



CCN WEEKLY SOLUTIONS SERIES
THE WEEK OF APRIL 30, 2007



What's Your Style?

The Avoider and the Blaster

Featuring
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I. Introduction

People relate in many different ways—but there are identifiable patterns

Have “two heads” about this discussion:

“Yes, I have a crazy-maker” AND “Oh, I’m so busted”

Styles of this kind are not “how God made me”: people can change

II. The avoider

Aspects of avoiders

In their fear of conflict, avoiders create more conflict

Why do avoiders avoid?

- To protect themselves—they’ve often had bad experiences with anger
- To control—to get things they want using guilt motivations
- To punish—to show someone else what it feel like

Most avoidant people experienced truthfulness as hostility

Their ability to metabolize truth is limited: they can’t feel the love

Most of the time they don’t have access to their own anger

The beam in their eye bleeds over into someone else’s mote

*Instead,
speaking the
truth in love,
we will in all
things grow up
into him who is
the Head, that
is, Christ
.—Ephesians
4:15*

Tips for dealing with the avoider:

- Make it safe for them to have negative feelings
- Show them the costs of avoidance
- Give them positive feedback when they’re honest
- Neutralize their fear with humor
- Never chase an avoider: make it safe, and let them come at their own pace

*The one who
conceals hatred
has lying lips...
.—Proverbs
10:18*

III. The blaster

Aspects of blasters

The blaster uses anger to stay away from some issue in the relationship

Why do blasters blast?

- To protect themselves—they've often been abused
- To control—the “garden variety rageaholics” not getting their way
- To punish—they feel victimized by the world and so are “getting theirs”

Blasters come from a background of harshness or indulgence or a combination

Many blasters are terrified of being the “bad” guy—if you're wrong, you're horrible

The problem: it can escalate like a Quentin Tarantino movie

Tips for dealing with the blaster:

- Learning to count to 10 is not the solution
- The deepest cure is grief: the blaster doesn't know how to be sad

None of us really controls others, and that feels helpless; anger gives the blaster the illusion of control

- Help them see how alone you feel when they blast—how disconnected

Don't blast back

- Help them learn to adapt to situations—adaptation and grief are first cousins
- Blasters still need to be able to protest (appropriately) what they don't like—that's a season, not an identity

Set limits

Next Week on “Solutions”

What’s Your Style?

The Know-It-All and the Scorekeeper

Resources:

BOOKS:

Changes that Heal

By Dr. Henry Cloud

www.cloudtownsend.com

Hiding from Love

By Dr. John Townsend

www.zondervan.com

How People Grow

By Drs. Henry Cloud and John Townsend

www.zondervan.com

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