

Relationships

#2: How To Have Conversations That Solve Problems

1. Understand _____

a) _____ contributing to the pool of shared meaning

Luke 13:14 *But the leader in charge of the synagogue was indignant that Jesus had healed her on the Sabbath day.*

b) Watch for _____

Mark 3:4 *Then he turned to his critics and asked, "Does the law permit good deeds on the Sabbath, or is it a day for doing evil? Is this a day to save life or to destroy it?" But they wouldn't answer him.*

c) Watch for your _____

Colossians 3:8-9 *...get rid of anger, rage, malicious behavior, slander, and dirty language. Don't lie to each other...*

2. Make it safe _____

Key: Watch _____

a) Try to _____

Proverbs 14:29 *Whoever is patient has great understanding, but one who is quick-tempered displays folly.*

b) _____ appropriate

Proverbs 15:1 *A kind answer soothes angry feelings, but harsh words stir them up.*

c) _____ to fix misunderstanding

3. Keep yourself _____

Proverbs 15:18 *A hot-tempered person stirs up conflict, but the one who is patient calms a quarrel.*

a) _____ did I just tell myself

Key: _____ My Feelings

b) Get back _____

c) _____

Proverbs 19:11 *Sensible people control their temper; they earn respect by overlooking wrongs.*

3 Signs its Turning Crucial

*Stakes are high

*Opinions vary

*Emotions start to run strong

Silence: Purposefully withhold information from the pool of meaning. It's almost always done as a means of avoiding potential problems, and it always restricts the flow of meaning. Methods range from playing verbal games to avoiding a person entirely. The 3 most common forms:

Masking: Understating or selectively showing our true opinions. Sarcasm and sugarcoating are some of the popular forms.

Avoiding: Steering completely away from sensitive subjects. We talk, but without addressing the real issues.

Withdrawing: Pull out of a conversation altogether.

Violence: Any verbal strategy that attempts to convince, control or compel others to your point of view. It violates safety by trying to force meaning into the pool. Methods range from name calling and monologueing to threats.

Controlling: Coercing others to your way of thinking. It's done thru either forcing your views on others or dominating the conversation. Cut others off, overstate your facts, speak in absolutes, changing subjects, etc.

Labeling: We can dismiss them under a general stereotype or category.

Attacking: Make the person suffer. Belittle or threaten.

Retelling The Story

*Am I pretending not to notice my role in the problem?

*Why would a reasonable, rational and decent person do what this person is doing?

*What do I really want? For me? For them? For the relationship?

*What would I do right now if I really wanted these results?