

MONDAY NIGHT SOLUTIONS

FIGHT OR FLIGHT
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A person's feelings about confrontation can produce anything from a mild case of nerves to a full-blown anxiety attack. Some of us overreact, some underreact; some of us just run away. What if we realized that learning to confront can make us better friends, lovers, spouses, parents, bosses, and employees? What if we viewed confrontation as a key ingredient in all healthy relationships and understood it to be a gift to the person on the receiving end? Perhaps we wouldn't be so quick to run the other way... You can learn how to turn a potentially negative confrontation into a positive experience. Fight and flight are not our only options; come and find out more!

OUTLINE

1. People who confront well are more successful in life and love

2. Keys to doing it right

3. Watch out for these landmines

4. The approach to those who resist confrontation

Questions:

1. How have poor confrontation skills affected your life?
2. Which key is the one you identify with?
3. Which landmine is yours, and what can you do about it this week?
4. What is the next step you can take with your “confrontation-resistant” person?