



## **Encouraging Relationships Newsletter**

A Publication by Kim Fredrickson, Coach [www.EncouragingRelationships.com](http://www.EncouragingRelationships.com)

Volume 1, #3 September 26, 2006

### **Encouraging Relationship Tip of the Day!**

#### **Checking It Out!**

All of us have frequent situations where a situation, conversation, or interchange seemed unfinished, and even painful. When these situations are not cleared up they can take on a life of their own, and get bigger and bigger. It's best to "Check it Out" before making conclusions, or letting the hurt set in.

Following is an important skill for following up on a conversation or situation you are unclear or unsettled about. It's called "Checking it Out".

#### **When a prior conversation, event, or situation occurs:**

**Ask God to give you a balanced and accurate view** of what happened. Ask Him to give you wisdom and guidance.

**Wait 3-4 days to see if settles down** on its own. Sometimes it will.

If it is still bothering you after waiting and praying, **bring it up by “checking it out”**. This is in contrast to telling, questioning, attacking, or accusing the other person.

**“Checking it Out” looks like this:**

- a. I was wondering if I could check something out with you?
- b. Would this be a good time for you? If not, when would be a good time?
- c. Examples:
  - When you said, \_\_\_\_\_, what did you mean?
  - I remember you said you would call the roof guy by Monday. Did that happen?
  - I felt hurt by \_\_\_\_\_ comment. I know that you were hurting too, and I wanted to find out what you meant by that?
  - When I brought up an issue with the kids you got really quiet, did I offend you in some way?
  - Your sister said she wants us to come over for lunch after church next Sunday. Your words said yes, but you looked uncomfortable. Do you know what was going on inside?

This method of checking out unfinished business has a **much higher chance of success**. This is because it:

- Gives the other person a choice of when to talk.
- Treats the other person with respect through inquiring rather than questioning.

- Approaches the other person from a more calm (and less reactive stance).

### **Questions To Ponder:**

1. Can you think of a time that you used this basic approach to “Check it Out”? How did it go?
2. Is there a situation with someone in your life that you’d like to begin the process of “Checking it Out”?
3. Write out below what you might say to "Check it Out".

**Don't wait! Why let a missed opportunity go by? You can do it...Check it Out!!!**

If you found this Tip of the day helpful, **please feel free to forward it to your friends. They can sign up for this free e-mail newsletter by going to Kim's Website** [www.EncouragingRelationships.com](http://www.EncouragingRelationships.com)

Many Blessings To You  
Kim Fredrickson, Coach  
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#### **ABOUT THE AUTHOR**

Kim Fredrickson, M.S, Life, Parent, and Relationship Coach is the author of many popular CD’s and articles that will help you build **Encouraging Relationships** in your life. To learn more about Kim and sign up for more FREE Relationship Tips like these, visit her site at [www.EncouragingRelationships.com](http://www.EncouragingRelationships.com)

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