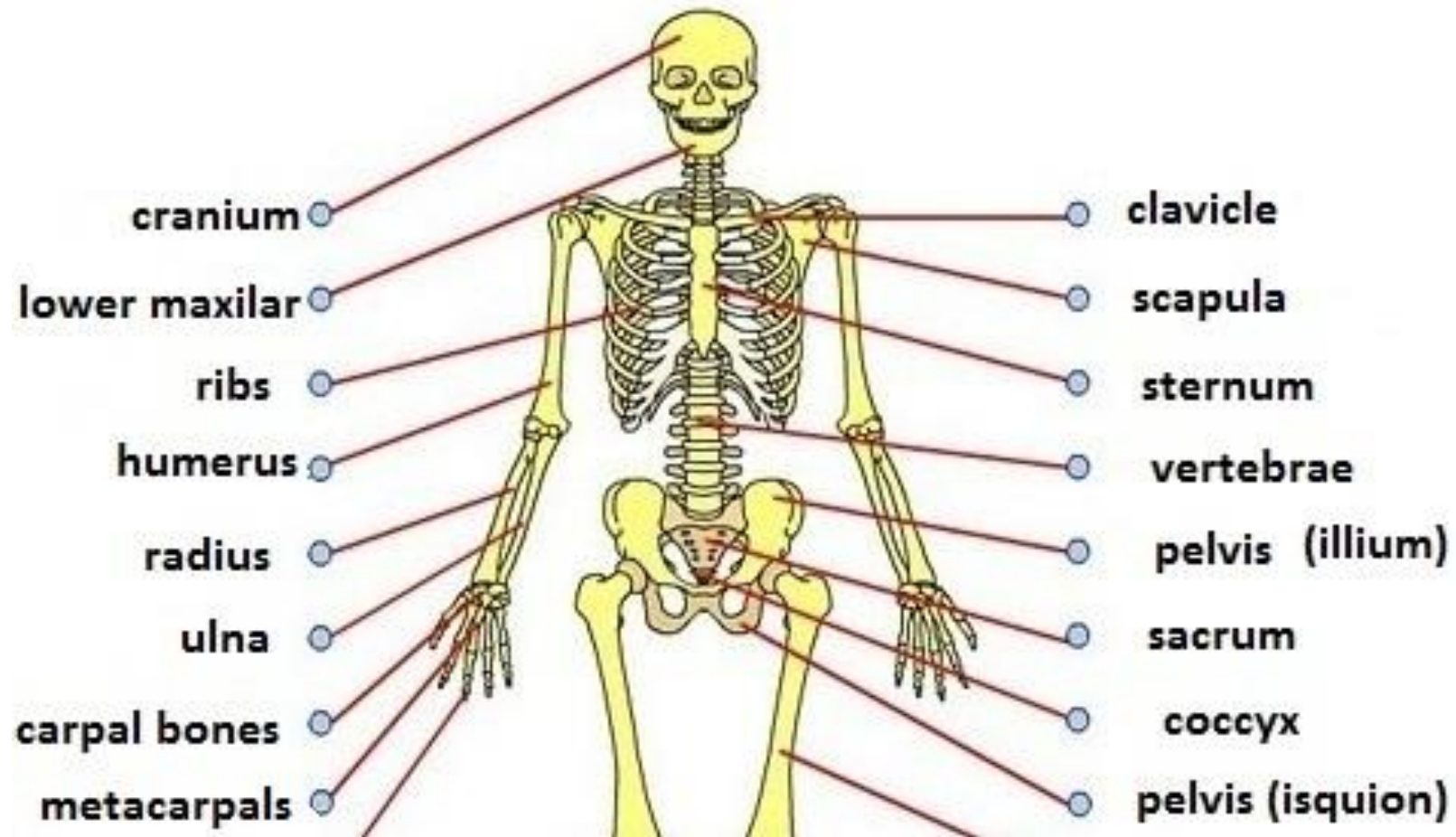


# WRITE YOUR ANSWER

1. Define "Church"
2. Write something good about church
3. Write something bad about church
4. Write two Emotion/Descriptor words about church (what is the first thought that pops into your mind when you think about church?)



# WORKING TOGETHER

Practical Relationship advice for  
the Weavertown Youth Group



# The Four Horseman of the Apocalypse



# THE FOUR HORSEMAN OF THE APOCALYPSE

Term coined by John Gottman to describe **four behaviors that will bring the end of a relationship** (like the four horseman that will bring the end of the world).

- **Criticism**
- **Contempt**
- **Defensiveness**
- **Stonewalling**

Quotes in this section are from the Gottman Institute: [Introduction, Antidotes, Research Paper about Predictors of Divorce.](#)

# CRITICISM

**Definition:** Attacking someone's **character**

**Examples:** *You always talk about yourself. You are so selfish.*

The **antidote** for criticism is to complain without blame.

# VARIANT: CRITICAL ATTITUDE

**Definition:** not extending the same acceptance/forgiveness to my brother/sister that Jesus gave me.

**Examples:** Parable of the Man who owed 10,000 talents,  
*Sarah always wears such weird clothes*

**Antidote:** understanding how much I've been forgiven

# CONTEMPT/DISGUST

**Definition:** Statements that come from a relative position of superiority. Also known as **disgust**.

**Examples of displays of contempt:** sarcasm, cynicism, name-calling, eye-rolling, sneering, lip curling, mockery, and hostile humor. *You're an idiot.*

# CONTEMPT/DISGUST

**Antidote:** build a culture of appreciation and respect. *You did such a great job with your talent show last night!*

*Philippians 2:3 Do nothing from selfish ambition or conceit, but in humility count others more significant than yourselves.*

*1 John 4:20 If anyone says, "I love God," and hates his brother, he is a liar; for he who does not love his brother whom he has seen cannot love God whom he has not seen.*



# DEFENSIVENESS

**Definition:** self-protection in the form of righteous indignation or innocent victimhood in attempt to ward off a perceived attack.

- *“It’s not my fault that we’re always late, it’s your fault.”*

**Antidote:** Accept responsibility, even if only for part of the conflict.

- *“Well, part of this is my problem, I need to be more careful with my words.”*

# STONEWALLING

**Definition:** the listener withdraws from the interaction (physically or emotionally).

**Antidote:** practice physiological self-soothing

- Walk away and do something distracting like exercise or music (not replaying the interaction in your head)

# VARIANT: INDIFFERENCE

**Definition:** I don't care enough about you to engage you.

In Gottman's research, indifference was the strongest predictor of a divorce later in the marriage.

**Antidote:** Love and humility

*Ephesians 4:16b ...When each part is working properly, makes the body grow so that it builds itself up in love.*



## DID YOU NOTICE...

That anger isn't one of the horseman Gottman mentioned?



# AND ONE MORE NEGATIVE BEHAVIOR...

Counterfeit relationships...

HOW WAS YOUR DAY?

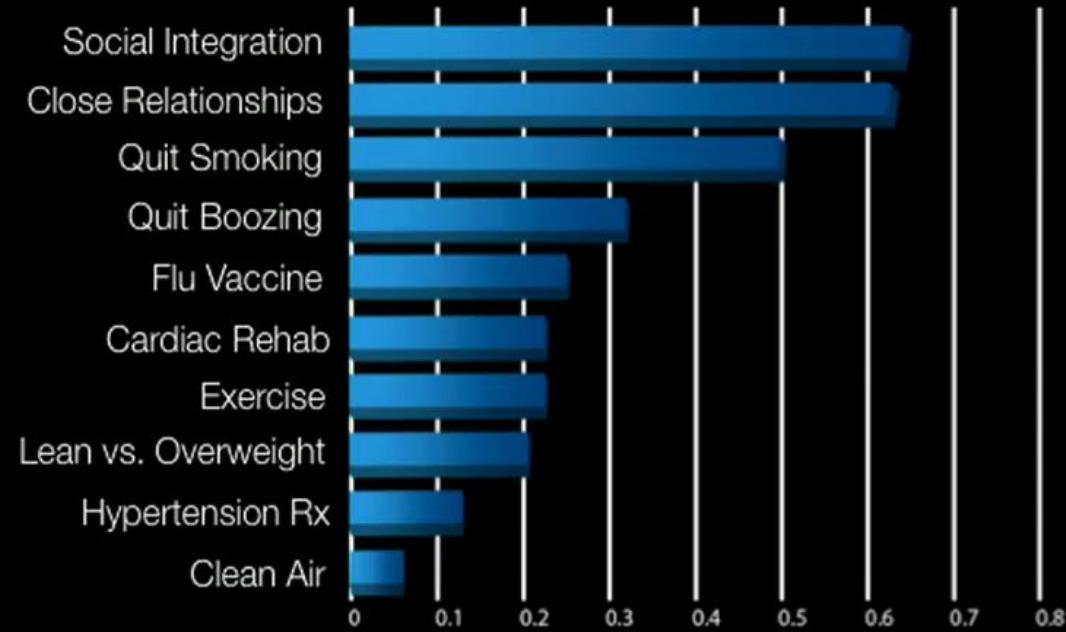
GOOD, AND YOUR'S



SMART PHONES AND SOCIAL MEDIA



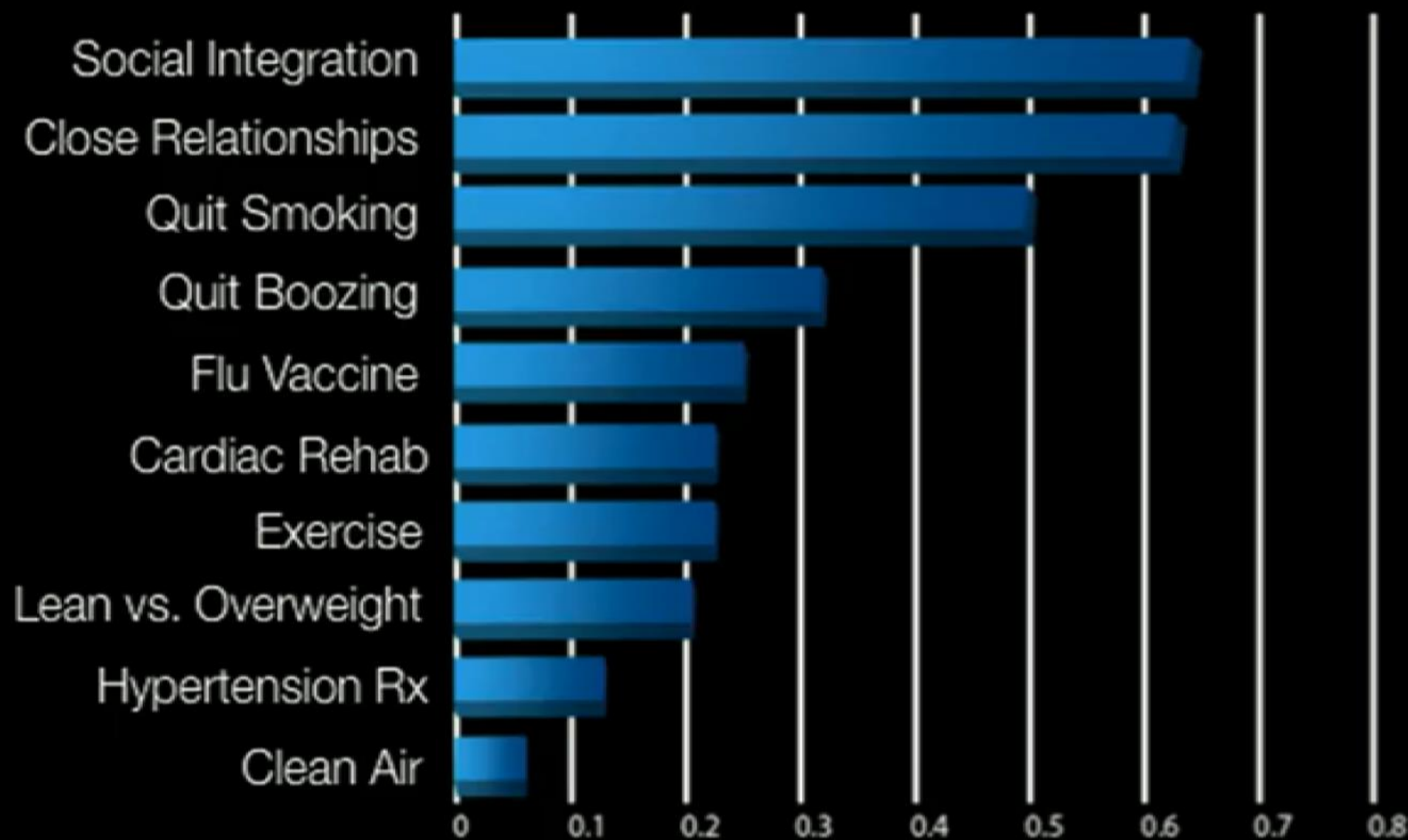
## Staying Alive



SUSAN PINKER

Excerpted from [\*Why the Secret to Living Longer may be your Social Life\*](#) (TED.com, 2017)

# Staying Alive





TRISTAN HARRIS

## HOW A HANDFUL OF TECH COMPANIES CONTROL BILLIONS OF MINDS EVERY DAY

[https://www.ted.com/talks/tristan\\_harris\\_the\\_manipulative\\_tricks\\_tech\\_companies\\_use\\_to\\_capture\\_your\\_attention](https://www.ted.com/talks/tristan_harris_the_manipulative_tricks_tech_companies_use_to_capture_your_attention)

# SOCIAL MEDIA IS ENGINEERED TO GET YOUR ATTENTION

*[Tech Product Designers] play your psychological vulnerabilities (consciously and unconsciously) against you in the race to grab your attention.*

--Tristan Harris

Did you know the notifications on your phone are as addictive as a slot machine? Read about their tactics [here](#)

*The saying is, if any product is free then you're the product; your attention is the product.*

-- [Antonio García Martínez](#)  
(former Facebook designer)





Spending a day on  
Facebook has once  
again fooled me into  
believing I have an  
actual social life.

somee cards



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# POSITIVE BEHAVIORS TO BUILD UP YOUR YOUTH GROUP

Really? How?

# COMMITMENT

Commitment is the bedrock of relationships.

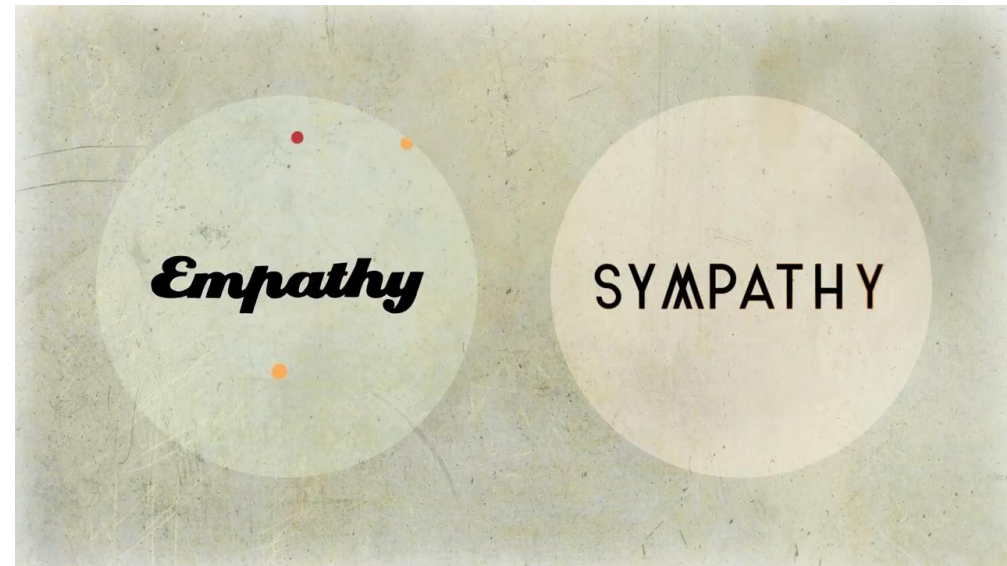
Commitment is saying, I'm not walking away.

*1 Corinthians 12:21-26* <sup>21</sup> The eye cannot say to the hand, "I have no need of you," nor again the head to the feet, "I have no need of you...But God has so composed the body, giving greater honor to the part that lacked it, <sup>25</sup> that there may be no division in the body, but that the members may have the same care for one another. <sup>26</sup> If one member suffers, all suffer together; if one member is honored, all rejoice together."

# EMPATHY

Empathy is a key way to show love to your fellow youth-groupers

Empathy is the opposite of contempt.



Brené Brown

# VULNERABILITY

If commitment is the bedrock of relationships, **then vulnerability is the gasoline...** Intimacy is impossible without vulnerability

Vulnerability is allowing someone to see me as a truly am, the moldy corners of our person.

*I define vulnerability as emotional risk, exposure, uncertainty.*

–Brené Brown

# SHAME

*I'm not worthy*

I'm not rich/good-looking/accomplished/talented/thin  
enough

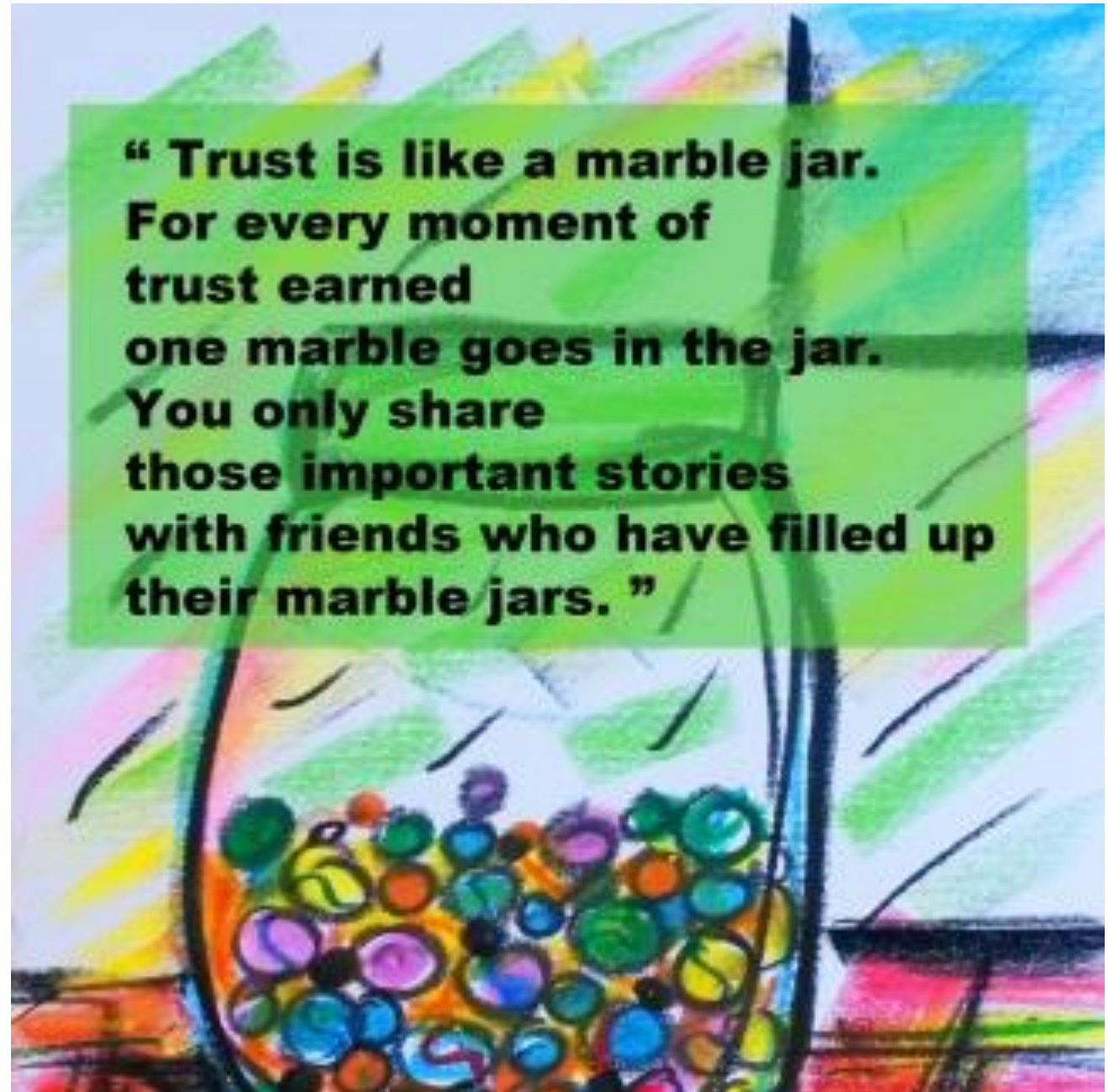
*Shame is highly, highly correlated with addiction, depression,  
violence, aggression, bullying, suicide, eating disorders. -- Brené  
Brown*

[A really good video on Shame and Vulnerability](#) by Brené Brown

# TRUSTWORTHINESS

When we offer trustworthiness to those we love, we offer them the antidote to shame, to unworthiness.

Illustration credits: [Isabella El-Hasan](#)





# **B R A V I N G**

## **The Anatomy of Trust**

**Boundaries**

**Reliability**

**Accountability**

**Vault**

**Integrity**

**Non Judgement**

**Generosity**


**Brené Brown**

*(SuperSoul Session: The Anatomy of Trust)*

Illustration credits: [Isabella El-Hasan](#) Original Video [Here](#)



# B.R.A.V.I.N.G. **Boundaries**



I trust you if  
you are clear  
about your  
boundaries  
and you hold them  
and you are clear  
about my  
boundaries  
and you  
respect them.

**Brené Brown** *(SuperSoul Session: The Anatomy of Trust)*

B.R.A.V.I.N.G.

# Reliability

**"I trust you, if you do what you say  
you are going to do. Not just once, but  
over and over again."**

**Brené Brown**

*(SuperSoul Session: The Anatomy of Trust)*



Art work by: Isabella El-Hasan 2015





**B.R.A.V.I.N.G**

# **Accountability**

**I trust you if: when you make a mistake  
you are willing to own it,  
apologize for it and make amends.  
And when I make a mistake  
I am allowed to do the same.**

**Brené Brown**

*(SuperSoul Session: The Anatomy of Trust)*



**B.R.A.V.I.N.G.**

**Vault**



**“What I share with you, you will hold in confidence and what you share with me I will hold in confidence.”**

**Brené Brown**





**B.R.A.V.I.N.G.**

# **Integrity**

**“..choosing courage over comfort,  
choosing what is right  
over what is fun, fast and easy.  
And practicing your morals,  
not just preaching them.”**



**B.R.A.V.I.N.G.**

# **NON JUDGEMENT**

**Real trust doesn't exist unless help is reciprocal and non judgemental.**

**“ You can fall apart,  
ask for help  
and not be judged  
by me.”**

**Brené Brown**

Stacy 2015



**B.R.A.V.I.N.G.**

# Generosity



**“If I mess up, say something,  
forget something, you will make the  
most generous assumption and  
check in with me.”**









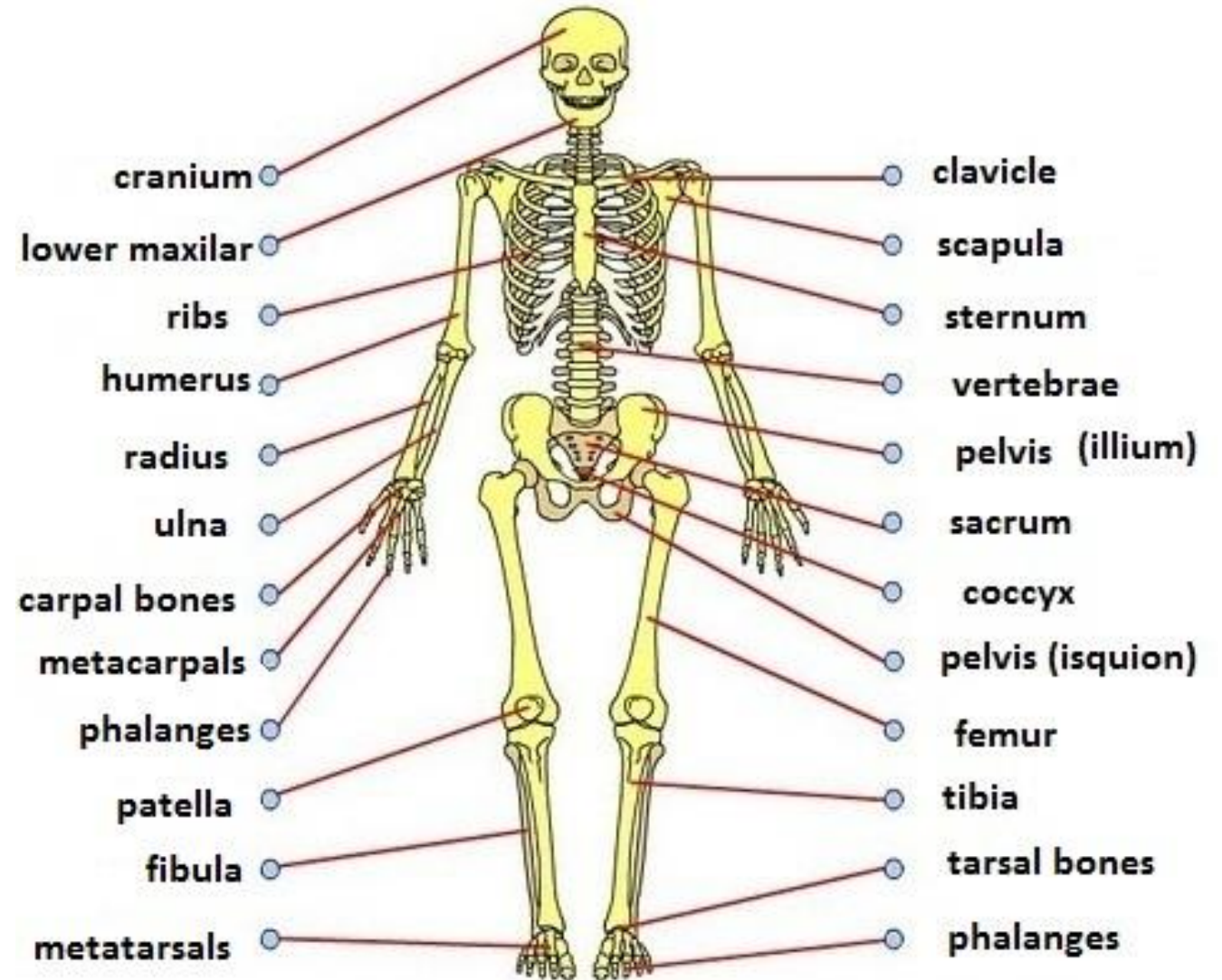


*John 15:4, 9b Abide in me, and I in you. As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you, unless you abide in me... Abide in my love.*



# CHRIST'S BODY

*Ephesians 4:15-16* <sup>15</sup> Rather, speaking the truth in love, we are to grow up in every way into him who is the head, into Christ, <sup>16</sup> from whom the whole body, joined and held together by every joint with which it is equipped, when each part is working properly, makes the body grow so that it builds itself up in love.





# AMPUTATIONS...

Are bloody and painful!

*1 Corinthians 12:21 The eye cannot say to the hand, "I have no need of you"*



