

# Don't Get on the Ride

## Part 2

Objective: Identify the relational pattern or tension behind the argument rather than being right or trying to fix the person. Implement strategies to engage in a more relational way when issues arise.

### CONNECT

1. What is something funny or ridiculous that you've said during an argument?
2. How do you handle someone who acts like a toddler? What do you say? What do you do?

### LEARN

1. What is your favorite "one-liner" to pivot a conversation away from arguing or convincing?
2. What is a relational pattern or issue you are in with someone right now? How could you choose to interact differently?
3. What are some statements you've heard from others when you notice they are trying to change you? How does that change the dynamic of the conversation once you realized changing you was their intent?
4. How do you know when it is time to "back off" of a conversation?

### APPLY

Think of someone you struggle to interact with. Maybe the conversation always turns into an argument or blows up. Which of the strategies are you going to try the next time you interact with them?

- Pivot away from debating/convincing
- Talk about the relational pattern/issue
- Don't try to change the other person
- Don't rebuke - back off