

The 'C' Word: CONFRONTATION



Confrontation can strike fear into many, and when it happens, stress and emotions can run high. Confrontation and truth often ride the same train, and can be difficult and uncomfortable to navigate.

Just remember, the goal of confrontation is to **restore** the balance, **not destroy** it.

5 tips to confront with confidence

Conflict is not necessarily a bad thing, and can bring about change and growth if properly addressed. Being that we can experience conflict and have to confront people at work, home, in stores, or out in public, it's a good idea to get a handle on how you deal with confrontation yourself.

This way you can enter into a battle feeling empowered, knowing what you want to say, to calmly get your point across and get some resolution. Many people simply avoid confrontation, and would rather be anywhere else, but avoiding it only puts a tighter grip onto the issue you are trying to get rid of.

But what do you do when the thought of approaching someone, or being approached yourself makes you want to pee your pants and run home to momma? You can't avoid confrontation for the rest of your life, unless you are living on a deserted island like Tom Hanks in *Castaway*. Actually, that's a bad example, because he did have a fight with Wilson, the basketball.

You get the point though, that it's unavoidable.



So, if you're a person that does not like confrontation, you have to ask, what is it exactly that makes you so fearful to speak out and stand up for yourself? What will happen if you say something? And what do you fear about confronting someone or someone confronting you?

Are you worried about being yelled at? It's not as though your boss is going to jump across the desk and choke you out for speaking up. (I am certain that has happened somewhere but let's say not, for the purpose of our exercise.) Seriously, what is the worst thing that could happen if you say something?

Furthermore, what are you losing if you keep your mouth shut? Only you can answer that. Well, guess what. When a person goes off and yells and screams at you, they are completely giving up their power to you, because you have obviously pushed their buttons and got a very strong reaction.

1. Be prepared. Plan what you want to say; think about it and rehearse it, if you are not confident enough to wing it. Don't go into a confrontation unprepared, ready to bust the place up. You *will* lose. You will lose control, you will lose respect and most of all you will lose the very thing that you wanted to confront the person about, and they will have won. Think before you speak; know the point you are trying to make, and then make it. You know the old chestnut, if you fail to plan, you plan to fail.

2. Keep calm. Prior to a confrontation, make sure you are in the right frame of mind *before* you approach it. As in rule one, think about what you want to say, and remove the emotion from it. Normally I would suggest dealing with the conflict as soon as possible after it has occurred, but that is only if you are calm. You know the saying, “Don’t drive angry,” well the same applies here. Don’t go and confront someone when you are still angry about the situation. Again, if in doubt, refer to rule one so you don’t turn yourself inside out, and get nowhere. Stay calm. I can’t stress this one enough.

3. Stay on point. Get straight to the point of the problem, don’t beat around the bush. But when you do get to the point stay on it. People go wrong with confrontation when they drag up everything that has ever been said. Stay on track, keep to your point and don’t allow yourself to be dragged down into someone else’s mess. Once you have made your point, don’t harp on it, move on and don’t personally attack them. Nothing will derail a civil conversation more than a personal jab. When you are wanting to confront your husband’s best mate for talking crap about you, then stick to that point, not his bad breath or lack of dress sense.

4. Check your attitude. Before you confront someone, check yourself. Do you know exactly what you want to say, and are you calm and coming from a place of resolution or destruction? What are you bringing to the table? Are you coming with a bad attitude, or are you wanting to calmly get your point across and feel heard?

The way you approach the situation will have everything to do with how it turns out. If you are coming in hot, with guns blazing you will likely inflame the situation and achieve nothing. Don’t give your power to that person. You need all the help you can get.

5. Pick your battles. Before you go and confront someone you have to ask yourself if it is even worth the effort. When I was younger, I would fight at the drop of a hat. I would shred anyone that got in my way or said crap about me. Being a cop soon took care of that because if I reacted to every negative word anybody ever said about me, I would be a blubbering mess. These days, basically, I can’t be bothered wasting my energy on idiots. Now don’t get me wrong, if you throw crap at me about my family, I will still shred you, but what people say and think about me is none of my business, and not worth my time to care 😊

You got this, go get it !!!

Lisa (Lethal) x

