

# TEN COMMANDMENTS FOR DIFFICULT CONVERSATIONS



## I. PRAY FOR PEACE AND FOR PROGRESS

Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God  
Philippians 4:6

## II. DON'T ASSUME THEIR MOTIVATION

The purposes of a person's heart are deep waters, but a person who has insight draws them out  
Proverbs 20:5

## III. DEAL WITH THE PROBLEM QUICKLY

Do not let the sun go down while you are still angry  
Ephesians 4:26

## IV. DEAL WITH THE PROBLEM PRIVATELY

If your brother or sister sins against you, go and point out their fault, just between the two of you  
Matthew 18:15

## V. LISTEN BEFORE ANSWERING

Be quick to listen, slow to speak, and slow to become angry  
James 1:19

## VI. TAME YOUR TONGUE

The words of the reckless pierce like swords, but the tongue of the wise brings healing  
Proverbs 12:18

## VII. IGNORE PETTY INSULTS

Fools show their annoyance at once, but the prudent overlook an insult  
Proverbs 12:16

## VIII. SEEK A WIN-WIN SOLUTION

Look not only to your own interests, but also to the interests of others  
Philippians 2:4

## IX. TRY FORGIVENESS

Forgive and you will be forgiven  
Luke 6:37

## X. REPAY EVIL WITH GOOD

Bless those who persecute you ... overcome evil with good  
Romans 12:14, 21