

CHALLENGING CONVERSATION STRENGTHS WORKSHEET

Challenging individuals bring unique relational strengths to both community settings and conversations. These strengths often manifest in their directness, independence, and willingness to challenge norms, which can be valuable in driving honest communication, critical thinking, and accountability.

Conversational Strengths

- **Honesty and Candor:** In conversations, challenging individuals are typically candid and unafraid to express their opinions. This honesty fosters transparent communication, where issues are addressed head-on rather than being sugar-coated or avoided.
- **Willingness to Challenge Ideas:** They often challenge others' ideas and perspectives, pushing for more robust discussions. Their ability to play "devil's advocate" encourages deeper thinking and can lead to more well-rounded conclusions in group conversations.
- **Confidence in Self-Expression:** Challenging individuals are typically confident in expressing their thoughts and feelings, even if those views are unpopular. Their self-assuredness can inspire others to be more open and direct in conversations as well.
- **Independence of Thought:** They are less influenced by others' opinions or the desire to conform, which brings unique and fresh perspectives to conversations. This independent thinking can help others see different sides of an issue that they might have missed.
- **Clear Boundaries in Dialogue:** They are more likely to assert boundaries in conversations and are clear about what they are comfortable with. This clarity can foster healthier communication by ensuring that discussions remain respectful and don't cross into areas they find inappropriate or unproductive.
- **Unbiased Feedback:** When giving feedback, challenging individuals are more likely to be direct and honest, without worrying about how the feedback will be received. This can lead to more actionable insights and constructive criticism, which others can use to improve.
- **Resilience to Criticism:** They are generally less sensitive to criticism and less likely to take things personally, which allows for more open and frank exchanges. Their resilience helps keep conversations focused on the issues rather than emotional reactions.
- **Persistence in Argumentation:** When they believe strongly in something, they are persistent in defending their viewpoint. This tenacity can lead to more thorough exploration of a topic, ensuring that all aspects are considered before reaching a conclusion.

Jesus' Teachings

Challenging individuals tend to be more direct, assertive, and less concerned with maintaining harmony at all costs. Their communication style is often characterized by honesty, straightforwardness, and a willingness to engage in difficult conversations that others might avoid. These strengths can bring clarity and truth to conversations, helping to address underlying issues or challenge unhelpful perspectives. Jesus' teachings also emphasize the importance of truth, integrity, and courage in speech, even when it may lead to uncomfortable or challenging interactions.

Teaching on Honesty, Directness, and Speaking Truth

One of Jesus' teachings that reflects the strengths of individuals with low Agreeableness in conversations is His emphasis on speaking the truth, even when it is difficult or may cause conflict. In Matthew 5:37, Jesus teaches about the importance of being straightforward and honest in communication:

Matthew 5:37: *“Let your ‘Yes’ be ‘Yes,’ and your ‘No,’ ‘No’; anything beyond this comes from the evil one.”*

This teaching highlights the value of clear, direct communication—qualities often seen in individuals with low Agreeableness. They prioritize being honest and precise in their words, ensuring that there is no ambiguity or manipulation in their communication.

Teaching on Boldness in Speech:

Jesus also modeled boldness in speech, especially when addressing injustice or hypocrisy. In Matthew 23:27, He spoke directly to the Pharisees, calling out their hypocrisy, despite the tension it caused:

Matthew 23:27: *“Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead and everything unclean.”*

This teaching demonstrates Jesus' willingness to confront difficult truths head-on, much like challenging individuals who are not afraid to address issues directly. Their courage in speaking the truth, even when it is uncomfortable, brings needed clarity and challenges people to think critically about their actions.

Bible Verse that Represents These Conversation Strengths

A Bible verse that reflects a challenging individual's strengths in communication, especially their commitment to truth and directness, is:

Ephesians 4:15: *“Instead, speaking the truth in love, we will grow to become in every respect the mature body of him who is the head, that is, Christ.”*

This verse emphasizes the importance of speaking the truth, but doing so in love. It acknowledges the need for honesty and directness, while also encouraging individuals to temper their words with care and consideration for others. Challenging individuals often embody this balance by speaking openly while aiming to maintain respect and integrity.

Notes
