

12 LIFE SKILLS

Session Ten – Facing Confrontation

Introduction

I. What Is Confrontation?

II. Why Do We Need It?

III. What Is the Problem?

- The brain
- The fears
- Avoiding an infection

IV. Ready, Aim, Fire

- Am I ready?

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- What is the result I seek?

- Pull the trigger

V. Essentials and Process

VI. Reminders