



HOW TO MAKE CONFLICT A GOOD THING

In this video, Nathan and Lacey discuss the 2 negative views of confrontation. They also share 2 ways to make confrontation work for you and how you can implement them into your next conflict.

INTRODUCTION (00:22)

There are primarily two views of confrontation we generally go to — we either avoid it or we seek it out. Both views — independent of each other — are incomplete, self-focused, and self-gratifying.

1. *What feelings does the thought of confronting someone or being confronted bring to mind? Why?*

NEGATIVE VIEW #1 – YOU SEEK IT OUT (03:40)

Our desire to seek confrontation is often based in a need to be right or justified. Seeking confrontation also overly focuses on truth above grace and love.

2. *When or with who — loved ones or strangers — is it easiest or more comfortable to confront? Why?*

NEGATIVE VIEW #2 – YOU AVOID IT (05:39)

Our desire to avoid confrontation is often based in a fear of what others may think or do. Also, it may minimize the need for justice or truth to be known.

3. *When or with who — loved ones or strangers — is it difficult or uncomfortable for you to confront? Why?*

MAKE CONFLICT HEALTHY BY: #1 – EMBRACE HUMILITY (08:25)

The first step in healthy confrontation is to examine your motives and expectations. This will help us re-examine our desire or need to confront.

4. *Generally, what is your reason for confronting or avoiding confrontation? Why is this important to you?*

MAKE CONFLICT HEALTHY BY: #2 – ASSUMING THE BEST (09:30)

A desire for the person's good — physical, mental, emotional, and spiritual — is the foundation for healthy confrontation. Desiring good for others will empower us to confront even when we don't want to.

5. *When is it difficult for you to believe the best about the person you are confronting or being confronted by?*

NEXT STEP (10:55)

Confronting people is almost always never easy because we tend to overcomplicate things or make them personal.

6. *Think about your last conflict: How did it go? How did you react? Did your reactions escalate or de-escalate the situation?*
7. *What makes you feel heard by those you confront? What helps you feel cared for when being confronted?*