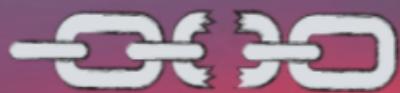


The "Set Free" Academy



**BREAK THE CHAINS THAT BIND YOU
AND TRANSFORM YOUR MIND**



Module 4

TRANSFORMING RELATIONSHIPS





Lesson One

Forgiveness

When it comes to forgiveness, how do you feel about the part in the definition that says "it is a conscious, deliberate decision to forgive and does not depend on the other person?"

Who is one person in your life you're finding it hard to forgive? Explain what this person did and why you are finding it difficult to forgive him/her.

Forgiveness is Not ...

- _____ what someone did or making it _____
- _____ the things that have happened to you
- _____
- _____ the _____ you have suffered or _____ you weren't _____
- Letting the person _____
- _____ the person back into your life or giving them _____ to you
- _____ the person
- _____ the wrongdoing

As you came to understand more about what forgiveness is not, what surprised you and how did you feel?

Forgiveness Is ...

- An act of _____ that comes from _____
- Going to _____ for _____ and _____, instead of dwelling on the past, even when your feelings would rather do _____

- Being _____ and having _____
- Allowing the person to _____ to _____ not you, for their sins and _____
- Given for _____, so that you don't have to live with the burden of _____
- Giving up the right to seek _____
- _____ thoughts of _____ that rule in your heart
- _____ the person _____ so they may _____

What part of what forgiveness is had the most impact on you? How did your opinion of what forgiveness is, and is not, shift when you heard the above truths?

Reflection

If someone threw a rock at your house, broke a window and you couldn't find them, how would you react? Explain your emotions and thoughts in this situation if it happened.

How long would you choose to hold on to these thoughts and feelings, instead of just moving forward?

What if it resulted in serious injury to a loved one? How long would it take to let it go?

Why would you choose to hold on to the negative thoughts and emotions instead of letting it go right away? How does holding on serve you?

The Bible Says ...

Jesus said to the Father: **"Forgive them, they know not what they are doing."**

(Luke 23:34)

"Then Peter came up and said to him, 'Lord, how often will my brother sin against me, and I forgive him? As many as seven times?' Jesus said to him, 'I do not say to you seven times, but seventy-seven times.'" (Matt. 18:21-22)

Forgiveness isn't always easy, but you can stand on this truth: **"I can do all things through Christ who strengthens me."** (Philippians 4:12-13)

Some things seem impossible to forgive, yet Jesus said, **"All things are possible to him who believes."** (Mark 9:23)



According to the above Scriptures, what does God want for you when it comes to Forgiveness? How do you feel about that?

How People Face the Consequences

Based on what you just heard, what is the healthiest way for you to deal with someone who has hurt or abused you?

Think about the person you're struggling to forgive. How can you let them and the situation go, knowing that God is the ultimate judge?

Self Forgiveness

Is there something in your past that you have not forgiven yourself for? Write it down.

What does God want for you in this situation and how does He feel about what you did?

How can you choose to give your sins to God and forgive yourself?

Now that you have a greater understanding of what forgiveness is and is not, how it impacts you and what God wants for you, how does this impact your ability to forgive the person you mentioned at the beginning of this lesson?

If there is anything holding you back from forgiving this person (or someone else) and letting go, please write it here so we can discuss it in our next coaching session.

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Lesson Two

Genuine Relationships

Be honest, what are some of the differences between how you portray yourself online vs the truth of what's really going on in your life?

How does it impact you to know that many people are showing you what they 'want' you to see, not their 'genuine' self? Have you ever done this?

Have you found yourself waiting for messages/notifications to feel better? Explain.

7 C's of a Genuine Relationship

COMMUNICATION

Explain why communication is an important element of a genuine relationship. Name someone in your life who you communicate well with. Why is the communication between you so good?

CONTENTMENT & CALM

Have you ever gotten revenge on someone in your life by hurting them in some way (silent treatment, anger, pulling away, manipulating)? Explain. How did you feel afterward? In hindsight, how could you have increased your contentment and calm by simply being at peace and allowing God's justice to prevail?

COMMUNITY

Why is community so important in relationships? How does community help you grow in your faith and relationships? What happens when you are not in community with other believers?

COVENANT

Name a relationship in your life that is a covenant. Why is having a covenant with that person better than having a contract? What can happen when you have a contract with someone instead of a covenant?

COMMITMENT

Name a relationship in your life where you have strong commitment to one another. How does this person show commitment to you and how do you show your commitment to them?

CONSISTENCY & CHECKING IN

Why is it important to be consistent and check in with people? Name someone who has shown up for you, how they did it and how you felt when they did. How can you be consistent and show up for others, especially when they are in the middle of a struggle?

CHRIST-LIKE

How can you show Christ like love and come from a Christ-centred place (i.e. your CLIF) in relationships?

7 C's of a Genuine Relationship

COMMUNICATION

CONTENTMENT & CALM

COMMUNITY

COVENANT

COMMITMENT

CONSISTENCY & CHECKING IN

CHRIST-LIKE

What is one relationship in your life that represents all 7 C's of a genuine relationship. It could be a parent, friend or partner from the past. How did this relationship embody all 7 elements of a genuine relationship? Explain in detail.

What are the most important elements of a genuine relationship for you? Use some of the 7 C's and add in any other characteristics that make up a healthy, genuine relationship for you.

What qualities are YOU willing to give in order to make the important relationships in your life healthy, God honoring and a representation of the 7 C's of a genuine relationship?

Choosing your Inner Circle

"We are the average of the five people we spend the most time with" — Jim Rohn

After hearing the information about this study and becoming the average of the 5 people you spend the most time with, how do you feel about the people you surround yourself with at this time in your life?

Who might you need to shift around in your life (for their sake and your) in order to be around the 5 people that you would like to become the average of? Why are you choosing to move these people in and out? Fill in the information for each person so you're clear on your reasons.

Person's Name: _____

Where you are moving them (ex: Inner Circle, Zone 2, Zone 3, etc): _____

Reason: _____

Person's Name: _____

Where you are moving them (ex: Inner Circle, Zone 2, Zone 3, etc): _____

Reason: _____

Person's Name: _____

Where you are moving them (ex: Inner Circle, Zone 2, Zone 3, etc): _____

Reason: _____

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Reason: _____

Person's Name: _____

Where you are moving them (ex: Inner Circle, Zone 2, Zone 3, etc): _____

Reason: _____

Person's Name: _____

Where you are moving them (ex: Inner Circle, Zone 2, Zone 3, etc): _____

Reason: _____

My Relationship Circle



[illegible]



Lesson Three

Boundaries

REMEMBER YOUR IDENTITY IN CHRIST

Please go back to your workbook for Module 1 and revisit who you are in Christ. Knowing your Identity in Him is crucial in setting a powerful foundation in your life. It is also to help you set healthy and God-honoring boundaries. Please make some notes below on who you are in Christ. Include the following:

Who does God say you are? List some scriptures that resonate most with you.

Based on Scripture AND in your own words, who do you believe you are in Christ?

Write your CLIF Conviction Statement and some of your other CLIF Qualities. How do these characteristics represent your identity in Christ?

REMEMBER YOUR IDENTITY IN CHRIST

What standards should you have because of who God has called you to be?

What actions do not respect your identity in Christ and the standard God has set for you as His child?



"Dear brothers and sisters, if another believer is overcome by some sin, you who are godly should gently and humbly help that person back onto the right path. And be careful not to fall into the same temptation yourself. Share each other's burdens, and in this way obey the law of Christ. If you think you are too important to help someone, you are only fooling yourself. You are not that important. Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else. For we are each responsible for our own conduct."

Galatians 6:1-2, 4-5

Boundaries in Relationships

Think about a relationship where you believe you may need to set boundaries. It could be a partner, friend, workmate, relative, etc. It is possible to set boundaries with anyone and we will look at how to do so in a Christ-centred way as we go through this lesson.

Write this person's name or initials: _____

What are some things you ARE responsible for in this relationship?

What are some things you are NOT responsible for in this relationship?

What are a few expectations you can set that honor your responsibility, but don't up end up with you taking control of what is NOT your responsibility?

What is the boundary you would like to set?

Why are you setting this boundary?

What do you hope the results of setting this boundary will be?

What else might happen when you set this boundary?

How do those possibilities make you feel?

How can you overcome these feelings with God's help?

After analyzing your motives, do you feel this boundary can be made from a Christ-centred place? Explain.

Consequences & Your Fence

What might the natural consequences be for this person if they continue on the path they are on (lying, cheating, abusing, etc)?

What is a fair consequence if the person breaks your boundary request?

Why are consequences helpful for this person in shifting their behaviour?

Does your consequence involve vengeful thoughts and taking justice into your own hands or does it leave justice up to God? Explain.

Are your boundary and consequence clear? Can you easily communicate what your actions will be in a way that leaves no room for push back?

What actions will prove to you that there has been a heart-change?

What are some clear and easy to communicate steps that can be taken to restore the relationship?

Are you comfortable communicating these to the other person and staying true to your word?

[illegible]



Lesson Four

Communication

"Listen with curiosity. Speak with honesty. Act with integrity. The greatest problem with communication is we don't listen to understand. We listen to reply. When we listen with curiosity, we don't listen with the intent to reply. We listen for what's behind the words." ~Roy T. Bennett

Write about a time you felt 'heard.' Explain what the other person did that made you feel like they were REALLY listening to you?

How did you feel when you knew the other person was listening so intently?

Write about a time that you listened deeply to another person? How did you show you cared as you were listening to them?

What are some characteristics of Focused Attention? Write out each point in your own words.

How to Give Focused Attention

NO TECHNOLOGY

Put away or silent technology so you will not be distracted by a buzz or ding

IMAGINE EVERYTHING ELSE FADING

Focus on the person in front of you completely and let everything else blur into the background

USE EYE CONTACT

Don't stare, however showing them you are focused means looking at them when they speak

CLEAR YOUR MIND

As much as possible, do not think about any of your own thoughts or personal agendas
Refrain from thinking about what you are going to say next — it will come to you naturally in the moment if you let it.

COUNT 1...2...3...

When you believe the person is finished speaking, count 1..2..3 in your head before you respond. Often people aren't finished and they take a pause to gather their thoughts. Giving them time to keep talking allows them the freedom to continue their thought process

ASK A QUESTION

When they ARE finished speaking, choose to ask an open-ended question to help them express more of their feelings, instead of responding with your own opinion or a connection from your own life. For example, you could ask one of the following questions: "How does that make you feel?", "What do you think you want to do next?", "How is that impacting your life?"

SEEK TO UNDERSTAND

Seek to understand before seeking to be understood. Know that your time to speak will come. This will do wonders for your relationships.

Focused Attention Assignment

Choose someone in your life to try this technique out with. You can inform them you're doing it or use the technique without them knowing. I think it's more fun to do it without them knowing so you can see their authentic reaction. Afterward you can let them know and ask how it made them feel. This is a great way to receive honest feedback.

Who will you choose to practice this with? _____

Will you inform them of the technique before or after the conversation? _____

In your own words, write down what you need to remember to do in order to show that you are giving your FULL Focus and Attention:

When do you commit to do this by? (no later than 3 days from now :) _____



"Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger."

~James 1:19

"A fool takes no pleasure in understanding, but only in expressing his opinion."

~Proverbs 18:2

"Making your ear attentive to wisdom and inclining your heart to understanding."

~Proverbs 2:2

I look forward to hearing about your experience of Focused Attention :-)

Communication = Love & Understanding

We are called to love ALL people (the easy to love, hard to love & nearly impossible to love). God loved us first so we get to share that with others if we want to be Christ-like in our own lives.

"Love your neighbour as yourself."

Matthew 22:39

"Above all, love each other deeply, because love covers over a multitude of sins."

1 Peter 4:8

"Be completely humble and gentle; be patient, bearing with one another in love."

Ephesians 4:2

"Dear friends, let us love one another, for love comes from God."

1 John 4:7



Humans are meaning-making machines. We can make up stories about a situation or someone else's actions and those stories are based on filters inside us that have been developed over many years (most of our filters have been around since we were young children). We stay stuck to our interpretation of the events if we don't see the other person's side. This is best done by talking to the other person.

Do you show up more like Pat or Susan? How so?

Which of these two women will have a better experience of life in general and why?

Receptive Authentic Accountable Relating

"RAAR" Explained:

1 Receptive

Being Receptive means being open, willing and ready for communication. When you are closed off inside, you will not come across in a supportive, loving way. Do what you can to open yourself up to whatever God has for you before you step into communication with the other person. This could be prayer, having trust, faith, etc

2 Authentic

Authenticity is truth. It is your honest assessment of what you experienced and the willingness to share it with someone else. Sometimes being honest is difficult because it requires vulnerability, but it is imperative to having the type of Godly relationships you desire to have.

3 Accountable

Accountability is responsibility. It is taking ownership over your part in the situation (whatever it may be) and knowing that there are two people involved in this and it is not ALL their fault. Taking responsibility for your own actions is crucial in self-development and relationship building.

4 Relating

Relating is simply being in relationship with others from a place of Focused Attention. It is connecting and joining together in the human experience of pain, heartache and healing. That happens through understanding.

How "Receptive Authentic Accountable Relating" Works

.....

Step 1

Take the issue, feelings and thoughts to God in prayer. Spend time considering what He might be saying to you. This can help ensure that it feels right on a God-Gut level before you open the doors for conversation. He will lead you down the path you should go on so listen to what He reveals to you.

Step 2

Set a time to talk to the person you want to clear the air with (in person is best but over the phone or video chat could work too if it's too difficult to meet in person).

Step 3

Once you feel comfortable in the setting or on the call, begin with RAAR Communication:

**"Something happened and I experienced it this way:
(explain "The Situation" - see below)**

"The Situation"

Explain the situation from your point of view.

Use I statements and share YOUR experience.

Examples might be "I felt..." and "I heard "I saw....".

Using I statements relaxes the other person and does not put them on the defensive. In going about it in this manner, you do not put blame on the other person and you take full accountability for your experience, thoughts and feelings.

How "Receptive Authentic Accountable Relating" Works

.....

Step 4

You can end with something like **"Because of this I felt sad and angry I..."**, again being accountable for your feelings.

When you're finished open the conversation up to them, saying **"If you are open to it, I would really appreciate hearing your perspective and feeling about the situation so that I can better understand where you were coming from"**.

Step 5

When they talk, you get to LISTEN using Focused Attention as much as possible. This is very important.

A reminder that Focused Attention looks like:

- No Technology
- Imagine Everything Else Fading Except Them
- Use Eye Contact to show you are Engaged
- Clear Your Mind of Everything While they are Speaking
- Count 1...2...3...
- Ask Further Questions
- Seek to Understand their Point of View

Then end with an acknowledgment of understanding and see how the two of you can mend the relationship. It may need time or space for awhile or it may be a easy fix. Allow what needs to happen and don't force it. God's timing is perfect! See questions below in the Example to help navigate this part :)

Receptive Authentic Accountable Relating...

.....

What the RAAR Technique Can do for You

The RAAR technique will help you deal with your feelings in a forward-moving way. It will also help you clear up any confusion, as you come to understand the other person's perspective.

The technique helps you show love and respect to both yourself and the other person involved. When you go to them and communicate in a loving, respectful way, you honor them greatly. Silence is easy - communicating about a tough topic is not. **"Be devoted to one another in love. Honor one another above yourselves."** Romans 12:10. If someone doesn't know they've hurt you, you are enlightening them and helping them grow.

**"Good communication is the bridge between confusion and clarity" —
Nat Turner**

Also we can be confident in God's love for us and love has the ability to cast out fear. When we go to someone who has hurt us and communicate with them about it, we do not need to be afraid.

"There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. We love because He first loved us." 1 John 4:18

We can be confident that we are doing what God asks us to do and that He is with us every step of the way!

Real Life Example

What topic would you like to communicate about and with whom?

Step 1

How can you go to God in prayer beforehand? What might you say to Him?

Step 2

How will you invite this person to have this conversation and what manner do you feel would be best (phone, video chat, in person, etc)?

Step 3

Begin with "Something happened...(then explain your point of view using I statements like "I felt..." and "I heard "I saw...") Write out what you will say:

Step 4

Take accountability for your feelings about what happened by saying something like **"Because of this I felt _____."** Then ask for their perspective: **"This was my experience of the situation. If you are open to it, I would really appreciate hearing your perspective and feeling about the situation so that I can better understand where you were coming from".** Write out what you will say below:

Step 5

Allow them to talk and practice Focused Attention (put away other tech, focus completely on them, use eye contact, clear your mind, give extra time and don't jump in right away, ask more questions to gain a better understanding then seek to understand their perspective as much as possible). In your own words, explain how you will be when they are explaining their perspective:

End with **"Thank you for sharing your perspective..."** Additional questions/comments: **"How would you like to move forward from here?"** or **"I'm wondering if its possible to move forward in this way..."** or **"Would you like to take some time to pray about this and have another call in a few days/a week?"**

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Lesson Five

Focused Attention

Do you have any trauma and/or abuse in your past that could be contributing to how you show up now? Explain.

How do you show up as a people pleaser? Explain what you do to try and make others happy at your expense.

What do you get out of making sure you please others (and that they are pleased with you)? Explain.

Have you experienced someone taking advantage of your kind and giving nature? How did it impact you and what did you learn about putting your value and worth in the wrong people?

When have you wanted to be the saviour for someone instead of allowing God to do so? What happened in this situation. What did you get out of 'saving' them?

Characteristics of Codependency

As we go through the characteristics of codependency on the following page, check off which ones you see show up in YOUR relationships patters. For example, if you can be controlling, perfectionistic or critical in relationships, check the box for each of those. Be honest with yourself, as this will give you a clearer picture of the way you interact in your relationships. Once you are aware of these things, you can work onshifting and healing them :)

- ☐ You focus on other people's problems and needs by caretaking, advice giving, and worrying about them.
- ☐ You can be controlling and perfectionistic. You want things to be a certain way and may tell others what to do and how to do it.
- ☐ You can be critical of people because they often don't live up to your expectations.
- ☐ You find it hard to ask for or accept help.
- ☐ You struggle when things don't go as planned. You crave predictability, structure, and certainty — things you probably didn't have in your childhood family.
- ☐ You're critical of your imperfections and mistakes, due to your low self-esteem and the harsh criticism you've gotten from others.
- ☐ You feel responsible for everything and everyone, even other people's happiness.
- ☐ You're afraid to upset or disappoint others (people-pleasing). So, you're always dependable and responsible. People count on you, but this can lead to over-extending yourself and exhaustion.
- ☐ You have trouble with boundaries, speaking up for yourself, and saying "no". You may let people take advantage of your kindness because you don't want to create conflict or let them down.
- ☐ You ignore your feelings and needs, often "stuffing" or numbing them. Since your focus is on others and you don't feel worthy, you generally ignore or put your needs last.
- ☐ You have a hard time seeing how unmanageable or unhappy your life has become (this comes from denying your feelings and needs)
- ☐ You base your happiness on what other people are feeling or doing. For example, if your partner or friend is in a good mood, you can relax and enjoy the time together. If they are angry or depressed, your day is ruined (this comes from having a hard time separating yourself from other people's feelings, needs, and experiences)

- ☐ You define yourself in relation to others (I'm Ava's mom) and lack a strong sense of self (knowing who you are, what you believe, want/like).
- ☐ You know deep down that the pain of being abused, lied to, cheated on, ignored, cursed at, rejected, or invalidated has never fully healed.
- ☐ You feel guilty and ashamed (these are the roots of low self-worth and low self-esteem).
- ☐ For a long time, you've felt there was something wrong with you. Perhaps someone told you this directly or you may have come to this conclusion based on how you've been treated. (Ex: If your mom told you that she wished you'd never been born, you will grow up believing you are unwanted and unlovable).
- ☐ Anger and resentment builds up over time causing you to seemingly overreact at times.
- ☐ You tend to overwork and over-schedule yourself as ways to prove your worth or distract yourself.
- ☐ You act like a martyr, taking care of everyone else, giving without receiving, and then feeling angry, resentful and taken advantage of.
- ☐ You may complain, yell, or passive-aggressively let people know you're upset about "having to do everything", but chances are you continue your pattern of martyrdom.
- ☐ Sometimes helping and taking care of others makes you feel good (needed and worthwhile) and other times it makes you feel angry and resentful.
- ☐ Intimacy, open communication, and trust are difficult because you didn't have role models for healthy relationships and you've probably been hurt and betrayed in your relationships.
- ☐ You're afraid of anger, criticism, rejection, and failure. So, you "play it safe" and keep a low profile.
- ☐ You fear being hurt and sometimes feel overwhelmed with all the emotions churning inside you.
- ☐ You may experience anxiety and/or depression. And even if you don't have a clinical level of anxiety, you may feel tense, anxious, or on-edge frequently.
- ☐

How do these tendencies you just checked off affect your life and relationships?
Explain how ready you are to stop the cycle and begin standing on your own two feet.

You are asked to do something you don't want or don't have time to do. Write down the answers you would feel comfortable giving to the following questions. Make sure you use the "No/Let me think about it" principles and feel good in the process.

Would you like to go out for coffee tonight?

Could you bake a batch of brownies for the school fun fair this weekend?

We really need an extra person for the volleyball game tomorrow night...would you fill in?

What strategies will you use when you feel negatively about yourself?

Talk about a time when you have rescued someone else at your own expense? How did you end up putting yourself in a difficult place because you were so focused on their needs?

Why is it important to put on your oxygen mask before you help someone with theirs?

What did you learn from my story? Jot down some notes about what you believe your subconscious blocks are when it comes to rescuing yourself first. Also, explain how this story has taught you more about voting for yourself.

Do you feel you have a God given purpose? If so, what is it and what is keeping you from living in it? How can you overcome that belief and allow God to pave the way for you to realize the purpose He has for you?

[illegible]



Lesson Six

Attachment Styles

How do Romans 12:2 and Neuroplasticity affect your belief about what is possible in your brain...and life?

Do you believe you are securely attached to people in your life? Explain.

With just this level of information, do you believe "Dismissive Avoidant" is your primary attachment style? Explain.

With just this level of information, do you believe "Anxious Preoccupied/Ambivalent" is your primary attachment style? Explain.

With just this level of information, do you believe "Fearful Avoidant/Disorganized" is your primary attachment style? Explain.

What is your attachment style? write down your quiz results.

How do you show up in your relationships with God? Do you see some of the same patterns in your relationships with humans and your relationship with God?

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[illegible]

Paying attention to your somatic feelings can greatly assist you in self-regulation because you learn to trust your instincts more.

With God, All Things Are Possible!

“With God all things are possible”

Matthew 19:26

"God is our refuge and strength, an ever-present help in times of trouble."

Psalm 46:1

The Lord Almighty is our refuge, the God of Jacob is our fortress."

Psalm 46:7,11

“We love because God first loved us.”

1 John 4:19

Based on what you just heard, write down what is 100% possible with God when it comes to your healing. Go back and listen to these slides again to get super clear on what you get to do to facilitate healing and what God wants to do inside you.

[illegible]

[illegible]



*Congratulations
on Completing
Module 4*