

July 26, 2009

## Fleeing the Trap

Within the conflict trap there are \_\_\_\_\_ places of movement where we can \_\_\_\_\_ and break the cycle.

### 1. Know Your \_\_\_\_\_

- What causes me to react in a way that seems out of proportion to the trigger?
- What really gets on my nerves?
- What are my pet peeves?
- About what things do I become easily offended?
- What causes my blood to boil?
- If my closest friends were answering these questions about me, what would they say?

**Prov 17:27 *The one who knows much says little; an understanding person remains calm.***

Sometimes our buttons get pushed because of our \_\_\_\_\_.  
Misperceptions occur because of:

\_\_\_\_\_

Clarify: "What I hear you saying is \_\_\_\_\_. Am I understanding you correctly?"

\_\_\_\_\_

Clarify: "I want to understand this correctly Will you please clarify for me what actually happened?"

\_\_\_\_\_

The muscle you need is \_\_\_\_\_; it enables you to \_\_\_\_\_ the other person.

### 2. Our \_\_\_\_\_

- A. \_\_\_\_\_ Your Response
- B. Stop and \_\_\_\_\_

### 3. Refrain From \_\_\_\_\_ Buttons (See questions above)

- A. Hit the \_\_\_\_\_ Button

B. Pick Your \_\_\_\_\_

C. Perform Acts of \_\_\_\_\_

D. Pay Attention to Your \_\_\_\_\_

a. \_\_\_\_\_ Your Remarks

b. Watch \_\_\_\_\_ and \_\_\_\_\_ Language

c. Use \_\_\_\_\_ Language Instead of \_\_\_\_\_ Language

**Prov. 29:11 A fool gives full vent to anger.....**

d. Don't Use \_\_\_\_\_

### Fleeing the Bad Conflict Trap

Action to Take	Methods to Use	Muscles Needed
RESTRICT your buttons	Know your buttons Clarify your perceptions	Humility Awareness
RESPOND rather than react	Preplan your responses Stop and think	Awareness Responsibility Reliability
REFRAIN from pushing buttons	Heed the other's buttons Restrain your attacks	Empathy