

# CREATE LASTING LOVE & CONQUER CONFRONTATION

**HOW TO MOVE FROM CONFRONTATION  
TO CONNECTION**

# BOUNDARY BASICS

Confrontation is an opportunity to create immense deep connection in a relationship. It is an essential building block too deep and lasting intimacy. Sadly, because most couples don't have an effective process, confrontation most often leads to the end of a relationship. It is time to learn the skills, tools and knowledge to turn our confrontations into connection.

## Reality Arguments

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A reality argument starts when we try to force another person to see, think, feel or behave to a life situation in a way that only fits our reality.

Politics is a perfect example. Both sides believe that the other side should accept their reality and view of what is best for the world. Both sides are like 2 children fighting over Tonka trucks.

In these moments, we have just allowed the other person, place or thing to play the role of God in our life. We are now "dependent" on them accepting our reality (view of the situations) for internal peace.

A healthy moderate adult would be fascinated and intrigued by another's view of the world, asking questions to see why they view the world that way. Doing so leads to a deeper connection, acceptance and understanding.

What are the most common "reality" arguments you have had in your relationships?

# How to Handle Reality Arguments

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There are 3 things we need to do to move from confrontation to connection when it comes to reality arguments.

## STEP 1: STAYING CONNECTED TO OURSELVES

The first step involves reconnecting to the relationship with ourselves. Create a list of **statements** as a guide to keep your boundaries and allow yourself to stay present when in a reality argument.

*Ex. I get to choose if I allow this person's reality to determine how I think, feel and react to them or within myself*

## STEP 2: DEFENSE IS THE FIRST ACT OF WAR

Step two requires us to keep our boundaries and no longer feel the need to justify or defend our reality. We are no longer children, we don't have to prove ourselves to anyone or anything. People are not our parents.

The key to achieving connection is to ignore their words and instead attach empathetically to what the other person is "**feeling**." We then set a boundary by only sharing information that does not "give ourselves away" and does not defend or justify our reality.

*example:*

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**Ex Partner Says:**

*I just want you to know that **I feel bothered** that I have to give you \$1000 a month in child support. What will you spend all of the money on?*

**Our Reply:**

*Wow, I can completely relate to **feeling bothered**, I never liked feeling that way myself.*

**Ex Partner Replies:**

*But you didn't answer my question, I don't **feel it's fair** that I have to give you this money and I think you should tell me how you are going to spend it?*

**Our Reply:**

*I agree with you, I am not a big fan of **feeling like things are not fair**. I appreciate you sharing your thoughts and feelings. If I ever decide that it works for me to share that information, I will let you know.*

Keep track this week of how many times you give yourself away by defending or justifying your reality. In the space below, write out new ways to respond using the example above as your guide.

### STEP 3

The third step involves moving from a confrontational position to a connected position. In this process, our goal is to learn and understand more about the other person. Create a list of **questions** that create connection.

*Ex. Tell me more? Why is it you...  
think that way  
feel that way  
see it that way  
remember it that way  
believe that about the situation*

# Confrontation Model

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It is now time to learn how to fight in a way that creates connection instead of disconnection. For many, this is going to feel very dry, mechanical or possibly even silly to use in the beginning.

To use this model effectively, both sides must agree to some basic ground rules both as a speaker and listener and do their best at all times to stick to them.

## GROUND RULES FOR THE ONE SPEAKING

- ✓ Moderate your emotions
- ✓ No shaming, accusing, blaming, judging yelling or screaming
- ✓ Your goal is to **be known**, not to be right
- ✓ Don't tell them what they should feel or think
- ✓ Don't guess at their motivation or read their minds
- ✓ No one ever makes us FEEL anything. We choose our feelings.
- ✓ Use "I" not "You" statements

## GROUND RULES FOR THE LISTENER

- ✓ Don't take their blame or interrupt
- ✓ Remember you are responsible for the emotions you feel about their words
- ✓ You're listening to ***learn about the other person*** not to create a defense
- ✓ If you are unsure about their reality, ask for more information in 4 sentences or less
- ✓ If it's true, acknowledge it to them and allow yourself to feel the responsibility of your choice
- ✓ If it's not true, detach from the emotions being shared. Listen with non-judgment and just accept their reality is different. Don't try to change it
- ✓ Negotiate if necessary

Since we are all human and imperfect, if we find ourselves unable to stick to these, we then must request a break so that we can go off and do the work to get our containment back and be present for the other person.

## Confrontation Model Process

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- ✓ Share what you observed, just the facts. No judgements or blame. Use “I” statements. Avoid “You” judging statements.
- ✓ Share how you **CHOSE** to make yourself feel about what you observed.
- ✓ Ask for more information
- ✓ Make a request for change or make a change, “Would you be willing...” or, “Here is what I have decided to do for myself...”
- ✓ Celebrate the “No”
- ✓ Share what you have decided to do in the future for yourself
- ✓ Meet the need yourself and have a backup plan

## Example of the Confrontation Model

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### STEP ONE

Make a request to share your thoughts and feelings on 1 single topic. Never bring other topics or the past into the conversation. If the person is unavailable, negotiate a time that works for both to have the discussion.

### STEP TWO

Share your observation based on facts and no emotions.

For instance: *“It is my recollection that we had agreed we were going to go dinner and a movie last night at 7 pm? My memory is that you came home at 8 pm. When I reminded you of our plans, I believe what I observed was my being yelled and screamed at me.”*

### STEP THREE

Share how you chose to feel about what you observed. Remember, nobody makes us feel anything, we choose our feelings.

For example: *“About that...I choose to feel ignored, forgotten, neglected, afraid, disrespected and confused.”*

## STEP FOUR

Ask for clarification or more information.

For example:

*"Would you be willing to tell me what your recollection was?"*

*"Do you recall that we had made those plans?"*

*"If so, would you be willing to share what happened?"*

*"If you recall the yelling and screaming, would you be willing to share what you were thinking and feeling in that moment?"*

Many times, just asking for more information clears up the whole situation since we are interpreting it from our past experiences and not the current situation.

If their reality or recollection is different than yours, just acknowledge that their reality is different.

Then check inside yourself to see if any part of their reality is true. If so, own it and let them know you agree with those aspects.

If you disagree, the KEY is to not argue realities. Simply restate that while you appreciate their reality, yours is just different.

Remember, we can **NEVER** change another person's reality!  
When we attempt too, we are creating conflict and distance  
from ourselves and our partner.

## STEP FIVE

Now is the time to ask for our needs and wants. Assuming they agreed with your reality:

*"In the future would you be willing to inform that you made other plans so that I can do the same? Also, if it works for you, would you be willing to express your frustrations without yelling at me?"*

Sometimes we don't need or want to make a request for the other person to change. Many times, the healthiest thing is for us to share the change WE are going to make to meet our own needs.

For example: *"I just wanted you to know that in the future, if we make plans and I don't see you here at the agreed upon time, I am going to go meet my needs myself, which might include me going out on my own or with friends. In addition, if I hear what sounds like yelling towards me, I have decided that what works best for me is to walk away."*



## STEP SIX

This is the most crucial step of the whole confrontation model. Celebrate the NO! It is never their job to meet my needs or change for me. When a person says no to our request they are LOVING US.

What matters most is that we are ASKING for our needs and wants, NOT that we are getting them.

## STEP SEVEN

Before beginning a confrontation, make sure you spend time thinking about how you would meet this need yourself? Have a backup plan in place if the other person doesn't see a personal benefit to making a change.

Remember, it is wonderful if the stars align and the other person wants to meet our needs, but it is never their job. This is key if we want to move from codependence to interdependence.

Use the space below to list all of the needs and wants you would like a person to meet for you. Or, changes you would like a person in your life to make? Then put an action plan in place to meet those needs yourself.