

How to Confront

I confront someone to help myself deal with something about the person's behavior I don't like or am concerned about, but I also confront to help the other person.

I use "I" statements in confronting someone (not "you" statements).
I start with myself...my feelings, my concerns.

I choose when to confront. I don't have to confront someone when I get an urge to. I can wait and choose the best time to say something.

I choose what to confront about. I don't have to confront someone about everything I can see that is not right about a person's behavior. I can choose the most important things to talk about with the person.

Confronting is not inviting an argument (a confrontation). It is saying honestly and without exaggeration what another person needs to hear about my feelings and views, and what will help the person get better in treatment and otherwise.

When I confront, I give the other person a chance to respond. If the person does not respond well or the way I hope, then I can decide to continue confronting or stop for the present. If the person does not listen, I can still see myself as doing my best in confronting.

If the person does not listen after I have confronted on several occasions, I can choose to delay more confronting until it looks like the person is more willing to accept and hear me.

I choose not to argue when I confront.
If I start arguing, then I will stop myself until I am less frustrated and angry.

I will not allow the other person's reaction to determine my self-esteem or my willingness to confront someone again.

My ultimate goal in confronting is always
to better the relationship I have with the other person.