

BETWEEN FRIENDS

SMALL TALK ABOUT THE BIG THINGS

PART 2: COMMUNICATION AND CONFLICT

Last time, we talked about the expectations we have in friendships. And, as we've all probably experienced, sometimes our expectations can lead us into conflict. And while conflict in any relationship is inevitable, working through it in a healthy way takes effort and intention.

CONNECT

Take a few minutes to discuss the following questions as a group:

1. When it comes to communication and conflict with a friend, do you tend to speak up when something bothers you or just ignore it and move on?
2. Over the years, what kinds of examples have you had (good or bad) when it comes to dealing with conflict?

LEARN

Watch the video for Part 2: Communication and Conflict.

APPLY

Discuss the following questions as a group:

1. As you watched the video, was there anyone in the video you identify with? If you feel comfortable, share your answer with the group.
2. In this video, there were several tips on addressing conflict. Which of these seems like it might be the most helpful to you personally?
 - It's important to circle back when you've hurt someone or someone has hurt you so it doesn't grow into something bigger.
 - Use the 24-hour rule. If you naturally avoid conflict, commit to address it within 24 hours. If you tend to address conflict too soon, give yourself 24 hours to cool down before addressing it.
 - Use the Rule of Three to decide if you should address something. If it happens once, it may not be worth mentioning. But if it happens three times or more, it could be a trend that needs to be addressed.



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- Using Brene Brown's line "The story I'm telling myself" can be helpful in communicating your feelings while still acknowledging that you may be misunderstanding.
 - Taking Andy Stanley's advice to "stop looking out the window and look in the mirror" can help us to focus on being the person we ought to be, rather than always focusing on the ways other people need to grow.
3. **Romans 12:18** (NASB) says "If possible, so far as it depends on you, be at peace with all people." In this video, several of the women talked about the importance of asking ourselves if we're being the kind of friend that we want others to be for us. Do you think there's value to this kind of self-reflection? Why or why not?
4. What are the things that help you to be the best version of yourself? Talk about the things on this list and add your own:
- Be active
 - Get enough sleep
 - Be still and rest
 - Get outdoors
 - Go to counseling
 - Self-reflection
 - Surround yourself with people who bring out the best in you

PRAY

Take a few minutes to allow group members to share any prayer requests and end your time together in prayer. If you want to try something different, have everyone split up and pray with one or two other people.

BEFORE NEXT TIME

Choose one way to practice being the best version of yourself and try it this week. Next time, share what you tried and how it went.

