

MASTER THE INNER WORK OF CONFRONTATION

"The more you listen to the voice within you, the better you will hear what is sounding outside."
-- Dag Hammarskjöld

Think about a recent situation or circumstance when you engaged in a conversation which was upsetting and where you felt things were left unresolved (and you're still thinking about it).

Use the following questions to help you reflect on your thoughts, feelings and actions. Spend a few minutes with each of these questions and write down your responses:

- What were your assumptions, judgments or beliefs about the other person, at the time of the event?
- What was motivating you at the time?
- What did you say or do that worked?
- What did you say or do that didn't work?
- What were you feeling at the time?

After you have spent a few minutes responding to each of the above questions, take a break and come back to the following questions:

- Is there anything else you could have done?
- What are some other modes of behavior and attitudes you could adopt to serve you better?
- Knowing what you know now, what will you do next time?

Writing it on paper or on the computer is a way to help your mind focus and give you an opportunity to express your thoughts and your feelings from a place of authentic self. You may reveal to yourself that things are not what they seem to be.