

Please Listen To Me

Part I



Surely "clean house" means "clean house." Perhaps — perhaps not! No one sees the world exactly like another, and often the same words have different meanings. Central to healthy communication is an acknowledgement of each individual's distinct perceptions and ego defenses. This dynamic and humorous session explains that different does not have to mean "wrong" — it usually just means different!

I. Foundation for Good Communication

- A. Servant _____
- B. Godly _____
- C. _____ intimacy

II. Communication Barriers

- A. _____

'My mental glasses'

- 1. _____
- 2. _____

3. Personality

- a. Domains of _____
(affect the WAY we make choices)

- _____ ;
(anxious, pessimistic vs. outgoing, optimistic)
- _____ ;
(impulsive, quick-tempered vs. rigid, slow tempered)
- _____ ;
(warm, approval seeking vs. cool, aloof)
- _____ ;
(persevering, ambitious vs. easily discouraged,
under achieving)

b. Dimensions of _____
(affect the choices we make)

- _____ ;
(tolerant, helpful vs. prejudiced, revengeful)
- Self— _____ ;
(reliable, purposeful vs. blaming, revengeful)
- Self— _____ ;
(self-forgetful, spiritual vs. self-conscious, materialistic)

4. _____ health

B. Schemata

Mental maps that guide _____

C. Ego defenses

- Helpful _____
- Destructive _____

1. _____ :

“ _____ to admit a problem
or to accept responsibility for one’s attitudes or actions”

2. _____ :

“ _____ oneself mentally or
physically from the anxiety-producing situation”

3. _____ :

“ _____ a less threatening
person or object as the source of one’s problems or difficulties”

4. _____ :

“ _____ one’s unacceptable attitudes or actions to others”

5. _____ :

“ _____ to behavior that was characteristic of a more secure time”

6. _____ :

“ _____ the true motivations for one’s thoughts, actions, or feelings through reassuring or self serving but incorrect explanations.”

D. Defend against the defenses

1. _____ them

2. _____ them

3. _____ them