

7 TIPS FOR DEALING WITH CONFRONTATION

1

TAKE A DEEP BREATH

Just before the confrontation or during it if necessary. This lowers your heartbeat and blood pressure.

2

BREATHE A LITTLE SLOWER

again this lowers your heartbeat and lowers the amount of adrenaline running through your body.

3

TAKE 5 MINUTES

if you can, and quickly rehearse what you are going to say to someone. Make key points of your argument.

4

GET TO KNOW WHAT TRIGGERS

your anger and prepare a new response to that trigger. By doing this you are aware of the buttons people can push to elicit a certain response. When you know your own triggers it is less likely that someone can push the buttons as you are prepared.

5

MAKE THE PERSON AWARE

of how confrontational they are being. This turns the energy back on themselves, and lets them stop to look at themselves for a bit.

6

TURN ALL THE ATTENTION BACK

you are arguing with. 'You seem really angry about that!'; 'You look as if you're really pissed off?' Again this can have the same effect of point 5.

7

DON'T GET SUCKED INTO THEIR ARGUMENTS.

The purpose of an argument is to manipulate you into losing the argument thereby showing the other person they have won and they are superior. If you don't get sucked in there is no argument to win, and you come out looking the better person.

Compromise Or Confrontation Dealing With The Adults In Your Life

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