



## MAKING FORCED RELATIONSHIPS WORK

In this video, we share 3 tips for thriving in a forced relationship. This might include family members, co-workers, or just about anyone you must spend time with for one reason or another.

### INTRODUCTION (00:00)

Throughout our lives, there are people we are forced to be with. This often results in us feeling misunderstood, disappointed, or frustrated. Unfortunately, this person can turn what should be an enjoyable situation into a miserable time filled with manipulation, fighting, or paralyzing tension.

1. *Currently, who would you consider your most difficult forced relationship?*
2. *Why do you consider this person a “forced” relationship?*

### KEY #1 TO FUNCTIONALITY: YOU CAN ONLY CONTROL YOURSELF (02:34)

Your own words, thoughts, and behaviors are the only thing you can control. A reaction is a thoughtless, impulsive behavior that often escalates a situation. A response is a mindful, predetermined behavior that is intended to de-escalate the situation but bring resolution, peace, or, at least, minimize hostility.

3. *What is often your immediate behavior when someone is acting hostile toward you?*
4. *With the person you listed above, what makes them a “hostile” or difficult person to be with?*

### KEY #2 TO FUNCTIONALITY: FORGIVE AND RELEASE OFTEN (04:05)

Past experiences and relationships (including with the person immediately in front of us) can influence our behaviors with them. Therefore, it is vital to resolve our past through forgiveness in creating predetermined responses toward this person.

5. *With the person you listed above, what past experiences or unmet expectations with this person have you not personally resolved through forgiveness and release?*

### KEY #3 TO FUNCTIONALITY: CREATE WINNING ENVIRONMENTS (07:25)

A winning environment or situation is a pre-determined activity or neutral atmosphere that is mutually beneficial — for both you and them.

6. *In your next forced interaction with your forced relationship, what might a win/win situation look like (i.e., what changes might you make to the location, timeframe, activity, or your own behavior toward this person that will bring a neutrality or de-escalation protentional conflict between you and them)?*

### ACTIVATION (09:19)

- Download our *Core Resources* (*The Identity Guide*, *The Habit Worksheet*, and *The Freedom Booklet*) at: [www.CultivateRelationships.com/Resources](http://www.CultivateRelationships.com/Resources)
- Pray for the person — specifically how God sees them.