

7 STEPS TO A WIN-WIN

Processing questions to understand your emotions when triggered may be done independently. However, human beings were designed to live not in isolation but in community. People were created by a relational God to live in relationship with other people. Therefore, we access another source of help when we allow safe people to come alongside for human assistance and support. Not all people are safe or helpful. Here are attributes of a safe person to consider before entering into a vulnerable conversation.

1. Adopt/Invoke the “No Losers” policy
2. Heart talk the issue
3. Pray for unity
4. Brainstorm options
5. Evaluate options and pick one you both feel good about
6. Try it
7. Check back in, evaluate success, and rework as needed

