

Part 8

Communication & Confrontation

Communication and confrontation are tools.

They aren't something to put a band-aid over the inner work that needs to be done. With that said, remember to continue the process of understanding your pain inside of YOU while tackling healthy and helpful communication and confrontation.

Unforgiveness – drinking poison and expecting the other person to die. When not dealt with, turns to bitterness and resentment

Bitterness – hurts you more than other people. An indignation of being treated unfairly.

Resentment – a result of powerlessness

Becoming Powerful:

No one can take your power. It's something that is given. You have power to forgive someone. If you do not forgive them, you are giving them power.

Forgiveness towards self is necessary. We think that we can shame each other enough so that it doesn't happen again, but we must release ourselves as well.

“There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.”

1 John 4:18

The extent in which we punish others is what we actually will be punished ourselves.

Forgiveness is recognizing where there was something wrong and forgo punishment for that person. It's ok for your heart to feel and grieve the pain of someone doing something wrong so you truly can forgive.

If you notice yourself saying “I should've known better, or they should've never done that they should've known better.” There is shame and judgment.

Have you noticed yourself thinking or talking in this way? If so, write about it below.

Those who are forgiven much, love much.
Luke 7:47

Take some time now to reflect on things you've done that have hurt others and yourself.
What are some messes that you have made? You can even ask Holy Spirit to reveal it to you.
Jot things down as they come up.

Ask God for forgiveness and ask others for forgiveness.
Before you rush into it, feel grieved and the pain of it.

The root of communication is commune. If you are divided, communication is the thing that will bring you together.

Communication says I'm bringing a safe place for both of us.
You cannot create communication without vulnerability.
Healthy communication is also listening.

Vulnerability is essential for having real communication and forming unity. It is the door that unlocks between two people that are divided.

Types of Communication:

Passive Communication - everyone else's needs matters and mine don't. You may burst after buildup miscommunication. There is a fear that you are a burden or if you do communicate you'll hurt them.

Passive Aggressive Communication: Withdrawal and saying everything is fine, yet harboring bitterness or anger towards the person. They can often be sarcastic and look like the good guy instead of the close relationships.

Aggressive: Feeling powerless in their life and take it out on other people. They aren't afraid to communicate but believe there isn't a safe place to get their needs taken care of. Loud & angry.

Assertive Communication: There is a standard of respect for both parties. They will let you share, but their needs will also be expressed. It makes you feel powerful in relationships.

Where do you think you fall under these categories?

Ineffective Communication:
communicating in a way that causes defense-by accusation, assumptions, blame, victimizing yourself & vilifying another.

Give some examples where you have had ineffective communication:

Effective Communication:
Effective communication lets go of control or managing someone's pain, response, or reaction...

Where have you seen effective communication take place in your life?

It's important to know what the goal of communication with someone is before going into that conversation.

Confrontation:
This is an invitation to connection. It allows you to be fully you and gives space for the other person to be fully them.

Confrontations happen because both parties are bringing their conclusions/hypothesis & pain to the table. **HEALTHY confrontations** are exploratory & seeking to understand while still bringing all of your stuff to the table.

You can't change what you do not choose to confront.

Vulnerability:

How does that word make you feel? What comes up for you? After hearing Sam and Spencer talk about vulnerability, do you operate more in vulnerability, transparency or neither?

Vulnerability says, "here I am." It allows the person to see you, and also affect you. Which is different from transparency where transparency just allows people to see you without affecting you.

Vulnerability brings concerns, thoughts, emotions to the table without having "figured it out."
Real vulnerability lets people into the process even without it being sorted through.

Reflection

Take time to make a diagram of those in your circle.
One of what it looks like right now, and who you want in your circle in the future.

Write down the list of people you need to forgive.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Talk with someone from the group on the same part how this might be going for you both.