Difficult Emotions & People

How to handle difficult conversations



Discussion Questions

- How do you normally respond to disrespect our conflict?

- When is it better to engage with a difficult person and when do you walk away?

- Have you ever seen a situation where someone else's bad behavior ended up costing the person who reacted more than the person who started it?





You're at work when a coworker starts making jokes about your past in front of everyone.

You tell him to stop, but he laughs and says, "What are you gonna do about it?"

How do you respond?

Three Ways to Handle Conflict



Aggressive

"You better watch your mouth."

Passive

Say nothing, even when a boundary needs to be set.

Assertive

"I'm not going to argue with you."



"Why is pausing so hard when you're really angry?"

What Can You Actually Control?

I CAN CONTROL

- My choices
- My boundaries
- My effort
- My next step

I CAN'T CONTROL

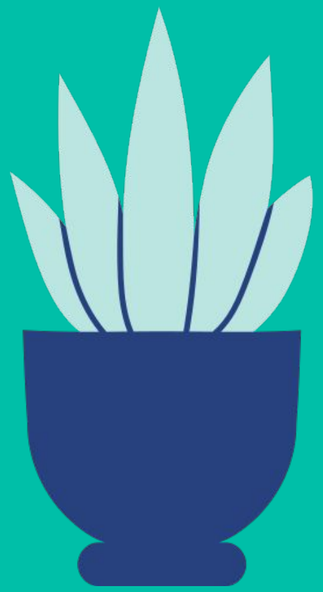
- Other people's opinions
- My past
- Other people's choices
- When others forgive me

"God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

"People don't believe I've changed."

Why do people sometimes keep judging someone for their past?

What's the difference between unfair judgment and someone needing time to trust you again?



Recognizing Manipulation



Five Warning Signs of Manipulation

Guilt-Tripping

Making you feel bad for setting a boundary or not doing what they want.

Blame-Shifting

Refusing to take responsibility and putting the blame on you instead.

Love-Bombing

Overwhelming you with attention, compliments, or promises to gain your trust and control.

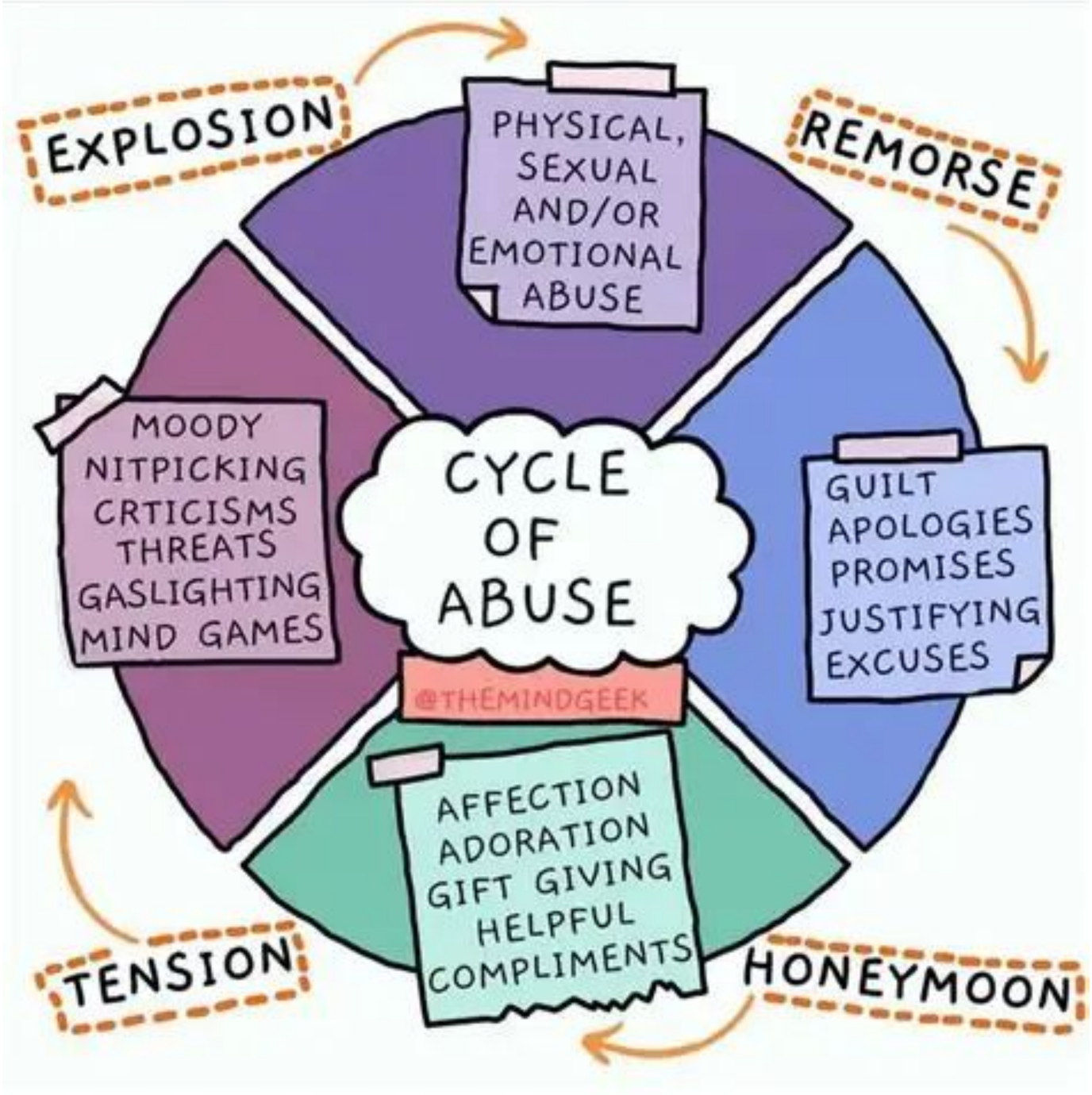
Isolation

Trying to distance you from family, friends, or other support so you're easier to control.

The Cycle

A repeating pattern of being kind, then hurtful, then apologetic — keeping you stuck and hoping for change.




EXPLOSION
PHYSICAL, SEXUAL AND/OR EMOTIONAL ABUSE
REMORSE
MOODY NITPICKING CRTICISMS THREATS GASLIGHTING MIND GAMES
CYCLE OF ABUSE
GUILT APOLOGIES PROMISES JUSTIFYING EXCUSES
@THEMINDGEEK
AFFECTION ADORATION GIFT GIVING HELPFUL COMPLIMENTS
TENSION
HONEYMOON


CYCLE OF ABUSE

Healthy Conflict vs. Manipulation

Healthy Conflict

- A disagreement or different opinion
- Respect for each other
- Taking responsibility
- Space to talk and find a solution

Manipulation

- Pressure to do what they want
- Using fear, guilt, or obligation
- Avoiding responsibility (blaming you)
- Trying to control your choices

Discussion Questions

- Why might someone stay in a relationship even when they recognize they're being mistreated?

- How can you tell whether someone respects you when you disagree with them?

- Can you have a healthy relationship with someone you argue with frequently?

