

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)

- _____ ;

(preserving, ambitious vs. easily discouraged, under achieving)

b. Dimensions of _____

(affect **WHAT** choices we make)

- _____ ;

(tolerant, helpful vs. prejudiced, revengeful)

- _____ ;

(reliable, purposeful vs. blaming, aimless)

- _____ ;

(self-forgetful, spiritual vs. self-conscious, materialistic)

4. _____ health

B. Schemata

Mental maps that guide thought _____

C. Ego defenses (Defense Mechanisms)

- 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