



How to confront in Love:

1. **Face your fear of confrontation.** It's not bad, it's a part of being honest in relationships.
2. **Get the facts.** What you thought you heard or saw may not be reality, so check it out.
3. **Discuss it as soon as possible.** However, do choose a good time and place, where both parties can relax and focus on the situation.
4. **State exactly what is bothering you.** Talk more about how you feel than what you believe they did. Share, don't accuse.
5. **Stick to the current issue.** Finish one thing before you move on. And don't throw the past in their face – forgive and move on.
6. **Avoid word-bombs.** Don't use words like "you always..." or "you never..." –these words just lead to more arguing. And avoid attacking the person; the goal is to heal the relationship, not just to vent.
7. **Confront with truth, but affirm with love.** Use the "Hamburger Method" –sandwich the truth between a couple slices of encouragement.
8. **Listen and learn.** Hear with your heart, decide to really "get" what they're saying. You may be the one who's in the wrong!
9. **Confront to heal, not to win.** Don't try to win an argument, try to heal the relationship.
10. **Most importantly, pray for them!** Before you go to the other person with your issue(s), go to the Lord and give Him your concerns. Then you can go to the person ready to reconcile, instead of ready to attack.

I can't take credit for these, as I'm sure they're gleaned from other preachers and/or writers. But I'm more than happy to pass them on!