MEN'S FRATERNITY

Knights of the 21st Century

Trail 22

KEITH: So here we are guys, Trail 22. Way to go, man. You've come this far. You're fine. Now for some of you guys, this is your first year. I know that. Most of us are probably veterans at this particular place – time in our lives. Guys, I'm going to tell you about something called knighthood plans that you got to do to graduate. It's an important deal. You've got a couple weeks to get them done. In the back of your book there are three options. Pick one of those options. Don't do all of them. Just pick one and say, I'm going to work on putting some goals together, so where I'm going to be where I'm going to be this time next year kind of thing, creating that knighthood plan and then just before you get it all done, before graduation, turn in a knighthood plan. Keep – make two copies. One for you and to share with your campfire and the other, turn it in so that your leader can take a look at it and just know that you've made some really significant choices that are going to make a difference in who you are and what you are. So get excited about that as we head towards the final few days, final few weeks of Knights.

Guys, this is our roundtable room. I love this room. You don't get the chance to see it very much unless we're all sitting at the table up here, but this is at the part of the castle that allows you sometimes just to think things through, experience some things, discover what's really

amazing in your own life. This is a room sometimes where you get a chance to talk and to think and to work through some issues that are important and that's what we're going to talk about.

This is about how to throw a good punch. You have a relationship with somebody and you need to hit them on something that's pretty important. They've been blowing – something's out of whack. And so we're going to talk about that of this trial. And so each of the guys will share a little bit along the way about how this works. And maybe the easiest way to do it is to describe it this way. Let me talk to you about a time in my own life where my dad and I had a conflict. My dad will sit in this chair over here. I'll sit in this chair right here. My dad, he had a certain view of music for the church. It always involved robes, pipe organs and choirs. I don't mind that, alright. But I also, my view of music also involves guitars, drums and an electric keyboard. Not in his view. So throughout our lives we'd have this amazing argument about what would happen in – about worship and church. My dad would always feel like because I'm part of a church that doesn't have choirs and doesn't have robes, and doesn't have pipe organs, and we'd have this back and forth discussion because he could not bend on this. I could bend my way. He couldn't bend on each other. So we'd be talking about this. This is the discussion about worship and what we should be doing, but inevitably we'd be in this discussion and all of a sudden this table would begin to move. It would begin to get further and further out because we'd still be

arguing about this issue, but we're no longer talking about this issue, we're talking about each other. All of a sudden my dad and I are shooting at each other. He'd take a shot of me – my hair's too long, my bellbottoms are too wide, that tells you a little bit about when we were doing this whole thing, and I'd be shooting back at him about he doesn't understand, he just never can handle change. Whatever, and we'd be shooting at each other.

I remember one time he got so tired of this process. I moved the table over and I said, hey dad, let's do breakfast. We went through a year where my dad and I had breakfast day, I mean every week for a year. And during that time, I said dad why don't you meet me for breakfast. And we got to breakfast at this restaurant, there's something really different. Instead of sitting on the opposite sides of the table, I brought my dad's chair over here and I said let's find out about why you view music the way you do. And all of a sudden, I said dad let's take a look at your view of church and worship music. Let me just find out what you see. I need to see what you're seeing because all I've been doing is seeing what I see, right. I was about to learn how to throw a good punch with my dad. I was about to find out something about him and why this is an issue and it will change how we do life together. To be honest with you guys, when we get all done, we'll kind of agree not to talk about this in the future. That sort of what we come out of it. Every once in awhile he'd reserve back to it, have to make a point because he was always

feeling like I was wrong, but here's what he told me. That day at the restaurant having breakfast, he said, you know Keith, when your grandmother died – his mom – it was like in 1963, I'm leaving the house, I got a phone call. She was actually already dead but the hospital called and said you better get here quickly because she's dying. I come outside on the way to the garage and we had a garage that was attached to the house but you couldn't get in the garage from the house. You had to go outside. So I'm walking from the front door to the garage, and I hear the most beautiful music and apparently at that very God moment when his mom was dying and all that, he heard pipe organs, choirs, robes. He said that's the music I heard from God. And all of a sudden I'm listening to him and I'm hearing what he's saying. I'm hearing what he's looking at. I'm seeing something so different and as I'm seeing something so different I go, that's why it's big to him. It's about his dead, dying mom. It changed how we threw punches. It changed how we did things. Guys, if you want to change how you throw a punch, move the chair. Move the chair and take it from that side so you're at opposite ends, whether it's with your wife, your children, a friend, a parent, whatever, move the chair so you both sit on the same side, both looking at the problem instead of looking across from each other and moving the problem out of the way and shooting at each other.

Consider I. It says this. The knight recognizes that he must pursue the resolution of the conflicts that he has with others. He must also learn

to fight fair. The knight needs to fight fair by – in order to fight fair, you're going to have to understand what it's like not to fight fair. Remember now, bring the chairs over here.

There was a guy in the Bible. His name is Shimei. In Knightly News you're going to see it. Knightly News is a guy who he was a relative of Saul, the former King of Israel, who hated David who will become the King of Israel and blame David for Saul not being the king. David had nothing to do with it. But in your Knightly News, Shimei had this problem. He was resentful to David but never did anything about it until David was in a vulnerable spot when Absalom ran a coo, his son Absalom. When Absalom ran _____, what he did was he said, I'm going to take out my dad and Shimei thought this was the perfect time to do it, and as David is leaving the city, there's like two hills on either side of the city and this paten is going, Shimei is on one of them throwing rocks and cursing at David.

Let me put this up on the screen for you. This is what Shimei represents. He didn't speak up for what he thought was right at the time. He should have. They never had the discussion down here. He waited until the person he needed to confront was weaker. He would never be a defender. You see all he wanted to do was go after the person, not after the issue. Guys, we never go after the person. It's always about the issue. So when you understand that, when you're sitting side by side,

you're just discovery who they are. You're not going in a different direction.

Keeping that in mind, look at A. Frequently stating what he disagrees with. It is really important that if you and I are going to be involved in this discussion, that we are able to say you know what, you know what I disagree with? I disagree with you on this. When I look at this, we're not in agreement. That's a good way to do it. But look at this, not at them. Don't make it about them. Make it about the problem.

1. It is best to express your disagreement often rather than waiting until a long list of issues has piled up. So often, guys, we don't tell anybody. We kind of surprise them like Shimei did. He held it in for a lot of years and waited for the moment to pounce and at that point did some pretty serious damage. See I think what happens is, you have weapons all around and if you do not value the person and look at the problem, it's like you use weapons against people. Arguments, punches can be against people or they can be a good punch which allows us to know how to help a problem get resolved.

Look at 2. This allows each person to digest one issue at a time. If you got a problem let's talk about it one at a time. One of the things that was really interesting for my dad and I was there was a major issue. He had a bunch of issues. He didn't like change and whenever I'd make a change, he'd be unhappy, but man, this one issue as long as we brought it up, we weren't dealing with 23 issues. We just dealt with one. One issue

at a time, put one issue on the table and look at it together to see what you're both seeing.

Look at 3. This allows you to initiate conflict resolution in an ongoing way which also helps you to build this process into a relationship that you have. What this is going to allow you to do now is it's going to allow you to resolve the conflict. See we're looking at the table, not the person – the table. We're standing with the person together looking at the table, we're going to say let's resolve the problem, not blowing up the relationship. Moving the chairs on the same side, look at the problem.

4. This ensures that LARGE CARE love skills and the expression of positive feelings will be practiced regularly as the conflicts within you that can block these feelings and responses will be resolved. What was really interesting is I honestly believe my dad never hated me. He wasn't always proud of me but he didn't hate me, right. But there were times when he would express during these times because it was about this issue that he would express and he made it sound like he hated me. He wasn't practicing LARGE CARE skills. I've done that in my own life with people I really value. There ware times my children have missed my message. Think about what we're doing in that area.

Look at 5. This builds trust within the relationship because the other person learns that you will not hide your negative feelings and reactions, nor will you allow them to simmer or build up. What was happening between my dad and I is we were finding ourselves in a

relationship where we were having this unbelievable tension because we were sitting on the opposite sides. We weren't sitting on the same side. So where T.C. is all of a sudden now the two of us are now looking at the same problem instead of one of us looking at the other and what was happening is we were doing a lot of damage as feelings were building up and all of a sudden they would explode out. Think those things through. There's a lot more because it will help us to learn how to throw a good punch.

T.C. That's awesome Keith. You know I love this set up with the chairs next to each other. That's the problem, not us fighting each other, and I remember in one of the earlier trails talking to you guys about you want to line up with your wife and even if it's not your wife that's – it could be just another person, the bottom line is, let's deal with the problem and not throw punches at each other. So this is awesome this setup and I hope you get the visual.

Let's go to the first point here. B says, initiating the conflict resolution discussion as soon he senses a need for it. This should happen whenever you, number one, have an issue with another person that limits your expression of positive feelings. You know, there's a saying where it says if you can't say something nice about a person, don't say anything at all. Well you know, that's kind of based around the fact that you have got so much negativity about a person built up, so much that if you said anything, it wouldn't be a good thing. It would probably

hurt that person. Man, if it ever gets that bad with anybody, this is the time of have a conflict resolution conversation. You know you got to come to a resolution, because if you're just sitting there and you've gotten to the point where you can't even say a good thing about a person, it's one of those things where you definitely need to look at what's causing that, look at the source of that and remove it because that's no way to live. That's going to start to, like Keith was talking about earlier, that's going to start to build up to the point where when it finally comes out, you're going to explode all over somebody and that won't be a positive moment.

Let's look at the next one here. Distrust someone in ways that limit the honest expression of your feelings. Talking about a resolution. You know, you can't trust somebody, it's hard to have any kind of relationship. This is something that I actually suffer from if I can be honest for a moment. I was doing ministry and I got to a place where there was some ministers already there. When I got there, I had only been there four weeks and then I received a higher position than some ministers that had been there for like three and four years. Now I didn't trust that they were happy about this because of the look that was on their faces. And so for that reason, now we were all on the same team, all on the same ministry team, but because I didn't trust that they were happy about the position that I was in, I never fully gave myself to them as far as being their teammates, and that really made for us not to be able to work well

together and I don't think we got a lot of good solid ministry done together simply because I didn't trust that they were for me, and if that's where I am mentally, you know I don't really tell them how I'm really feeling because I don't trust that I can trust them with that information. It's hard to be honest with people that you don't trust. It's hard to be transparent with people that you don't trust. So if that's where you are, it's time to go ahead and have a discussion and resolve that so that you can express yourself honestly and people know exactly what they're dealing with.

Let's go to the next one. You want to have a conflict resolution discussion when you want to respond in harmful ways to another person as the result of their actions or responses. Now this is – you've obviously gotten extremely angry at this point. When it gets to the point that you want to respond in harmful ways, whether it's physical or even if it is just verbal, you know, this is a point where you definitely want to resolve this, because like we talked before, this whole thing is about building it up, building it up, building it up. Here's this problem here that's causing this build up and instead of resolving it and making yourself feel better about things, you just let it build up, build up to the point where you're going to explode all over a person. You know my buddy Rob here, if I got to the point to where I got so upset with him that I wanted to punch him out, or anything like that, it's best that I have this conversation with him and we both line up together and instead of fighting with Rob, you know what, I'm going to ask him to help me fight this problem and we can put all that

energy into knocking out the problem as opposed to knocking out each other. And then that will lead to a much better situation and then we can continue to be friends. You know, I think that's the end result that we all want. So Rob's going to take it from here.

ROBERT: Awesome, man. So guys and what about when it starts to feel a little personal, you know, the conflict? Look at this next point, C. Generally recognizing the other person's right to their opinion. This keeps conflict from becoming too personal. So, sometimes you got to understand – not sometimes, really, we need to always understand that we all have a right to our opinion.

Look at this first point. No. 1. This helps you not to connect another person's opinion to your self-esteem. Okay, so here we go. We lay out what we think is right. All of a sudden that person has a differing opinion. Well what does that mean? It starts to feel a little personal, huh. All of a sudden we say, that differing of opinion, that makes me a little uncomfortable. You know what, I'm going to start getting ready. I'm going to start getting my weapon ready. I'm going to go on the offensive or get ready to go on the offensive. But see guys, that's the problem. Everyone has the right to their own opinion. You can't just think that your opinion is the only one that matters and what happens is, you start to grab the weapon, what's happening in the room? Well now the person you're talking to, they're ready to grab their weapon because they're sensing the tension. That leads us to our next point.

No. 2. This limits the escalation of the tension in the relationship and the emotions that are connected to it. Guys, if we are willing to understand that everyone has a right to their opinion, that that other opinion is not striking or a judgment on my self-esteem, it's not a judgment on me. It's their opinion and it's different than mine. I don't need to go grab my sword, my weapon. I don't need to feel like I'm about to get into a fight. No, on the contrary, we keep things calm and what you'll find often times is that you may resolve the problem.

Look at No. 3. This decreases your defensive responses. All of a sudden, I'm not on the offensive. I'm not on the defensive. If I'm not trying to fight, but rather I recognize my brother Roy here has his opinion. It's right there. I have mine. It's right there. I can look at him without any tension in the room. On the contrary what it starts to feel like is, you know what, Roy and I, we're actually a team trying to resolve the issue. I may learn from his point of view. He may learn from mine but at the end there's resolution, not a whole bunch of fighting.

ROY: Let's look at the next one. Hearing multiple levels of communication. I like to drive. Most of the time when I go with my wife, this is the seat I'm in. We're driving to a men's conference and I'm about to tell men how they can become more Godly and challenge them, you know, because at any given time we males can become men or men can reverse becoming males. And as we're driving down the road, she says the following sentence. She says, boy, it's been a couple of years since

we've been down this road. It's really, really hard. Now truth be told, as I'm driving down this road, I know what she means by that because I've been feeling it too, because this particular road has special meaning to us and then suddenly instead of being God's man, I choose at that second in time to take the easy route and be a male and I say this horrendous thing. Do you want me to go down a different road? Here I am on the way to a men's conference to challenge men, and I say that. I can't believe it.

Let's look at No. 1. What the other person is saying about the content of the issue. Now this is an easy one for us to get because the minute our wives or others around us talk about the road, we've got that in our heads, and so I got that one right. We were talking about a road.

Let's look at 2. Here's where I start to go the wrong direction. What they are saying about themselves while discussing the issue. My wife wasn't talking about the road. My wife was talking about how she felt while going down the road. I knew that. In fact, we felt the same thing, but I didn't want to acknowledge those feelings because I needed to get ready for my talk in a half hour.

Let's look at 3. The underlying emotional tone of their words. My wife at that particular moment was feeling sad, because this road had meaning to us. This is the road that we began to go down when my son was 15 years old. You see when Nick got too much for us and you needed to watch him around the clock literally for three shifts because he would harm himself at night if somebody wasn't watching him, we had to

have Nick go to a place that literally had three shifts and that place was called the Deveroux Foundation and it was an hour and a half from our house and we would drive down that road. The church was on to speak. Just a little past that was where Nick would live for three to four years of our lives. And it was always with mixed feelings as we went down there, so the underlying tone of her words were, Roy, will you feel with me what I'm feeling? I'm feeling a part of our history that only you have with me. Let's talk about it. And instead as a male, I ran from it. I didn't want to hear the underlying meaning.

4. What they are saying about the relationships that you're in. My wife was saying Roy, please join up with me regarding the sadness of what we've experienced together and the conflict, because we never wanted to drop our son off. Our view was he would always be living with us and yet we knew it got too much. Many people talked to us on many different levels. We have a choice to be males and just go with the content, the easy part, or allow ourselves to be affected by it and go where God calls us to be, to be men and to love those around us well.

T.C.: You know when we're talking about resolving a conflict, time is everything, you know, timing is everything. You want to wait until someone is ready to resolve it because doing things at the wrong time can make things worse. So I'm going to get into that right now with E. Timing his conflict related conversation to occur when each person, one, is emotionally ready for the discussion. This is interesting because, you

know, if you ever have a situation whether it's your wife or anyone that you're having a problem with and you say, look, we need to talk about this and then they say, well give me a moment. Can we just talk about this later. You're like, no, we'll talk about this now. It's kind of flexing your muscles. You know what, and now you're forcing the issue and that can just make things worse. You know, sometimes people just need a moment to cool down. You've probably been through this where you need a moment to cool down. If you really just – your emotions are high. Maybe it's not the right time. You got to think about that. Am I ready to talk about this? Does this person appear to be ready to talk about this and if not, maybe a cool down period as I like to call it would be in order, and you just wait, wait. Timing is everything.

Next point, No. 2 says, you want to talk about it when it feels safe, making them willing to talk about the issues. Again, you know if I have a problem and you know, someone is really, really upset and I'm going to make an extreme example here, but if somebody's got a bat in their hand and their upset or a gun or a weapon or something like that, I'm like, you know what, I'm going to wait, I'm going to wait until a better time to talk about this because this doesn't feel safe. Now that's an extreme example but one that's - makes a little bit more sense. It's just man, if my wife is just extremely upset right now and maybe she's driving and she's yelling or just a situation where if I pushed the issue too much at this moment, it could lead to something that's like catastrophic, you know. It could lead

to something that doesn't feel good or for me, myself, if I'm really, really upset and I'm flexing my muscles, walking around, my wife won't feel safe and I wouldn't blame her if she didn't want to talk about it at this time, because I'm not making her feel safe, but if I got a calm demeanor, she's got a calm demeanor, that's a good time to talk about something. It feels right. It feels like we can get somewhere. We can line up together and focus on the problem instead of arguing with each other.

Here's the next point. No. 3 says, talking about timing now – good time to fix a problem is when we have adequate time to fully explore the issues without being rushed. This is key as well. Again, it goes back to what I said earlier about hey, we'll talk about it now. No you don't want to do that. You know there's another saying that people say, hey, don't ever go to bed angry. I think that infers that, you know, you need to figure it out before you go to sleep and that doesn't give anybody an opportunity to assess whether they're ready to talk about things right now. Sometimes – I understand the whole don't go to bed mad thing, but sometimes, you know what, you need an opportunity to sleep on it, get a chance to go somewhere else in the morning, have a cup a coffee and think about it, process what happened, process what I might have done wrong, process what she might have done wrong. Again, that makes it easier to line up and focus on the problem but when you act quickly, that's what we call that knee jerk reaction as more of an emotional reaction and you'll end up saying things you didn't mean to say and doing things you

didn't mean to do. So, timing is everything guys. Make sure you don't act too quickly. Take your time and resolve things the right way.

ROBERT: Look at the next point guys. Focusing on the issues at hand. Point No. 1, we work on one issue at a time. In other words, we simplify. Guys, there's no point in bringing a ton of issues onto the table because all it's going to cause is tension. It's going to cause, it's kind of like thinking in a wide format and we're not built to do that. Instead, let's look at one problem at a time. That's how you can accomplish things and you'll be more successful.

Point No. 2. Discuss real issues, not perceptions. Now, check this out. I had a buddy of mine one time who was out in the grocery store and he saw his girlfriend. She was shopping and he saw her with another guy and they were a little too affectionate for his like and, you know, he was really furious. Later on that day he finally gets in touch with her, goes to see her, and he starts just, you know, unloading. I saw you with this guy, doing all this stuff. Long story short, it ends up it was her brother. He didn't know him. So it wasn't exactly what he perceived. Here's the point of the story. Guys, sometimes the problems or the things that we hear about, they aren't exactly the way that we maybe paint them in our own minds. This is why you can't just get ready to attack. You got to sit side by side and be willing to listen which is key. It may not be the way you think it is.

Let's go to the next point. Use expressions that begin with I not you. Oh, this is so important. Guys, you got to remember something. We don't own other's opinions. All we can own is our own opinion. When we come to the table and we come to talk, you've got to say I feel this way. This is how I see it and this is how I feel about this problem. But the moment you start to say things like, you know, you did this, you did that, and you made me feel this way, well now we're accusing the other person. We're putting a judgment on them that perhaps they never had an opportunity to explain. Never use those you statements. Always take responsibility for your own opinion, use I.

Roy: Acknowledging his, one, responsibility for creating the conflicts or adding to it. It is very, very rare that we are in a conflict that we didn't add a little bit to it, sometimes 95%. The question is, is it more important for me to concentrate on that person's percentage and I can't change them or the percentage of the conflict that I'm involved in.

2. Shadow's involvement and negative motivations. We all have a shadow. The sinful part of who we are and negative motivations. I joke with guys as a I travel the country about telling them to go home and tell their mates or their friends that they were at a conference that was great with a great speaker, implying me. And I say to them, hey, and tell them at the end – eventually they'll say well what was going on in the conference? And say, well I took a class on how to become more self-focused. And I tell them to say that with a straight face and then to look

at the other person's reaction and see if they thought they needed the class. We don't need the class do we?

3. Need to control his brain that feels in order to achieve a positive outcome. There are many thoughts and feelings we have constantly and part of manhood is not to always say everything we feel or think because some of those thoughts and feelings are not helpful to the people that we love.

4. Distorted beliefs, his inability to see the total picture or the ways that his knowledge is insufficient. You and I do not know the person better than themselves. I constantly get tripped up in this because I tend to think so confidently in my view of my wife that I kind of begin by thinking, hey, I know what she's going to say before she says it. I feel that way with my children sometimes and others. They know themselves better than we know themselves. So therefore, when we approach that kind of conversation, we need to be able to open ourselves up a little more to be able to take in from them what is really going on.

Let's look at 5. We need to think about how he is going to express himself regarding the conflict related issues prior to the discussion. You and I need a plan. Sometimes people are not ready to discuss that particular conflict at that moment. They're filled up. There's nothing left. And we come in and go, hey, I really got to, I got to unload this on you and they're not ready to receive it. It really becomes about us trying to dump it more than it becomes us working through that conflict in a way

that is really going to be good for them. As a plan, we need to ask ourselves, is this the right place? The first one is, is this the right time. Another one is, is this the right place? Probably on the way to church is not a good time because that's been historically, I don't know about you, but a bad time for me. You know and probably right before we go to sleep at night is not a good time. The bedroom should be a very safe place for us. That's a time where love is expressed and care and prayer and so probably, you know, not having a conversation at that moment should be part of our plan. You know, maybe part of the plan is do we really need to discuss this? Can I forgive or hold this conflict and not necessarily need to involve the other person because maybe if I suck it up a little bit, maybe that will help care for the other person because that's one less thing that they have to worry about. So as we go forward in life and we have these different conflicts that will naturally occur because we're two different individuals being close to one another, there's going to be some sparks where somebody's not being real. We need to always remember to have a plan and learn how to ask God what it should be.

KEITH: One of the things that I remember is my experience with my dad that I mentioned earlier to you about learning to talk with each other paid huge dividends later on when I had to confront one of my sons with something they were making a choice in as they were older. And what was interesting about that was the very things we're talking about, those principles really entered into my world and in that conversation, it

actually went far better than I ever thought it would because we came along side and we didn't go after each other, we went after the issue about a choice. And was that choice, even though it was his personal choice, was that choice right, wrong, moral or ethical, not was he right, wrong, moral or ethical, but was his choice right or wrong.

Consider H. Investigating the other person's point of view. So I get together with my son and I set him down in the chair over here and I say, my first question is, you know how I feel about this, but I actually really don't know how you do. It was really kind of a cool deal. We found ourselves going, you know what, I'm really interested in what you have to say because I've been hearing me say this for a really long time. Finding out their viewpoint is really key.

Look at No. 1. There is usually some level of truth in the other person's position. I'm not going to bore you with what the issue was, but as I sort of stood behind my son and listened to him talk about the issue, I could hear truth all over some of the things he was saying. One of them was about the idea of loving another person. The truth is always in the idea of loving another person. So I would listen. You got to always look for the truth.

Look at 2. The other person will not attempt to hear you if you don't attempt to hear them. The other person is not going to hear you if you don't attempt to hear them. Now what's interesting is, he knew what I was thinking, right. He's heard it from me before but as I listen to him, he

felt free that he could kind of look at my perspective a little bit better. He could actually hear me new and afresh and it was hard to hear me because I was, you know, I have been his father with a certain way of thinking and a certain way of doing things.

Look at 3. Compromises can often be found if you look for them. It's interesting. We'll end up in this discussion and there's only one small area I could bend in. I couldn't overall bend. There's a moral issue here. I could not go all the way there. But it was interesting. I said to him, you know, I see what your perspective is and from your perspective, your conclusion is right. Because your perspective is different than mine, I'm still going to be at a different conclusion than you but I want you to know that I respect the process that's brought you there. It was all of a sudden we made a compromise. Even though we weren't going to agree, we were realizing that man, you know what, I can take in part of what's going on in your world.

Look at 4. Seeks win-win alternatives. This is where it gets really tricky, guys. So I want him to win. I want my son to win. I want to win. Actually I would him win and then me win, almost always in that direction. The problem is, I can't help you do what's wrong. So try to find ways without helping him to do what's wrong. Look for a way to say, you know what, if we both continue this discussion, I think one of us is going to begin to alter how we view this thing and so let's just keep talking it out. What was so amazing was, we were definitely saying that he had one view

and I had another view and we weren't together on it but we were in a relationally in a win-win, even though we still hadn't come to the same conclusion. Our punches that we were exchanging were good ones.

Look at 5. Make sure the other person's talk time is equal to yours. Make sure their talk time is equal to yours. That's actually something that's become a very real strength in my life. Listening well. I used to not be good at that because I was a debater and I was building an argument, right. A lot of times we do that with our wives, guys. We _____ thinker. And they're A plus B plus wow kind of thinker. All of a sudden they go along the way and they get distracted with this emotion, this feeling and whatever else there is to it and to be honest with you, if you don't understand that, you're going to miss all kinds of things. So what we have to do is we have to listen. Equal time, really important.

Alright, look at I. Reviewing the boundaries and guidelines that can eliminate the need to revisit a particular conflict in the future. What we're going to do is we're going to say, what are the boundaries, what are the conflicts? Well my dad and I, we actually agreed that we weren't going to talk about this anymore. Now every once in awhile, he's slip and he'd bring it up because it was so personal to him, but we had sort of agreed. We had sort of put that boundary. With my son and the issue I was talking about not too long ago, we actually came to a point we said, I'll tell you what, we'll keep revisiting this as this discussion as opposed to how

we viewed one another's discussion. So we sort of had boundaries. We'll revisit it and the boundaries were we weren't going to continue with that right then and there.

Look at 1. Ensure that both of you agree to the newly established rules. So often, guys, when we come into an environment like this and we're really talking, I assume that you're agreeing with me. Make sure. Have them repeat it back. Make sure that you're both in total agreement. Say that's what we're going to do with this. In my son's case, we actually said, how about if we spend a meal together some time in the next few weeks and just look at this again. It was a great way. We both agreed to it, so it's sort of like we weren't going to have a quick conversation on the phone about it. We weren't going to do anything else. We were going to get together in the future.

Look at 2. Work together to anticipate any problem or exceptions to the rule that could arise in the future. Whenever you set a boundary, always know that a boundary is no good if you don't really know the extent of where that boundary is. In other words, my boundary might be here, but the room is actually bigger than that, right? So I have a boundary that says we're going to stay within this context but there's more room here. There's more place for us to go and so what we have to do is anticipate whether it will push towards that. You know, are there any problems or exceptions to this and so think that through because the room is bigger than your boundary. It's always that way.

Look at 3. Make a commitment to each other to learn how to relate well and to talk about anything that may disrupt your relationship as soon as possible. Remember, this is a chair brought over here because the relationship is everything, not the point. Make a commitment to make it about relationship, not about winning the argument. That's really not the issue. I mean that's where truth maybe is and that's where a lot of things are, but this is about relationships and so that commitment to say, you know, we're going to learn and grow together becomes so vital in this journey. A lot of times we as guys end up hurting people we care about.

I had an argument with a guy years ago. He was involved in one of those multi-level marketing kind of things where you sell it to your friends and then they're going to sell for you and all that. I had a bad experience in that world and so I sat down with him and we really went at it and I won the argument and lost a friend. He would continue to do what he was going to do but he wasn't ever going to hang out with me again. I lost the reality of the fact that this guy was more important than the win in it.

Don't lose that now. Maybe it's one of the areas you're going to put on your knighthood plan. You're going to say, I'm going to work on this very specifically in my life because I've got some issues with people that I've hurt over winning the problem and not winning the person so we have some aggression to do and things like that. Maybe that's going to fit in your knighthood plan.

Defender

Guys, two more weeks until we graduate. The knighthood plan is coming. I see you next week at Trail 23. Thanks for being with us.