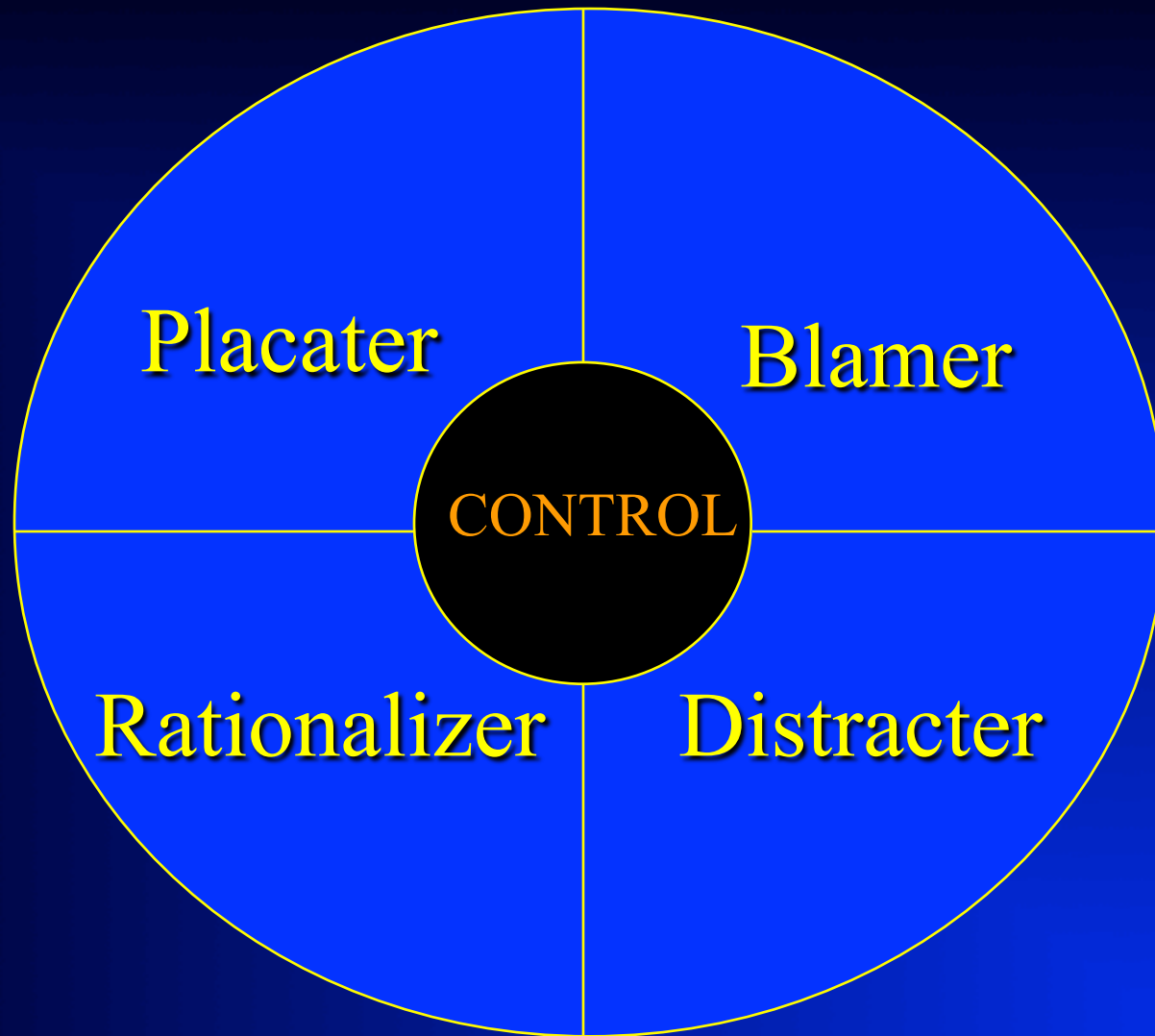


Relationships

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Non-Relational

DRIVERS

Blamer



Anger

Placater



Anxiety

Rationalizer



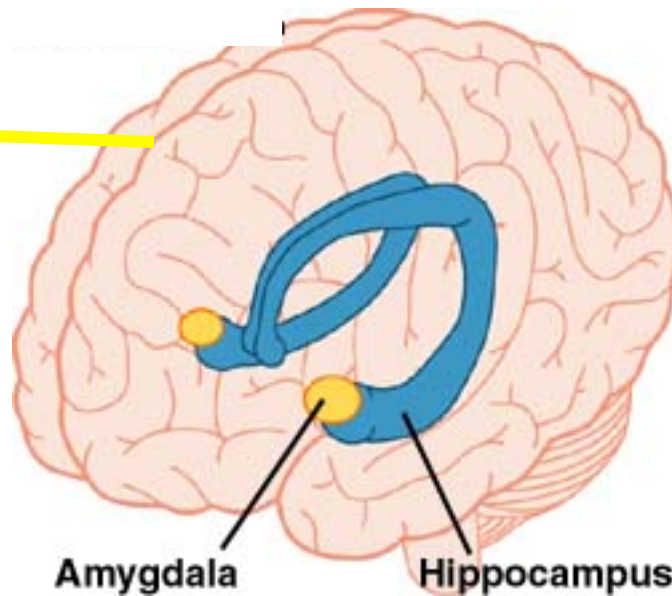
Absent

Distracter



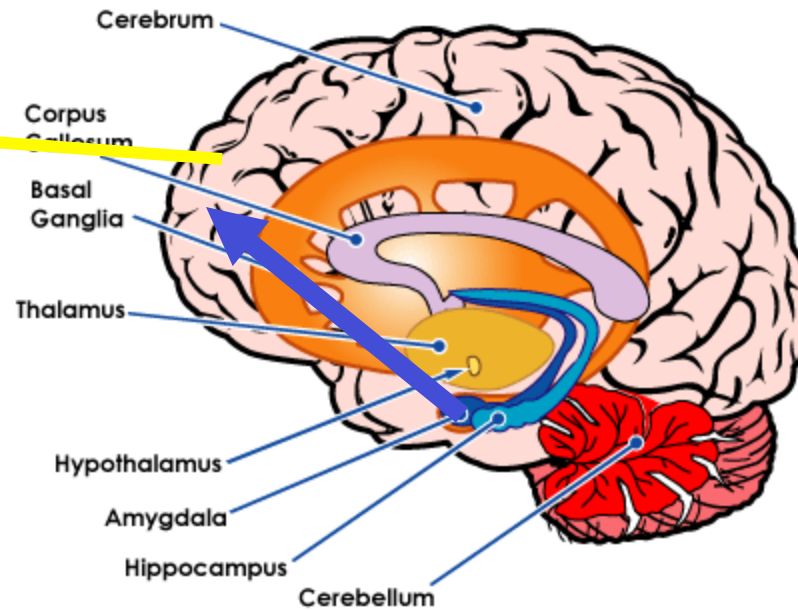
Shame

**Prefrontal
Cortex**



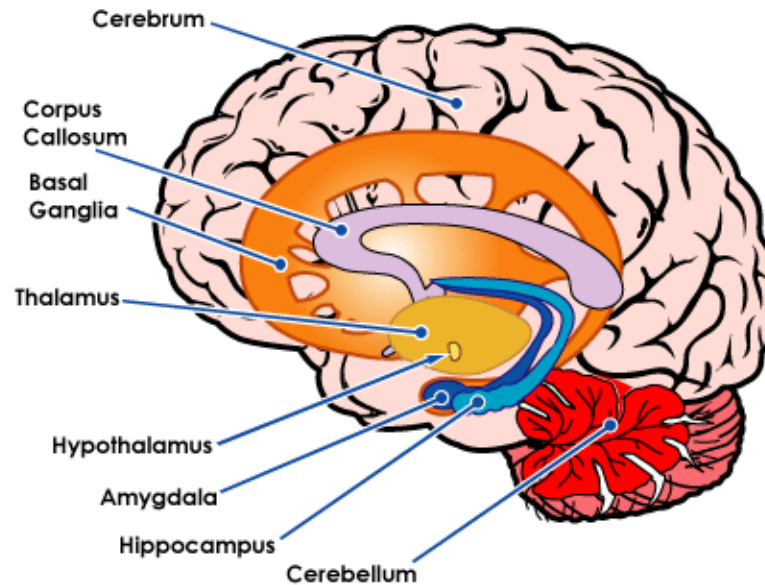
Flight, Fight, Freeze, Flood

Prefrontal Cortex

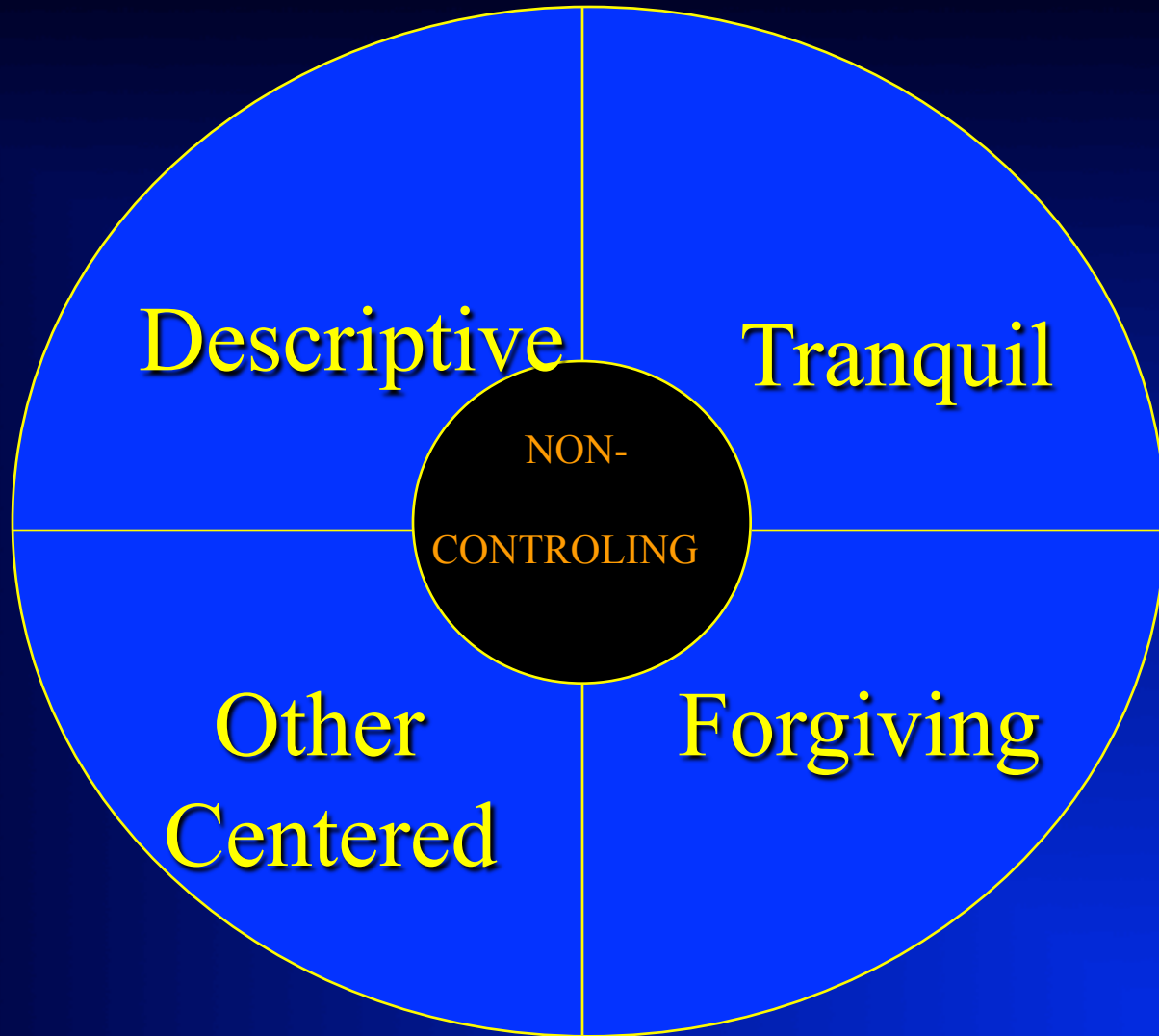


Flight, Fight, Freeze, Flood

You feel before you think!

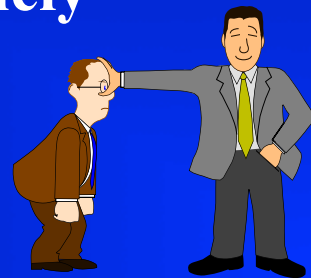


Healthy Communication



The Rationalizer

Luke 18:18 And a certain ruler questioned Him, saying,
"Good Teacher, what shall I do to inherit eternal life?" **19**
And Jesus said to him, "Why do you call Me good? No one
is good except God alone. **20** "You know the
commandments, 'Do not commit adultery, Do not murder,
Do not steal, Do not bear false witness, Honor your father
and mother.'" **21** And he said, "All these things I have kept
from *my* youth." **22** And when Jesus heard *this*, He said to
him, "One thing you still lack; sell all that you possess, and
distribute it to the poor, and you shall have treasure in
heaven; and come, follow Me." **23** But when he had heard
these things, he became very sad; for he was extremely
rich.

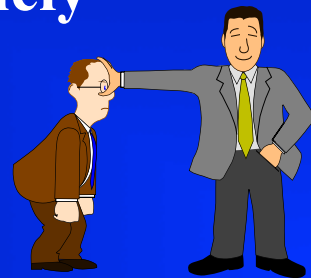


The Rationalizer

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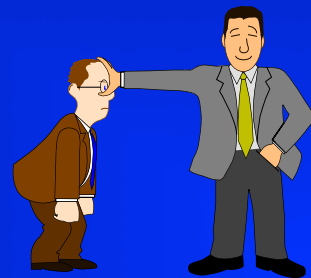
Don't

Trust



The Rationalizer

John 20:24 But Thomas, one of the twelve, called Didymus, was not with them when Jesus came. 25 The other disciples therefore were saying to him, "We have seen the Lord!" But he said to them, "Unless I shall see in His hands the imprint of the nails, and put my finger into the place of the nails, and put my hand into His side, I will not believe."

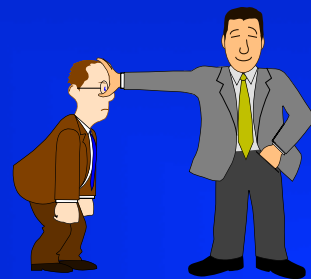


The Rationalizer

John was one of the twelve, called
Doubting Thomas, because he doubted them when Jesus came. 25
The other disciples therefore were saying to him,
"We have seen the Lord!" But he said to them,
"Unless I shall see in His hands the
nails, and put my finger into the place of the nails,
and put my hand into His side, I will not believe."

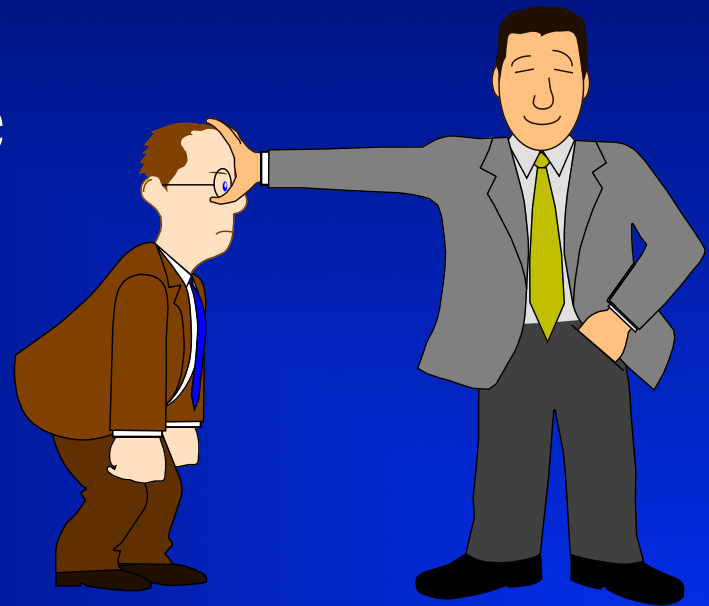
**Relationally
Aloof**

Retreats



The Rationalizer

- Luke 18:18-22
- John 20:24-25
- Retreats from people
- Does not trust
- Relationally aloof



The Placater

2 Timothy 1:7 For God has not given us a spirit of timidity, but of power and love and discipline. 8 Therefore do not be ashamed of the testimony of our Lord, or of me His prisoner; but join with *me* in suffering for the gospel according to the power of God,



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Controlled by Fear

the Placater

2 Timothy 1:7 For God has not given us a spirit of timidity, but of power and love and discipline. 8 Therefore do not be ashamed of the testimony of our Lord, or of me His prisoner; but join with *me* in suffering for the gospel according to the power of God,



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The Placater

2 Timothy 1:7 For God has not given us a spirit of timidity, but of power and love and discipline. **8** Therefore **do not be ashamed of the testimony of our Lord, or of His prisoner; but join with them for the gospel**

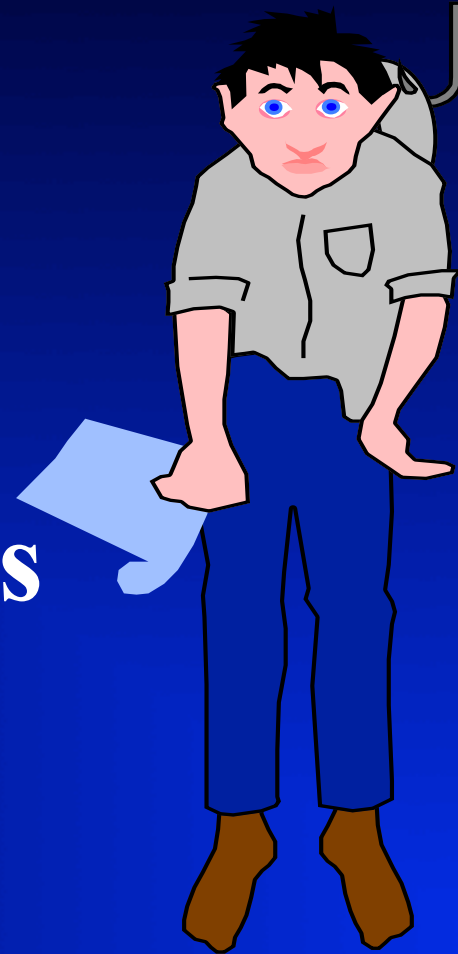
**Say what they
want to hear**



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The Placater

- 2 Timothy 1:7-8
- Controlled by fearful anxiety
- Says what others want to hear



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The Distracter

John 4:7 A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." **8** His disciples had gone into the town to buy food. **9** The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) **10** Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." **11** (The woman) said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? **12** Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?" **13** Jesus answered and said to her, "Everyone who drinks this water will be thirsty again; **14** but whoever drinks the water I shall give will never thirst; the water I shall give will become in him a spring of water welling up to eternal life." **15** The woman said to him, "Sir, give me this water, so that I may not be thirsty or have to keep coming here to draw water." **16** Jesus said to her, "Go call your husband and come back." **17** The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' **18** For you have had five husbands, and the one you have now is not your husband. What you have said is true." **19** The woman said to him, "Sir, I can see that you are a prophet. **20** Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." **21** Jesus said to her, "Believe me, woman, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. **22** You people worship what you do not understand; we worship what we understand, because salvation is from the Jews. **23** But the hour is coming, and is now here, when true worshipers will worship the Father in Spirit and truth; and indeed the Father seeks such people to worship him. **24** God is Spirit, and those who worship him must worship in Spirit and truth."



The Distracter

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The Don't Factor

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Trust

John 4:7 A woman of Samaria came to draw water. Jesus said to her, "Give me a drink." 8 His disciples had gone into the town to buy food. 9 The Samaritan woman said to him, "How can you, a Jew, ask me, a Samaritan woman, for a drink?" (For Jews use nothing in common with Samaritans.) 10 Jesus answered and said to her, "If you knew the gift of God and who is saying to you, 'Give me a drink,' you would have asked him and he would have given you living water." 11 (The woman) said to him, "Sir, you do not even have a bucket and the cistern is deep; where then can you get this living water? 12 Are you greater than our father Jacob, who gave us this cistern and drank from it himself with his children and his flocks?"



The Distracter

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**Don't
Feel**



The Distracter

John 4:16 Jesus said to her, "Go call your husband and come back." 17 The woman answered and said to him, "I do not have a husband." Jesus answered her, "You are right in saying, 'I do not have a husband.' 18 For you have had five husbands, and the one you have now is not your husband. What you have said is true." 19 The woman said to him, "Sir, I can see that you are a prophet. 20 Our ancestors worshiped on this mountain; but you people say that the place to worship is in Jerusalem." . . .



The Don't Character

Don't
Communicate

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The Character

**Don't
Communicate**

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**Don't
Communicate**



The Distracter

- John 4 – The Woman at the Well
- John 4:16-20
- Deep shame or discomfort
- Various distracting techniques



The Blamer

Jonah 4:1 But it greatly displeased Jonah, and he became angry. **2** And he prayed to the LORD and said, "Please LORD, was not this what I said while I was still in my *own* country? Therefore, in order to forestall this I fled to Tarshish, for I knew that Thou art a gracious and compassionate God, slow to anger and abundant in loving kindness, and one who relents concerning calamity. **3** "Therefore now, O LORD, please take my life from me, for death is better to me than life."



The Deep Hurt

Jonah 4:1 But it greatly displeased Jonah, and he became angry. **2** And he prayed to the LORD and said, "Please LORD, was not this what I said while I was still in my *own* country? Therefore, in order to forestall this I fled to Tarshish, for I knew that Thou art a gracious and compassionate God, slow to anger and abundant in loving kindness, and one who relents concerning calamity. **3** "Therefore now, O LORD, please take my life from me, for death is better to me than life."



Unresolved Anger

Blamer

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The Blamer

Jonah 4:1 But it greatly displeased Jonah, and he became angry. 2 And he said, "Please LORD, is what I said while I was still in my own country?"

Indifference

Therefore, in order to forestall this I fled to Tarshish, for I knew that Thou art a gracious and compassionate God, slow to anger and abundant in loving kindness, and one who relents concerning calamity. 3 "Therefore now, O LORD, please take my life from me, for death is better to me than life."



The Blamer

Surprised
at God's
Grace

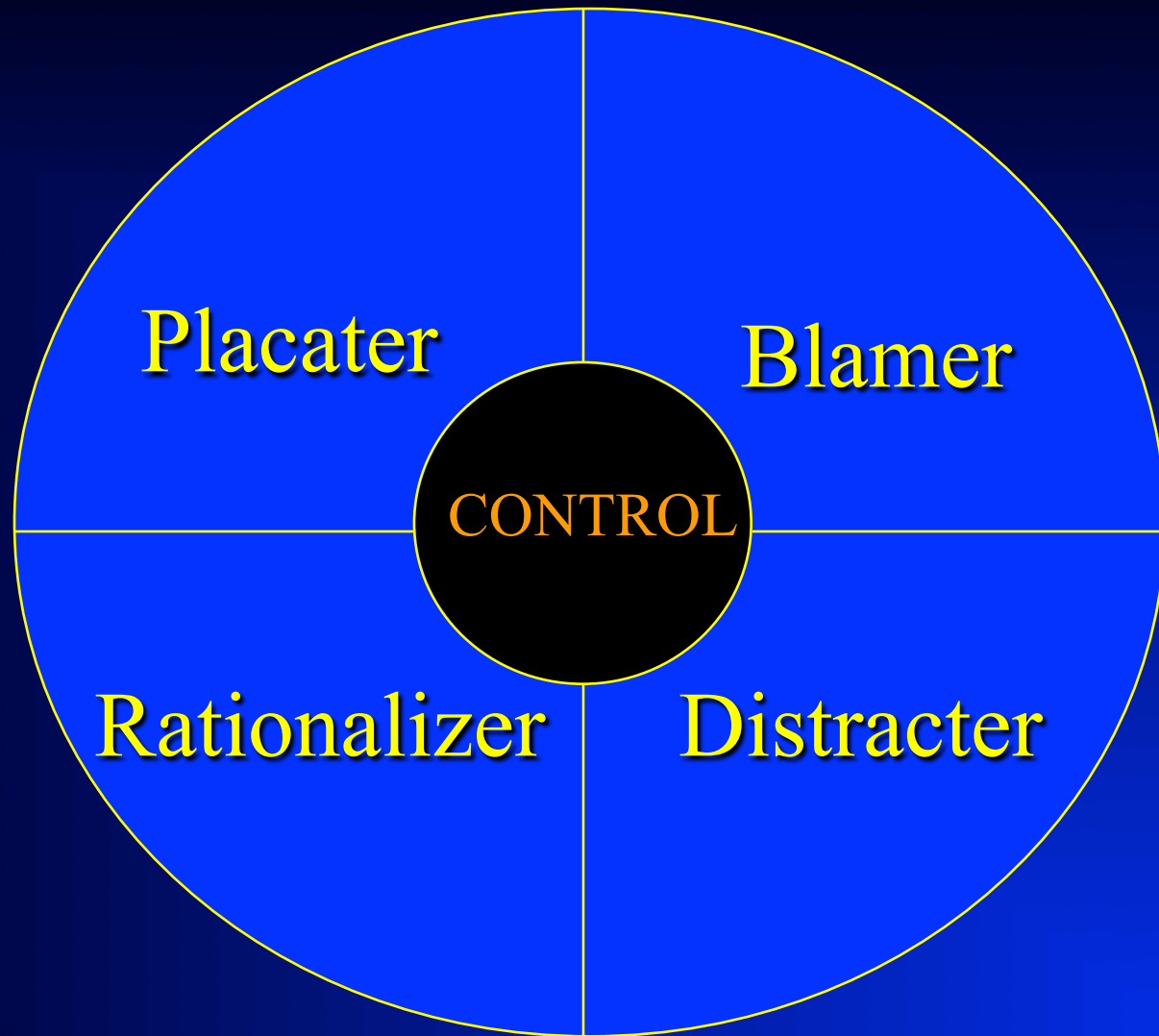
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The Blamer

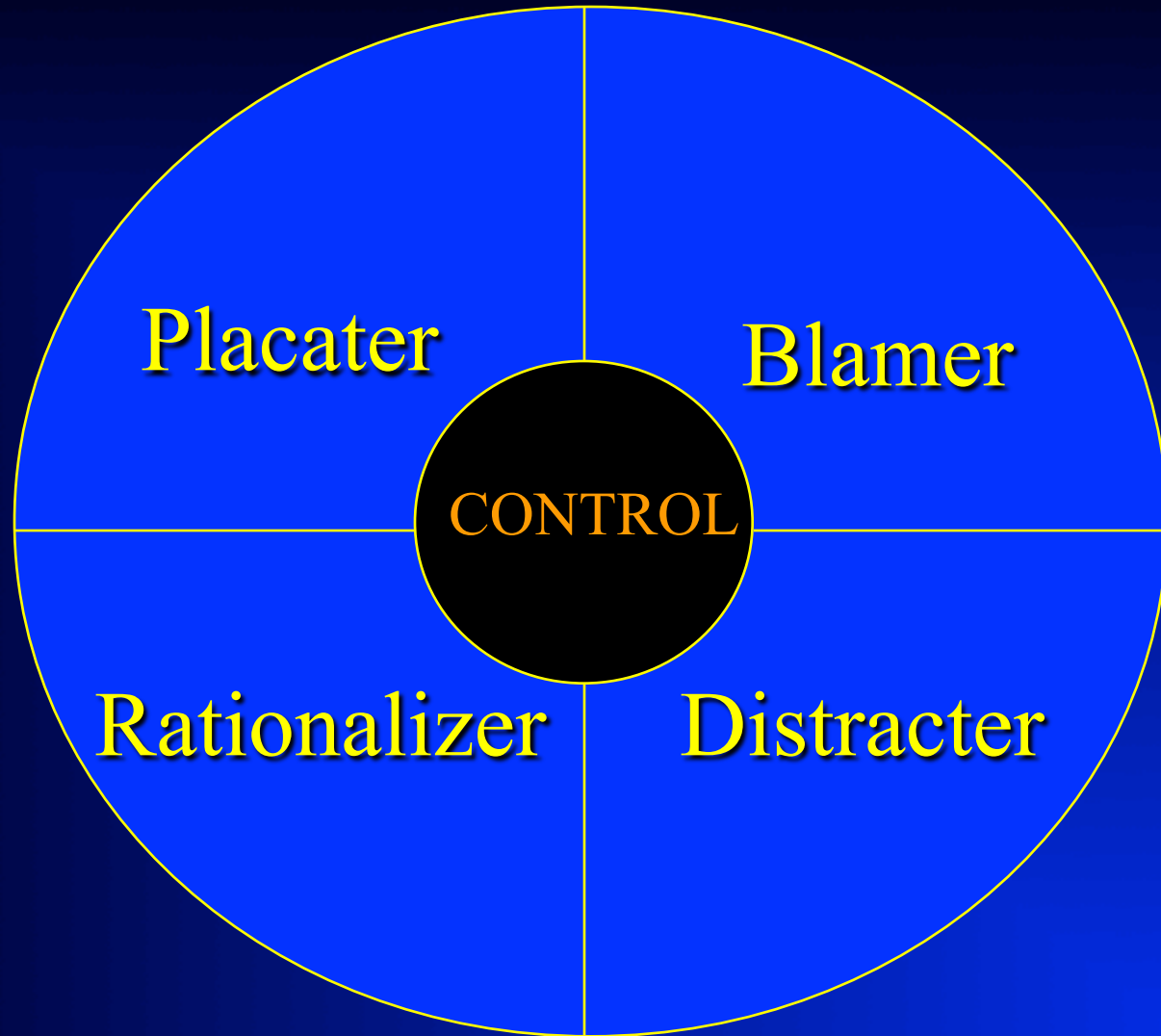
- Jonah 4:1-3
- Has Deep Hurt
- Unresolved Anger
- Indifference
- Surprised by God's grace





Relationships

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Non-Relational

DRIVERS

Blamer



Anger

Placater



Anxiety

Rationalizer



Absent

Distracter



Shame

Healthy Communication

