

## The “U-M-B-R-E-L-L-A”

Each of us has the responsibility of deciding how to respond to conflict and difficult people—you know, those folks of radically differing viewpoints who anger, exasperate and frustrate you, and drive you to the brink of *“who knows what you will do!”*

Interpersonal conflict is like a rain shower—a microburst of anger or disagreement that seems to flare up quickly and cease just as suddenly.

While we cannot control or change others, we can take responsibility for our own actions, attitudes, and behavior. So how do we respond when people rain conflict on our parades? Use the **U-M-B-R-E-L-L-A**.

Look at the keyword for each component of the **U-M-B-R-E-L-L-A**. In the right column, record how you will use this keyword the next time you are in the midst of an interpersonal conflict.

<b>U</b> = Understand	
<b>M</b> = Manage	
<b>B</b> = Breathe	
<b>R</b> = Respond	
<b>E</b> = Embrace	
<b>L</b> = Listen	
<b>L</b> = Learn	
<b>A</b> = Accept	

### [ChristianCareerTools.com](http://ChristianCareerTools.com)

We are a Christ-centered resource that offers a variety of tools, techniques and strategies to help you manage your career. Throughout your work life there will be various checkpoints or opportunities to examine whether or not you are on the correct career path. These routine safeguards and inspections will reveal breakdowns and weaknesses, and give you a chance to tweak and make career adjustments along the way.

- Gain a clearer understanding of God's plan for your career and where to put your energy and efforts as you integrate life and career.
- Use the tools on this site to better understand your God-given calling and unique design.

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