

# THE TRUTH ABOUT TRIANGULATION

WHEN YOU HAVE A PROBLEM WITH ANOTHER PERSON, INSTEAD OF TELLING THEM DIRECTLY, YOU GO TO SOMEONE ELSE TO "VENT," "SEEK ADVICE," OR "ASK FOR PRAYER." THIS ACTION ALLOWS YOU TO AVOID CONFLICT, HAVE A TOUGH CONVERSATION, OR POSSIBLY HURT THE OTHER PERSON'S FEELINGS.

*"Stacy complains to Mark that John is a bad leader and asks Mark to talk to John about his leadership. Rather than talking to John herself, Stacy brings Mark into the situation so she doesn't have to speak directly to John."*

## WHY WE TRIANGULATE



WE DON'T WANT  
TO HURT  
SOMEONE'S  
FEELINGS



WE'RE NOT  
COMFORTABLE  
WITH  
CONFRONTATION



WE'RE DRIVEN BY  
MALICE OR WE WANT  
TO HURT THEM OR  
THEIR REPUTATION



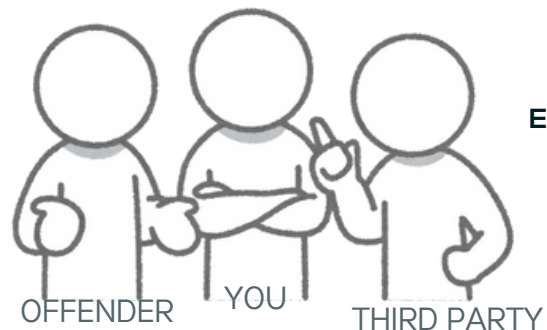
WE WANT TO GET  
OTHER PEOPLE ON  
OUR SIDE

## WHAT IT LOOKS LIKE

EXHIBIT A.



EXHIBIT B.



The person you bring into the triangle feels the need to rescue you. The "offender" did not have a chance to speak with you directly.

# WHY IT'S DANGEROUS

- IT'S ROOTED IN MANIPULATION
- IT'S DECEPTIVE. A TRICK OF THE ENEMY
- IT'S GOSSIP AND SOMETIMES SLANDEROUS
- IT CAN KILL FELLOWSHIP BETWEEN BELIEVERS
- IT CAN HINDER RECONCILIATION
- IT'S PASSIVE-AGGRESSIVE
- IT CAN HIJACK THE MISSION OF YOUR MINISTRY
- IT CAN RESULT IN HEALTHY MEMBERS LEAVING YOUR CHURCH

## HOW TO AVOID IT

Matthew 18:15-22 & Luke 10:38-42

SPEAK DIRECTLY TO ANYONE WHO OFFENDS YOU

IDENTIFY AND ADDRESS IT EARLY ON IN CONVERSATIONS

DEVELOP HEALTHY COMMUNICATION SKILLS

SET BOUNDARIES AND DON'T GET DRAWN INTO OTHER'S CONFLICT

FOCUS ON RECONCILIATION. AND AVOID DIVISIVE TALK

LISTEN WITH GRACE, THERE ARE TWO SIDES TO EVERY STORY

## HOW TO MANAGE IT

01

PRAY FOR PEACE AND CLARITY OVER EVERYONE INVOLVED

02

ORGANIZE A MEET WITH ALL PARTIES INVOLVED

03

ADDRESS THE TRIANGULATION AND WHY ITS DANGEROUS

04

OFFER SUPPORT AND ACCOUNTABILITY FOR RECONCILIATION