37)

For a relationship to be fully reconciled, confrontation may need to take place — requiring both repentance and forgiveness. Ultimately, it involves releasing what you believe should happen or not happen.

1. *What did you learn about confrontation in your growing years — what did you see, experience, or observe?*

STEP #1 – EXAMINE YOUR MOTIVATION (03:49)

The first step in healthy confrontation is allowing yourself to examine your motives and expectations. Clearly define in your mind how you think the other person should respond or behave.

2. *When confronting (or avoiding confronting), what do you usually hope will happen?*

STEP #2 – FORGIVE THEM FIRST (04:42)

To ensure the confrontation is truly for the benefit of the person being confronted, we must forgive the person of the offense. This includes releasing control of how we think the other person should respond or behave.

3. *When have you seen confrontation go well (be good for both people involved)? What exactly made it good?*

STEP #3 – ASSUME THE BEST, DESIRE THE BEST (06:15)

Desiring good for the other person will empower us to confront in a healthy way. It proves our love for the other person above our own insecurities or desire to be right.

4. *Think of a recent conflict. How could you have assumed or desired the best prior to or during the conflict?*

STEP #4 – YOU DON'T HAVE TO CONVICT THEM (07:14)

A person will rarely fully agree with our perspective of a situation. Clarity may only come once the confrontation is over and time has passed. Encouraging the person amidst confrontation can be a catalyst for this clarity.

5. *Think of a recent conflict. What is something you can say to the person that you appreciate about them?*

NEXT STEP (08:42)

Often, we can become aggressive and belligerent or passive and complaisant in conflict. Therefore, we need to be aware of the Holy Spirit's direction, He will reveal where to take the conversation or when to end the conversation.

6. *Avoider: Confront Someone – have that difficult conversation.*
7. *Seeker: Apologize for escalating the conflict – develop an action plan.*