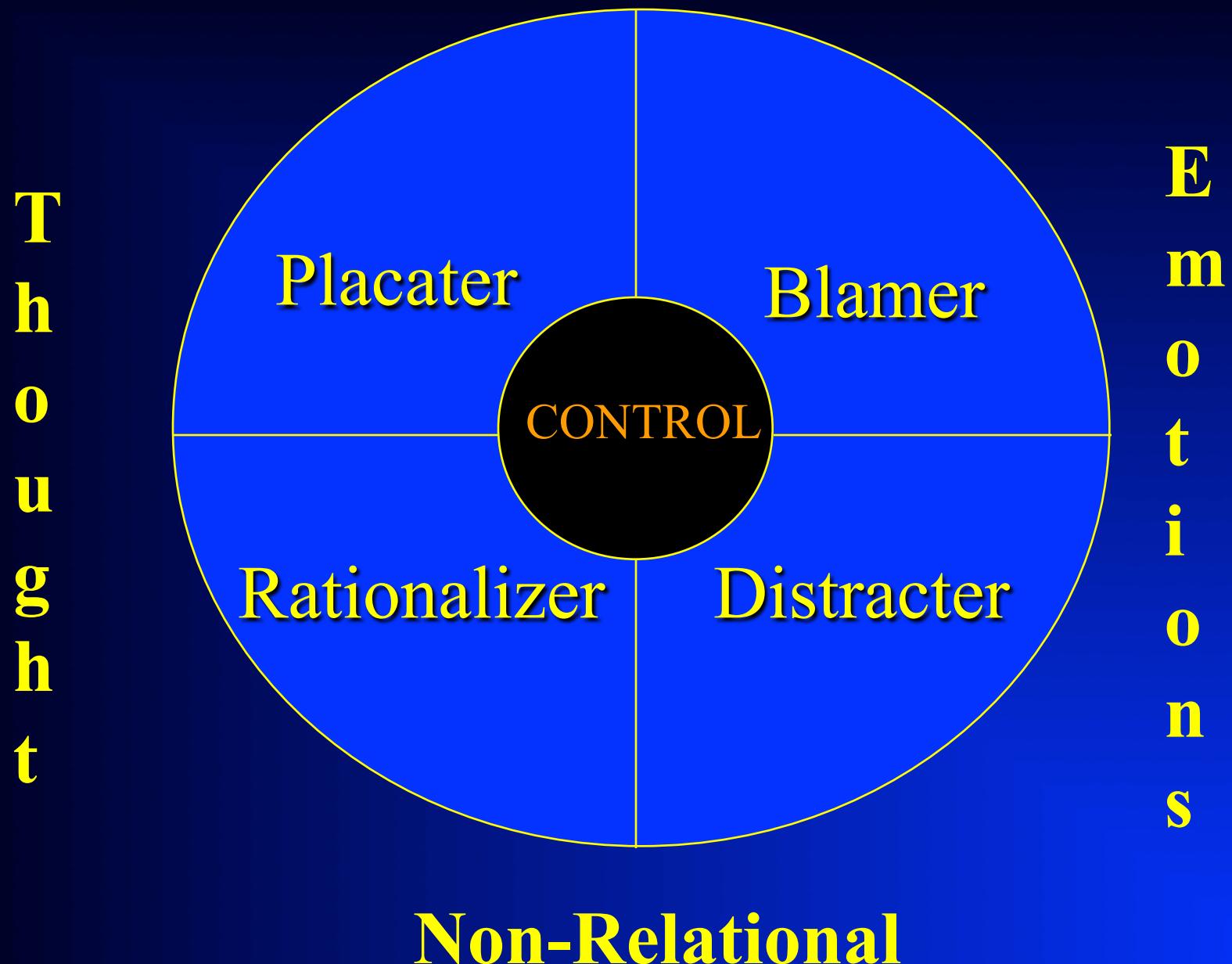


Relationships



DRIVERS

Blamer



Anger

Placater



Anxiety

Rationalizer



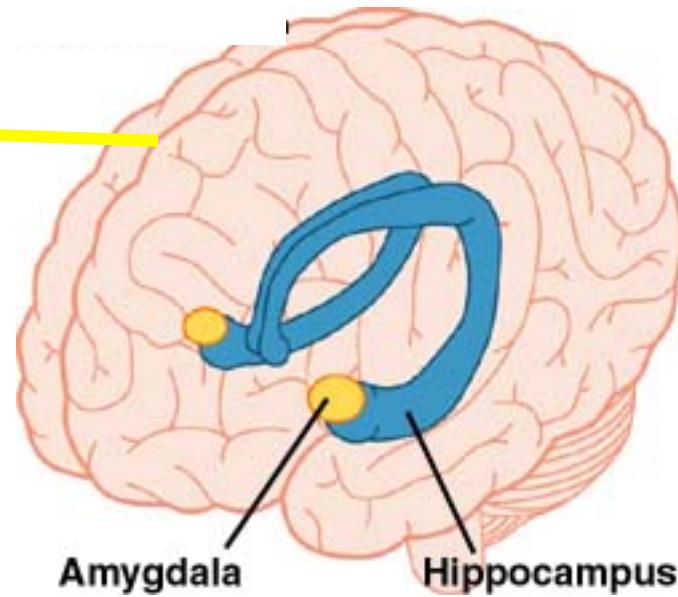
Absent

Distracter



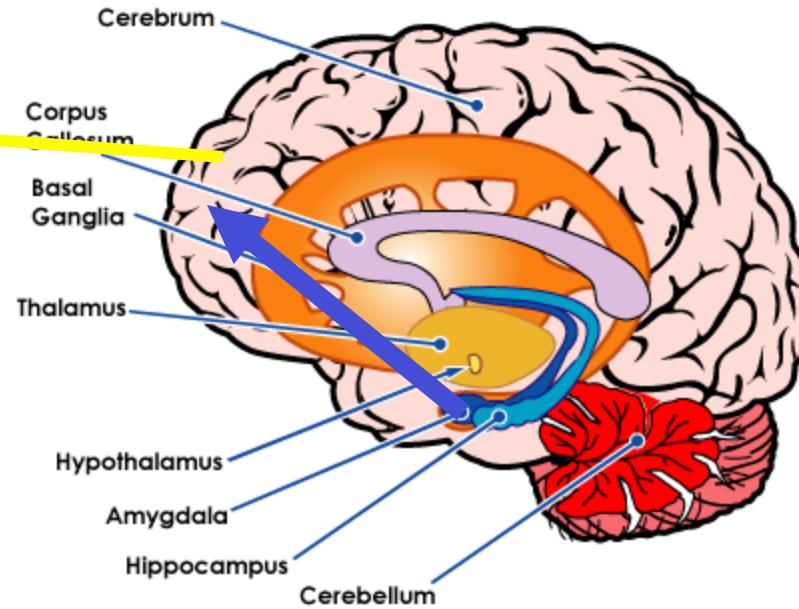
Shame

**Prefrontal
Cortex**



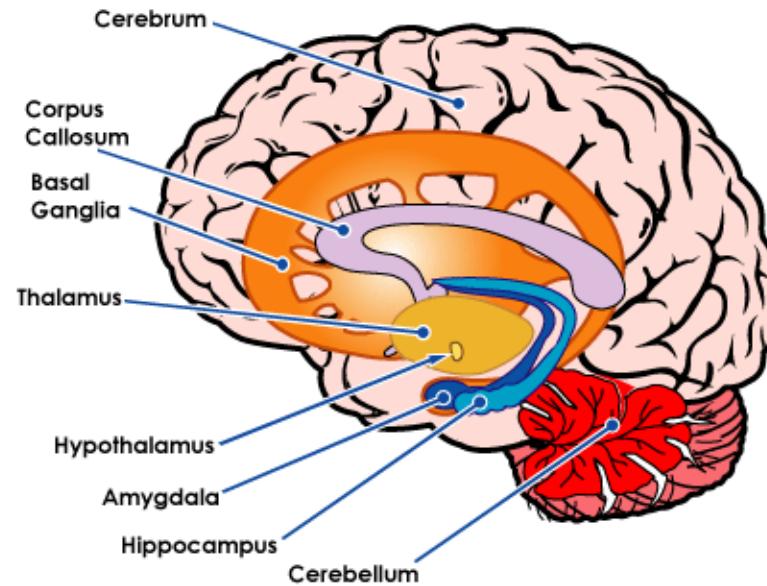
Flight, Fight, Freeze, Flood

Prefrontal Cortex

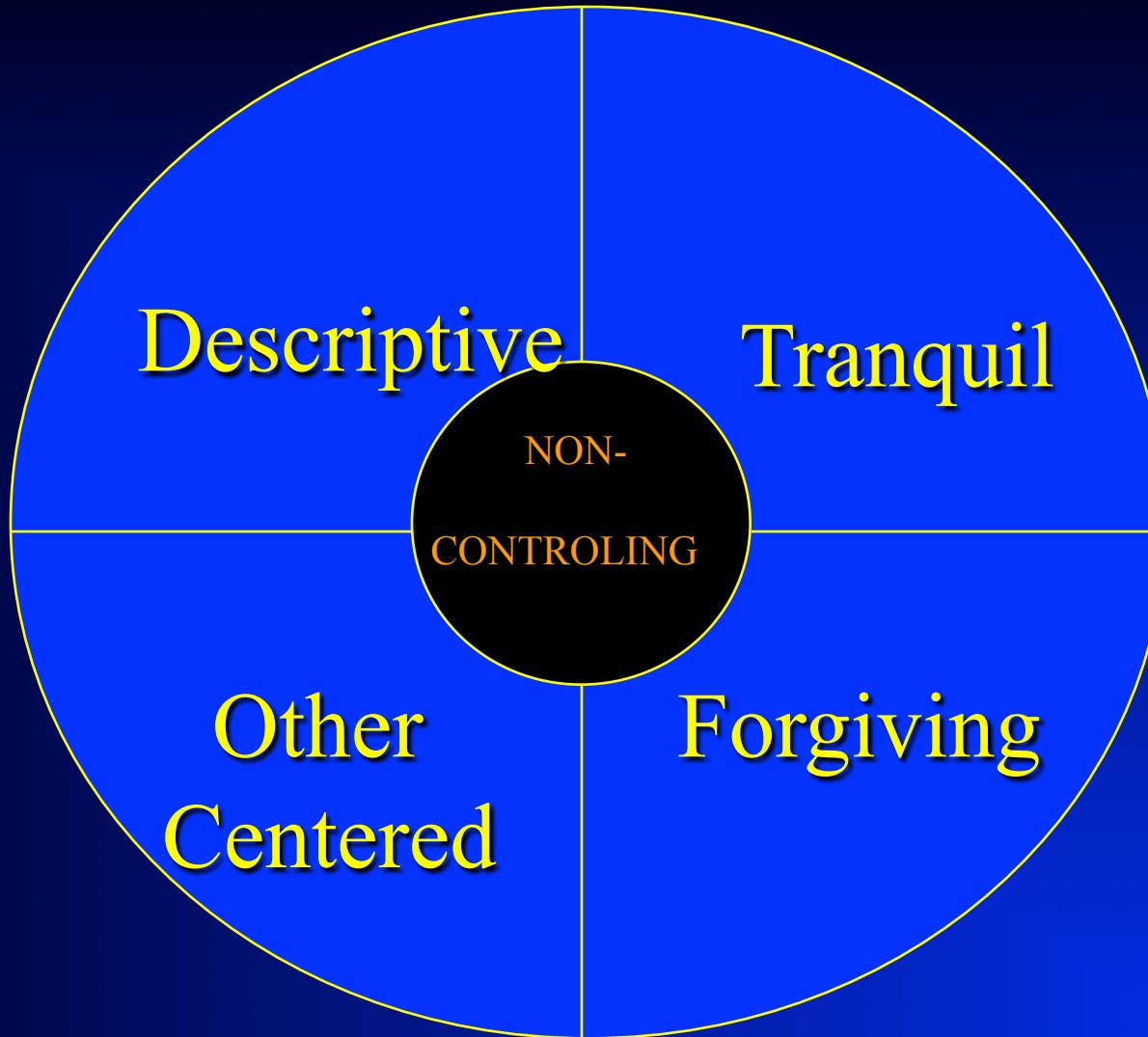


Flight, Fight, Freeze, Flood

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 20:24-29

Relationally Aloof

one of the twelve, called Thomas. They came to him with the news that Jesus had been seen by the other apostles. Thomas said to the others, "Unless I see a nail driven through His hands and I put my finger into the place of the nails, and put my hand into His side, I will not believe."

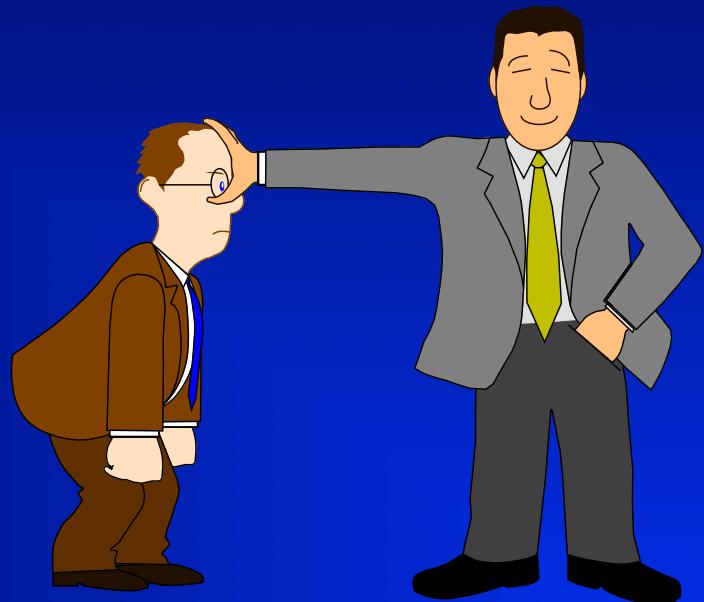
Retreats

The other apostles told him, "We have seen the Lord!" But Thomas said to them, "Unless I see a nail driven through His hands and I put my finger into the place of the nails, and put my hand into His side, I will not believe."



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,



Controlled
by Fear

Placater

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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 me in sufferings for the sake of the gospel, because we know that a terrible punishment is reserved for those who refuse to obey the gospel of Christ. 9 So do not be ashamed to speak the truth, but be a good example of those who hear you, in all respects.

Say what they want to hear



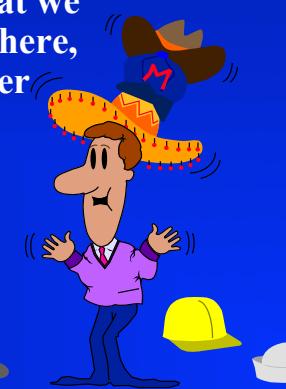
The Placater

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



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 actor

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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." . . .



Th[Don't] cter

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Th[Don't] icter

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

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The Blamer

Surprised
at God's
Grace

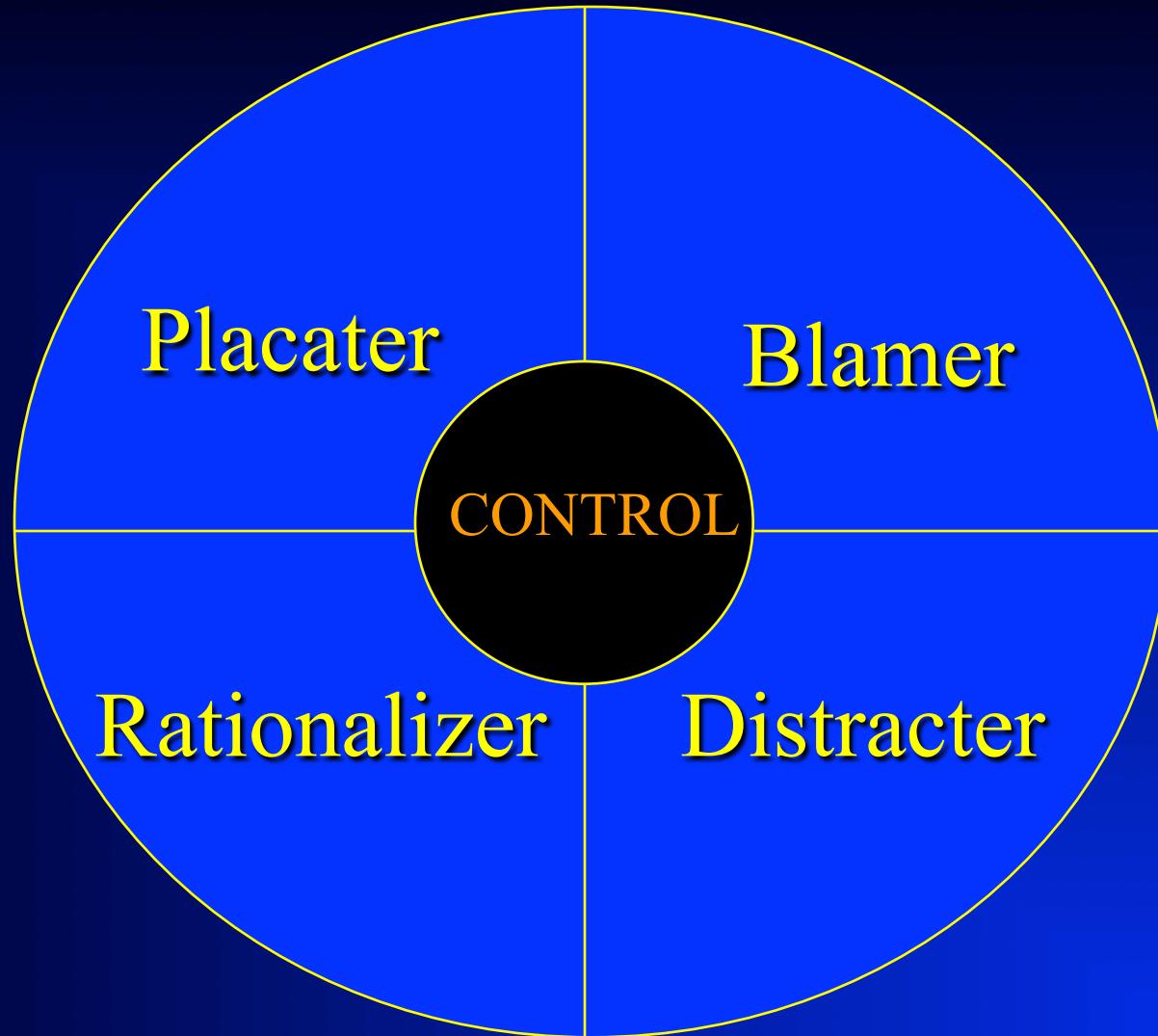
Jonah 4:1 But it greatly displeased Jonah that the city had not been destroyed. 2 And he prayed to the Lord and said, "Please LORD, was not this what I said while I was still in my *own* country? 3 Therefore, in order to forestall this I fled to Tarshish, for I knew that Thou art a gracious and compassionate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



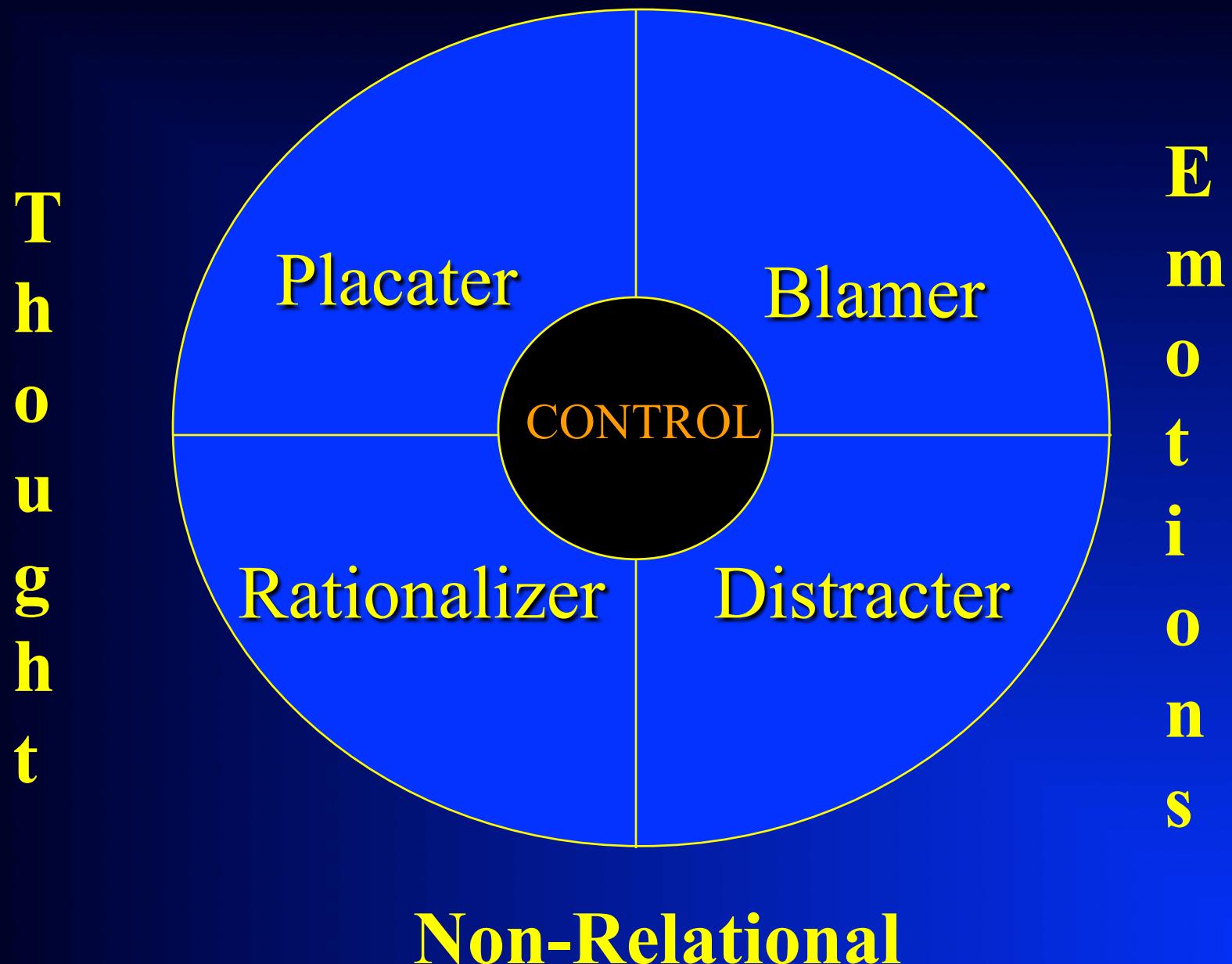
The Blamer

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





Relationships



DRIVERS

Blamer



Anger

Placater



Anxiety

Rationalizer



Absent

Distracter



Shame

Healthy Communication

