

QC010SN - KEEPING SHORT ACCOUNTS

Keeping short accounts is the habit of addressing a hurt or offense in the moment, rather than sitting and stewing on it.

So often, we don't do this because:

- We can't explain exactly why we're hurt or offended.
- We don't want to make a big deal out of it.
- We dislike conflict
- It's uncomfortable.

Why keeping short accounts is important:

- The person is may be unaware they've hurt you.
- By not saying anything, you're deceiving them into thinking everything's ok.
- It will help you deal with things before they get too emotional.

The secret is to lean into the uncomfortable, rather than letting uncomfortable grow.

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