

SEVEN STEPS TO CONFRONTATION IN FRIENDSHIP

Michell Westlund, "The Courage to Confront," *Bethel University*, Fall 2012

I pray

Before you confront a friend, examine your own heart and acknowledge your need for God's guidance. Is your attitude marked by acceptance, humility, love, respect, graciousness, gentleness, patience, sympathy/empathy, kindness, and compassion. Consider how these characteristics can guide your interaction with your friend, and also consider any ways you might have contributed to the issue and need to change and/or ask forgiveness.

I care

Choose a time when you are calm and rational not angry or upset. Remind your friend that you care for him/her, and that you're on his/her side. ("I love you, and I don't want you to hurt yourself.")

I see

Share with your friend exactly what he/she has done that concerns you. Understand that you have one perspective and be open to the possibility that you are misinterpreting what you see and hear. ("I saw you cheat on the exam last week.")

I feel

Share with your friend, without blaming, how you feel about the ways you see him/her acting. ("I feel frustrated when...")

I listen

Your friend may respond in a variety of ways, from saying nothing, to getting angry, to thanking you, to sharing a problem that goes beyond your ability to help. Be willing to listen carefully to your friend's response and stay open to the Holy Spirit.

I want

Share with your friend what you hope for him/her to do. ("I want you to get the help you need.")

I will

Share with your friend what you are able and willing to do to help. Know your limits. ("I am willing to meet with you regularly as an accountability partner" or "I will go with you to arrange an appointment with a counselor.")