Get a Handle on It

One of the best reasons to learn to handle conflict well is that the way you handle it is not only crucial to your well-being, it's also inseparable from life's promotions and your destiny. Most promotions come wrapped in a package of conflict, in some way. Every time a person gets promoted to greater influence, authority, responsibility, or visibility, the potential for conflict rises right along with those new opportunities.

Often, what separates strong, healthy people from those who still have a lot of growing to do is their ability to handle conflict—the same thing that separates those who are ready for promotions in life from those who aren't.

1 Here's a list of common ways people handle hurts and offenses. Which ones apply to you?

_____ anger and/or frustration

_____ judgment

_____ rejection

_____ stonewalling/silent treatment

_____ icy stares

_____ withdrawal

_____ bursting into tears

_____ emotional outbursts

_____ blowing things out of proportion

_____ denial

_____ making a big deal of minor issues, while ignoring the major issues

_____ adopting a victim mentality

_____ making threats

_____ trying to hurt the other person as much as he or she hurt you

_____ giving in to the other person because of fear or intimidation

2 The list below includes the opposite responses of those above. Check the top three responses you'd like to develop when someone does you wrong. Over time, you can develop them all, but start with just three that are reasonable for you.

_____ patience

_____ willingness to explore the other person's perspective

_____ understanding there's a problem but you are not personally rejected

_____ willingness to have a calm, open conversation about the offense

_____ neutral or positive body language

_____ staying in the situation even when it's uncomfortable

_____ not breaking down in tears, but taking a deep breath

_____ holding your tongue instead of spouting off words you'll regret

_____ seeing things clearly and interpreting them accurately

_____ accepting the fact that there's a problem and facing it head on

_____ focusing on the major problems, not the picky little issues

_____ seeing yourself as a human being worthy of being treated well

_____ not resorting to empty threats

_____ seeking resolution, not revenge

_____ standing up for yourself in a wise and healthy way

3 What specific steps can you take to develop the responses you checked in question 2?

_____

_____

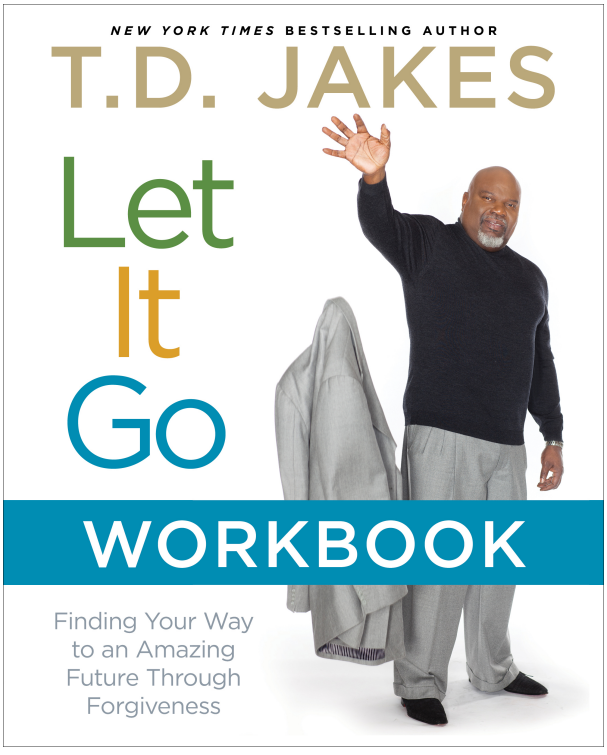
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Remember: "Every promotion brings each of us into a higher level of exposure to conflict. If you can't handle the pressure, you can't function in the promise that is inherent to that level of promotion" *(Let It Go,* p. 41).

Extract taken from:

Let It Go Workbook

Finding Your Way to an Amazing Future Through Forgiveness



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