

Crucial Conversations part 3
Master My Emotions
Eph 4:25 – 5:2

Eph 4:25-27

Therefore each of you must put off falsehood and speak truthfully to his neighbor, for we are all members of one body. 26 "In your anger do not sin": Do not let the sun go down while you are still angry, 27 and do not give the devil a foothold.

Eph 4:29-32

Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. 30 And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. 31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

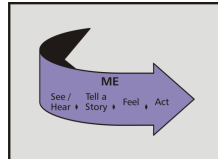
Eph 5:1-2

Be imitators of God, therefore, as dearly loved children 2 and live a life of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.



Two Propositions regarding Your Emotions:

- 1) You and only you create your emotions.
- 2) You have only two options: You can act on them or be acted on by them.
The worst at dialogue are hostages to their emotions



Retracing the Path to Action

- Notice your behavior
- Get in touch with your feeling
- Analyze your story
- Get back to the facts
- Tell the rest of the story

Four Question:

Am I pretending not to notice my role in the problem?

Why would a reasonable, rational, and decent person do what this person is doing?

What do I really want? For me? For others? For the relationship?

What would I do right now if I really wanted these results?