

When you need to confront an issue:	When you are being confronted:
<p>THE SET UP: Prepare your points for the conversation</p> <ul style="list-style-type: none"> ● Pray for wisdom and clarity. ● Ask: What's the real issue or pattern? Keep it focused. ● Useful: Filter out blame, labels, or extra drama. ● Solutions: Think of 2–3 constructive options. <p>Then request to set a time to meet.</p>	<p>THE SET UP Prepare your heart to listen</p> <ul style="list-style-type: none"> ● When someone says, "I'd like to set an appointment," pause. ● Find a time when you can be physically, emotionally, and spiritually ready to listen ● Prepare your heart: "Put on Teflon"—don't let offense or defensiveness stick. <p>Propose when you will be prepared to listen.</p>
<p>THE "SIT DOWN": Present your case with calm and grace</p> <ul style="list-style-type: none"> ● Problem/Pattern: Describe what you see. ● Personal Impact: Share how it has impacted you. ● Personal Desire: What do you want to experience more? ● Propose Solutions: Offer your ideas, invite theirs. <p>End with gratitude for their willingness to listen.</p>	<p>THE "SIT DOWN": Pay attention to what they are saying</p> <ul style="list-style-type: none"> ● Hear them out without interrupting. ● Reflect back what you heard to confirm understanding. ● Stay curious, not combative. ● Avoid deflecting (no "counter-appointments"). <p>Ensure that they feel heard and that you understand the proposed solutions.</p>
<p>THE SOLUTION(s):</p> <ul style="list-style-type: none"> ● Allow time for them to consider the next step that would lead toward restoration. ● Accept solutions that you believe will help resolve the issue and restore the relationship ● If you get stuck discuss next steps which could include getting a third party involved 	<p>THE SOLUTION(s):</p> <ul style="list-style-type: none"> ● Consider the solution (or propose a solution) that you sense will help resolve the issue and restore the relationship. ● Options: acknowledge, apologize, or agree to a solution. ● If you need time, say so—but follow up promptly.
<p>PRAY: With each other and for your future.</p> <ul style="list-style-type: none"> ● Avoid "preachy prayers" ● Focus your prayer on your part of the agreement. 	