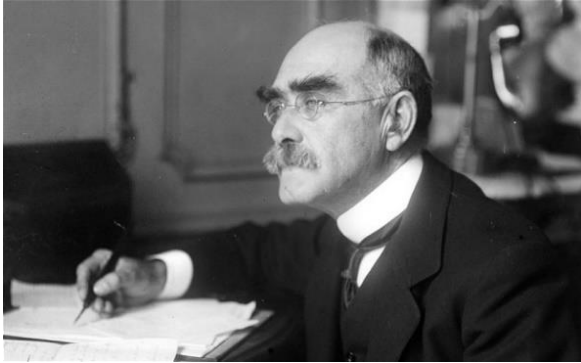


Do you need to have a Difficult Conversation?



“Words are, of course, the most powerful drug used by mankind.”

- Rudyard Kipling

Most common difficult topics to talk about–

- *Money / Spending*
- *Family Events, (Weddings / Funerals / Graduations / Births)*
- *Holidays, (especially where alcohol is a focus)*
- *Secrets / Lies / Cover up / Shame in the past*
- *Addictions / Porn / Gambling*
- *Substances- Drugs / Alcohol / Weed / Tobacco / Sugar*
- *Sexual behavior*
- *In-Laws / Extended Family*
- *Emotions / Rage / Anxiety / Depression*
- *Respecting Time*
- *Politics*

Arguing doesn't prove who is R_____

Arguing usually proves who likes to Argue

Before a difficult conversation, ask if it's N_____.

Is the conversation an attempt to speak truth in love such that you promote unity in Christ (**Eph. 4:15**), or do you simply have a bone to pick? Do you want to vent your feelings, or are you most concerned with the other person's wellbeing?

*Toxic environments **only get more toxic.** Staying in the toxic cloud only leads to exhaustion for you, and more pressure from the toxic people who demand more because often the person who has the problem in the relationship isn't taking responsibility for their problem.*



Why don't Responsible people confront Irresponsible Behavior in Relationships?

1. Fear of L_____ the Relationship
2. Fear of Making the other person A_____
3. Fear of getting their F_____ Hurt
4. Fear of being given the label of a Nag instead of being viewed as N_____
5. Fear of being A_____
6. Fear of S_____ the Conversation
7. Fear of speaking the T_____

The greatest benefit of having a difficult conversation is that it protects the relationship because the extent to which two people in a relationship can bring up and resolve issues is a critical marker of the soundness of the relationship. – Henry Cloud & John Townsend

**EACH UNRESOLVED CONFLICT CREATES
A BRICK...
AND EVENTUALLY A WALL OF
N_____**



“If your brother or sister sins, go and point out their fault just between the two of you”. - Matthew 18:15

► Goals for dealing with difficult relationships:

- to give insight to move past relationship barriers
- to build M_____ connections
- to model God’s heart of restoration, forgiveness, and connection
- to implement a R_____ response when in a complicated or confusing situation

“Forgive and you will be forgiven”. - Luke 6:37

► Complicating Relationship Factors:

- Relationships take W_____

"I don't have to attend every argument I'm invited to." – Unknown

- Relationship growth is not A _____ so learning new strategies to improve is necessary to live the level of relationship that brings fulfillment

“Be quick to listen, slow to speak, and slow to become angry”. - James 1:19

*Building a healthy relationship
is worth more than winning an argument!*

“Do not let the sun go down while you are still angry”. Ephesians 4:26

H _____ people can talk about Hard things, which requires wise C _____.

“Everyone should look out not only for not only for his own interests, but also for the interests of others”. - Philippians 2:4

ANSWER KEY:

RIGHT, NECESSARY, LOSING, ANGRY, FEELINGS, NICE, ALONE, STARTING, TRUTH, NUMBNESS, MEANINGFUL, REASONABLE, WORK, AUTOMATIC, HEALTHY, CONFRONTATION