

Conflict Resolution Through Mindsight And Godsight

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Our brains are wired for relational reality. (level 1 attachment) When something bad or frightening happens to us in our relational reality (level 2 evaluation) we want to synchronize minds with the other person (level 3 synchronization) and quiet ourselves (level 4 taking over ongoing situations so that we can act like ourselves.) From this quiet place we then try to have mindsight about the other person so that we can understand what they are experiencing and then move to a perspective larger than either of our own that can be said to be true (level 4+ explanations) which we ultimately know as Godsight.

In James 1:18-19 we read that the first signs of the new life of God in us is that we are quick to listen, slow to anger and slow to speak. We can see that this means the normal function of our brains is reestablished. The steps to conflict and resolution of upset relationships look like this:

1. Stay relational
2. Calm ourselves
3. Establish correct mindsight
4. Establish correct Godsight
5. Speak what God sees

Mindsight is a good description of what it is like inside the other person's mind and body in relationship to the upset or conflict.

Godsight is a good description of what God sees and values in the other person and how those God-given attributes contribute to their pain. Godsight also includes our valuing of the characteristics God placed in the other person and telling them so that they may understand how they are a gift from God to us in this moment.