

C - challenge (dispute the truth or validity), **concern** (worry, unease), **critique**, **crime** (examine something critically)
sin)

"If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother." **Matthew 18:15**

"Brothers if anyone is caught in any transgression, you who are spiritual should restore him in a spirit of gentleness. Keep watch yourself, lest you too be tempted. Bear one another's burdens and so fulfill the law of Christ" **Galatians 6:1-2**

F - feeling (GLAD SAD HURT LONELY FEAR SHAME GUILT ANGER)

"Keep your heart with all vigilance, for from it flow the springs of life." **Proverbs 4:23**

O - own (culpability)

3 "Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? 4 How can you say to your brother, 'Let me take the speck out of your eye,' when all the time there is a plank in your own eye? 5 You hypocrite, first take the plank out of your own eye, and then you will see clearly to remove the speck from your brother's eye."
Matthew 7:3-6

R - reconciliation, remedy (restoration, bringing back together again, plan on how to move forward)

Bear with each other & forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." **Colossians 3:13**

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. **Ephesians 4:32**