

TRI▲NGULATION▲TION ▲ND CONFLICT



Overview:

Learn healthy ways to engage in conflict and avoid the pitfalls of triangulation.

Lessons:

1. Triangulation and the Fear of Conflict
2. Triangulation Versus Proactivity
3. Triangulation Versus Wise Counsel



FEAR OF CONFLICT

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TALKING POINTS

Triangulation is a fear response to conflict when you involve a third party rather than dealing with it directly with the person involved.

- Triangulation can be best described through a picture of a _____ - you have a conflict with someone, but instead of dealing with it directly with the person involved, you involve a _____ and have them intervene.
- A fear of conflict is usually the _____ for triangulation. Out of _____, you feel like it's safer and easier to let someone else deal with it rather than facing it on your own.
- The healthier choice is to step into _____ in a loving way, owning your own stuff, and brave enough to _____ your hurt to the person who offended you. **Matthew 18:15**

DISCUSSION

1. Review the definition of triangulation. Share a time you've been guilty of this. Why did you feel like you needed to involve someone else and how did it work out?
2. On a scale from 1-10, how fearful are you of conflict (10 being petrified, 1 not at all)? What scares you the most about conflict?
3. Why is it better to share your own thoughts and feelings rather than trusting someone else to do it?
4. Read Matthew 18:15. Why do you think Jesus emphasized to go privately? What are some repercussions for going public with a conflict?

TRIANGULATION VS PROACTIVITY

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TALKING POINTS

It's better to be proactive in your conflict, by using clear statements, that will lead to a productive conversation and actual solutions.

- Although it may feel _____ and helpful to involve a third party, the problem is you're involving someone who isn't _____ involved and someone who can't fix the problem.
- It breeds _____ in the relationship when the other person involved hears that you've talked about them to someone else.
- It's better to be _____ in your conflict, by using clear statements, that will lead to a _____ conversation and actual solutions.
 - "When you did ___ I felt ___."
 - "Here's what that made me think."
 - "I'd like to hear your perspective."
 - "Here's what we should do now."

DISCUSSION

1. *Share a time you really botched a conflict with someone. What did you do wrong and who did you involve that shouldn't have been?*
2. *Have you ever been on the receiving end of this dynamic where you found out someone talked about you to someone else? How did that make you feel?*
3. *Read Hebrews 12:14-15. Why does it breed distrust in a relationship when communication is indirect rather than direct?*
4. *Read Ephesians 4:29-31. Review the four statements. Why is it important to present your frustrations in terms of your feelings? Why is it important to be vulnerable and admit how someone's words or actions hurt you? How does understanding the other person's perspective help to solve a conflict? Why is it important to get to solutions?*

TRIANGULATION VS WISE COUNSEL

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TALKING POINTS

Seeking wisdom from an unbiased person can be helpful so long as you don't insert them into the conflict.

- Healthy conflict happens when we deal _____ with the person that has upset us but that doesn't mean we can't seek _____ from someone on how to proceed.
- Wise wisdom means going to a person who is _____, doesn't want to insert themselves into the conflict, and understands that their role is to help you _____ your thoughts.
- Wise _____ is rooted in biblical truth, not based on feelings alone. Taking the _____ out of it, we can see more clearly all points of view and how best to respond. **Proverbs 11:14**

DISCUSSION

1. *Who is the wisest person you know? What sets them apart from others?*
2. *Share a time you sought counsel from someone and they really helped you? How did you avoid the triangulation trap?*
3. *Share a time you didn't seek advice before heading into a conflict but wished you had. What went wrong and what could've been avoided with some wise counsel?*
4. *Why does wise counsel need to be unbiased? What is likely to happen if you choose a biased person?*
5. *Read Proverbs 11:14. Why is it helpful to have a direction before going into a conflict? Why is it best to go into that conflict considering all points of view?*

NOTES



A series of 22 horizontal lines for writing notes.