

WORKBOOK + STREAMING VIDEO

EIGHT SESSIONS



Emotionally Healthy Relationships

EXPANDED EDITION

DISCIPLESHIP *that* DEEPLY CHANGES
YOUR RELATIONSHIP *with* OTHERS



Peter & Geri Scazzero

Emotionally Healthy Relationships

WORKBOOK + STREAMING VIDEO

The Emotionally Healthy Discipleship Course

by Peter and Geri Scazzero

A proven strategy that moves people from shallow discipleship to deep transformation in Christ.

EMOTIONALLY HEALTHY SPIRITUALITY - PART 1

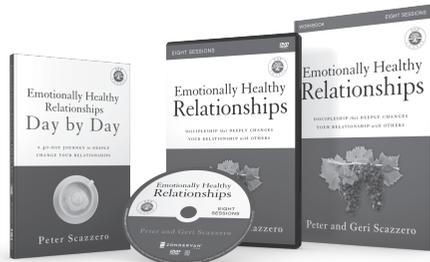
Introducing people to a transformative spirituality with God.



- Eight-session video study (available as streaming, download, or DVD)
- Workbook
- Book
- Day by Day devotional

EMOTIONALLY HEALTHY RELATIONSHIPS - PART 2

Practical skills to launch people into a transformative spirituality with others.



- Eight-session video study (available as streaming, download, or DVD)
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ALSO BY PETER SCAZZERO

The Emotionally Healthy Leader
The Emotionally Healthy Woman (with Geri Scazzero)
Emotionally Healthy Discipleship



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Peter and Geri Scazzero



Emotionally Healthy Relationships Workbook Expanded Edition

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Introduction

Have you ever wondered why we recycle the same problems in the church year after year? Broken relationships, unresolved conflicts, inability to speak the truth, pretending things are fine because we're concerned about being nice. Week after week we hear sermons about loving better, but little changes in people's lives.

It's been rightly said that 85 percent of Christians are stuck, stagnant in their spiritual lives. We were among that number, especially as it related to how to grow practically into more loving people. We discovered that a commitment to a personal relationship with Jesus and to spiritual disciplines does not automatically equip us to love like Jesus. That requires intentional discipleship.

To address this need we developed the *Emotionally Healthy Discipleship Course: Part 1* and *Part 2* over a twenty-one year period. While *Part 1: Emotionally Healthy Spirituality* focuses on moving us to a transformative relationship with God, *Emotionally Healthy Relationships, Part 2*, equips us with skills to radically transform our relationships with others. It is possible to begin with Part 1 or Part 2 since they function as one, separable Course.

We spend a lot of money to learn, and become competent in, our careers, but few of us have learned the skills or gained the competency to love well. Most discipleship approaches do not include the necessary tools to mature us as followers of Jesus Christ who love God, ourselves, and others well.

Emotionally Healthy Relationships Course will train you in eight skills for building a healthy church, or community, where our love for one another is so distinct that the world will know Jesus is truly alive today. Our hope and prayer is that you will learn these skills so well that they become second nature to you and that you carry them into your church, workplace, family, school, and neighborhood.

the emotionally healthy DISCIPLESHIP COURSE

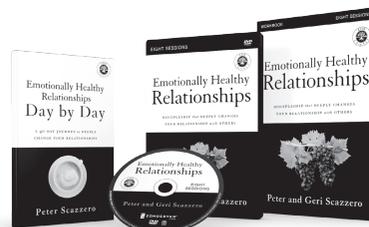
PART 1



EMOTIONALLY HEALTHY SPIRITUALITY

1. The Problem of Emotionally Unhealthy Spirituality
2. Know Yourself that You May Know God
3. Going Back to Go Forward
4. Journey through the Wall
5. Enlarge Your Soul through Grief and Loss
6. Discover the Rhythms of the Daily Office and Sabbath
7. Grow into an Emotionally Mature Adult
8. Go the Next Step to Develop a Rule of Life

PART 2



EMOTIONALLY HEALTHY RELATIONSHIPS

1. Take Your Community Temperature Reading
2. Stop Mind Reading & Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Incarnational Listening
6. Climb the Ladder of Integrity
7. Clean Fighting
8. Develop a Rule of Life to Implement Your New Skills

This workbook is part of a larger course that includes two companion resources—the *Emotionally Healthy Relationships* video and the *Emotionally Healthy Relationships Day by Day* devotional. On the video, we explain and model each of the eight skills before you actually practice them yourself during the sessions. The *Emotionally Healthy Relationships Day by Day* devotional is designed to deepen your personal, firsthand relationship with Jesus by incorporating, stillness, silence and Scripture into your daily life rhythms. Why? Loving God and loving people, as Jesus said, are inseparable.

On the last page of the workbook, you will find a checklist to keep you on track as you move through the course. Fill it out along the way and, when completed, go to emotionally-healthy.org to receive your certificate of completion.

Don't worry if the skills feel a bit awkward at first. That is to be expected as you step into a wonderfully, new way of relating to God, yourself, and others.

How to Use This Workbook

The key to receive the impact of this workbook is what comes around it. Each week you will be asked to:

- Do the Pre-Session Readings from thus *EH Relationships Workbook* **before** each Session
- Engage *The Emotionally Healthy Relationships Workbook* **during** the session,
- Read/Pray through the corresponding *Emotionally Healthy Relationships Day by Day* devotionals **after** each Session.
- You will also find, at the end of each session in this workbook, a “Between-Sessions Personal Study” section. This is based on questions from the Daily Offices found in the *Emotionally Healthy Relationships Day by Day* devotional.

The chart on the next page gives you a visual roadmap for what to do each week.

BEFORE
the session

AFTER
the session

		 Read the Pre-Session Reading in the EHR Workbook	DURING the session use the EHR Workbook	 Read EHR Day by Day Optional: Fill out Reflection Questions
SESSION 1	Take Your Community Temperature Reading (CTR)	Introduction & Session 1 Take Personal Assessment emotionallyhealthy.org/mature	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 1 • Practice CTR 2-3x this week
SESSION 2	Stop Mind Reading and Clarify Expectations	Session 2	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 2 • Practice Stop Mind Reading and Clarify Expectations 2-3x
SESSION 3	Genogram Your Family	Session 3	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 3 • Prayerfully Review/ Add to Your Genogram
SESSION 4	Explore the Iceberg	Session 4	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 4 • Practice Explore the Iceberg 2-3x
SESSION 5	Incarnational Listening	Session 5	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 5 • Practice Incarnational Listening 1-2x
SESSION 6	Climb the Ladder of Integrity	Session 6	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 6 • Practice Climb the Ladder of Integrity 1x
SESSION 7	Clean Fighting	Session 7	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 7 • Practice Clean Fighting 1x
SESSION 8	Develop a "Rule of Life" to Implement Emotionally Healthy Skills	Session 8	 Engage in Workbook activities with videos	<ul style="list-style-type: none"> • Week 8 • Practice Integrating Skills

If you are leading this Course for others, please go to www.emotionallyhealthy.org/training for the resources you will need to launch a high-quality Course (e.g. a schedule for each of the 8 Sessions, instructions/trainings for Table Leaders, how to direct people into silence/stillness, Power Point slides, etc). All these resources are free.

The Leader's Guide in the back of this workbook also provides extremely helpful information to supplement the studies.

Get the Training You Need To Lead the EH Discipleship Course

LEADER'S TRAINING VAULT

FREE EXCLUSIVE CONTENT

Level 1: Master the Launch of the Course

Level 2: Build High-Impact Leaders and a Disciple-Making Culture

emotionallyhealthy.org/training



IMPORTANT NOTE ON THE VIDEOS

The video presentations for each Session are available FREE through streaming access for you to review each week. Simply use the code found on the inside front cover of the Workbook (eBook location will be different).

You can also access them wherever books/DVD's are sold, or by digital video through sites such as amazon.com, vimeo.com, and christianbook.com.



Guidelines for the Group

Be Prepared

To get the most out of your time together, we ask that you do the pre-session readings. Please also bring your workbook and the *EH Relationships Day by Day* book with you to each meeting.

Speak for Yourself

We encourage you to share and use “I” statements. We are only experts on ourselves. For example: Instead of saying, “Everyone is busy,” say, “I am busy.” Instead of saying, “We all struggle with forgiving,” say, “I struggle with forgiving.”

Respect Others

Be brief in your sharing, remaining mindful that there are time limitations and others may want to share.

No Fixing, Saving, No Setting Other People Straight

Respect people’s journeys and trust the Holy Spirit inside of them to lead them into all truth—in his timing. Resist the temptation to offer quick advice as people share in the group.

Turn to Wonder

If you feel judgmental or defensive when someone else is sharing, ask yourself: *I wonder what brought him/her to this belief? I wonder what he/she is feeling right now? I wonder what my reaction teaches me about myself?*

Trust and Learn from Silence

It is okay to have silence between responses as the group shares, giving members the opportunity to reflect. Remember, there is no pressure to share.

Observe Confidentiality

In order to create an environment that is safe for open and honest participation, anything someone shares within the group should not be repeated outside of the group. However, feel free to share your own story and personal growth.

Punctuality

Resolve to arrive on time.

Take Your Community Temperature Reading (CTR)



Session One

THE EMOTIONALLY HEALTHY DISCIPLESHIP PERSONAL ASSESSMENT

What comes to mind when you think of an emotionally healthy disciple? How would you describe that person? While this book will expound on many different facets, the foundational definition of an emotionally healthy disciple is both simpler and more multifaceted than you might expect:

An emotionally healthy disciple slows down to be *with Jesus*, goes beneath the surface of their life to be deeply transformed *by Jesus*, and offers their life as a gift to the world *for Jesus*.

An emotionally healthy disciple refers to a person who rejects busyness and hurry in order to reorient their entire life around their personal relationship *with Jesus*, developing rhythms, setting limits, and following him wherever he leads. At the same time, they intentionally open the depths of their interior life—their history, their disorientations, their areas of brokenness, and their relationships—to be changed *by Jesus*. And they are deeply aware how everything they have and all they are is a gift. So they carry a profound awareness of stewarding their talents as a gift to bless the world *for Jesus*.

The following assessment is designed to help you get a picture of where you're at right now with your own spiritual and emotional maturity. It will help you get a sense of whether your discipleship has touched the emotional components of your life, and if so, how much. It will challenge you to consider whether you are an emotional infant, child, adolescent, or adult. Each of these stages of emotional maturity is described at the end of the chapter.

Even if some of the questions make you feel uneasy or uncomfortable, I invite you to answer with honesty and vulnerability. Be as open as possible before God, who loves you right where you are. Remember, the assessment will reveal nothing about you that is news to him. You may want to take a moment to pray, inviting God to guide your responses.

Next to each statement below through page 20, circle the number that best describes your response.

Note: You can also do this Assessment online at www.emotionallyhealthy.org/mature

Emotional/Spiritual Health Assessment

Please answer these questions as honestly as possible.
Use the scoring method as indicated.

Not very true
Sometimes true
Mostly true
Very true

Mark 1. Be Before You Do

- | | | | | |
|---|---|---|---|---|
| 1. I spend sufficient time alone with God to sustain my work for God so that I live out of a cup that overflows (Mark 1:35; Luke 6:12). | 1 | 2 | 3 | 4 |
| 2. It is easy for me to identify what I am feeling inside (Luke 19:41–44; John 11:33–35). | 1 | 2 | 3 | 4 |
| 3. When I become anxious or feel like I have too much to do in too little time, I stop and slow down to be with God and myself as a way to recenter (Luke 4:42; Luke 10:38–42). | 1 | 2 | 3 | 4 |
| 4. I set apart a twenty-four-hour period each week for Sabbath-keeping—to stop, to rest, to delight, and to contemplate God (Exodus 20:8–11). | 1 | 2 | 3 | 4 |
| 5. People close to me would describe me as content, non-defensive, and free from the approval or disapproval of others (Philippians 4:11–12; John 5:44). | 1 | 2 | 3 | 4 |
| 6. I regularly spend time in solitude and silence. This enables me to be still and undistracted in God’s presence (Habakkuk 2:1–4; Psalm 46:10). | 1 | 2 | 3 | 4 |

Mark 1 Total _____

Mark 2. Follow the Crucified, Not the Americanized, Jesus

- | | | | | |
|--|---|---|---|---|
| 1. I have rejected the world’s definition of success (e.g., bigger is better, be popular, attain earthly security) to become the person God has called me to become and to do what God has called me to do (John 4:34; Mark 14:35–39). | 1 | 2 | 3 | 4 |
| 2. I rarely change the way I act so others will think highly of me or to assure a particular outcome (Matthew 6:1–2; Galatians 1:10). | 1 | 2 | 3 | 4 |
| 3. I take a lot of time to carefully discern when my plans and ambitions are legitimately for the glory of God and when they cross the line into my own desire for greatness (Jeremiah 45:5; Mark 10:42–45). | 1 | 2 | 3 | 4 |
| 4. Listening to Jesus and surrendering my will to his will is more important than any other project, program, or cause (Matthew 17:5; John 16:13). | 1 | 2 | 3 | 4 |
| 5. People close to me would describe me as patient and calm during failures, disappointments, and setbacks (Isaiah 30:15; John 18:10–11). | 1 | 2 | 3 | 4 |

Mark 2 Total _____

Not very true
 Sometimes true
 Mostly true
 Very true

Mark 3. Embrace God's Gift of Limits

- 1. I've never been accused of "trying to do it all" or of biting off more than I could chew (Matthew 4:1-11). 1 2 3 4
- 2. I am regularly able to say no to requests and opportunities rather than risk overextending myself (Mark 6:30-32). 1 2 3 4
- 3. I recognize the different situations where my unique, God-given personality can be either a help or a hindrance in responding appropriately (Psalm 139; Romans 12:3). 1 2 3 4
- 4. It's easy for me to distinguish the difference between when to help carry someone else's burden and when to let it go so they can carry their own burden (Galatians 6:2, 5). 1 2 3 4
- 5. I have a good sense of my emotional, relational, physical, and spiritual capacities, intentionally pulling back to rest and replenish (Mark 1:21-39). 1 2 3 4
- 6. Those close to me would say that I am good at balancing family, rest, work, and play in a biblical way (Exodus 20:8). 1 2 3 4

Mark 3 Total _____

Mark 4. Discover the Hidden Treasures Buried in Grief and Loss

- 1. I openly admit my losses and disappointments (Psalm 3, 5). 1 2 3 4
- 2. When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretend that nothing is wrong (2 Samuel 1:4, 17-27; Psalm 51:1-17). 1 2 3 4
- 3. I take time to grieve my losses as David and Jesus did (Psalm 69; Matthew 26:39; John 11:35; 12:27). 1 2 3 4
- 4. People who are in great pain and sorrow tend to seek me out because it's clear to them that I am in touch with the losses and sorrows in my own life (2 Corinthians 1:3-7). 1 2 3 4
- 5. I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to work in me through it (Psalm 42; Matthew 26:36-46). 1 2 3 4

Mark 4 Total _____

Not very true
Sometimes true
Mostly true
Very true

Mark 5. Make Love the Measure of Spiritual Maturity

- 1. I am regularly able to enter into the experiences and feelings of other people, connecting deeply with them and taking time to imagine what it feels like to live in their shoes (John 1:1–14; 2 Corinthians 8:9; Philippians 2:3–5). 1 2 3 4
- 2. People close to me would describe me as a responsive listener (Proverbs 10:19; 29:11; James 1:19). 1 2 3 4
- 3. When I confront someone who has hurt or wronged me, I speak more in the first person (“I” and “me”) about how I am feeling rather than speak in blaming tones (“you” or “they”) about what was done (Proverbs 25:11; Ephesians 4:29–32). 1 2 3 4
- 4. I have little interest in making snap judgments about other people (Matthew 7:1–5). 1 2 3 4
- 5. People would describe me as someone who makes “loving well” my number one aim (John 13:34–35; 1 Corinthians 13). 1 2 3 4

Mark 5 Total _____

Mark 6. Break the Power of the Past

- 1. I resolve conflict in a clear, direct, and respectful way, avoiding unhealthy behaviors I may have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matthew 18:15–18). 1 2 3 4
- 2. I am intentional at working through the impact of significant “earthquake” events from the past that have shaped my present, such as the death of a family member, an unexpected pregnancy, divorce, addiction, or financial disaster (Genesis 50:20; Psalm 51). 1 2 3 4
- 3. I am able to thank God for all my past experiences, seeing how he has used them to uniquely shape me into who I am (Genesis 50:20; Romans 8:28–30). 1 2 3 4
- 4. I can see how certain “generational sins” have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others (Exodus 20:5; cf. Genesis 20:2; 26:7; 27:19; 37:1–33). 1 2 3 4
- 5. I don’t need approval from others to feel good about myself (Proverbs 29:25; Galatians 1:10). 1 2 3 4
- 6. I take responsibility and ownership for my past rather than blame others (John 5:5–7). 1 2 3 4

Mark 6 Total _____

Not very true
 Sometimes true
 Mostly true
 Very true

Mark 7. Lead out of Weakness and Vulnerability

- | | | | | |
|---|---|---|---|---|
| 1. I often admit when I'm wrong, readily asking forgiveness from others (Matthew 5:23–24). | 1 | 2 | 3 | 4 |
| 2. I am able to speak freely about my weaknesses, failures, and mistakes (2 Corinthians 12:7–12). | 1 | 2 | 3 | 4 |
| 3. Others would readily describe me as approachable, gentle, open, and transparent (Galatians 5:22–23; 1 Corinthians 13:1–6). | 1 | 2 | 3 | 4 |
| 4. Those close to me would say that I am not easily offended or hurt (Matthew 5:39–42; 1 Corinthians 13:5). | 1 | 2 | 3 | 4 |
| 5. I am consistently open to hearing and applying constructive criticism and feedback that others might have for me (Proverbs 10:17; 17:10; 25:12). | 1 | 2 | 3 | 4 |
| 6. I am rarely judgmental or critical of others (Matthew 7:1–5). | 1 | 2 | 3 | 4 |
| 7. Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James 1:19–20). | 1 | 2 | 3 | 4 |

Mark 7 Total _____

Tally Your Assessment Results

For each group of questions:

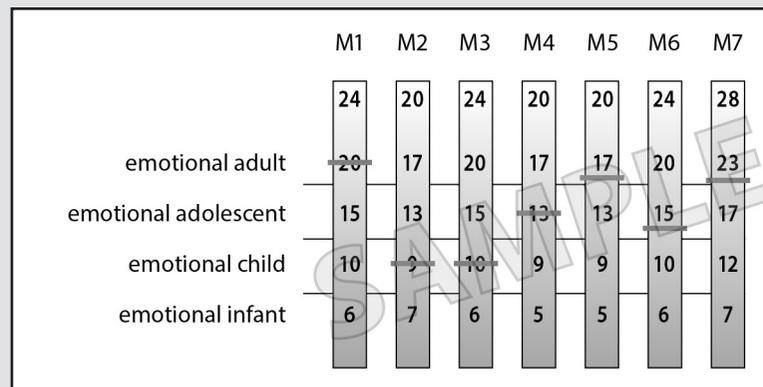
- Add your responses to get the total for that group.
- Transfer your totals to the the right column of the chart on page 22.
- Plot your answers and connect the dots to create a graph on the bottom portion of page 22, following the sample at the top of the same page.
- Read the descriptions on pages 22–23 to learn more about your level of emotional health in each area. What patterns do you discern?

SAMPLE

Marks of Emotionally Healthy Discipleship

Totals

Mark 1. Be Before You Do	<u>20</u> / 24
Mark 2. Follow the Crucified, Not the Americanized, Jesus	<u>1</u> / 20
Mark 3. Receive God's Gift of Limits	<u>10</u> / 24
Mark 4. Discover the Treasures Buried in Grief and Loss	<u>13</u> / 20
Mark 5. Make Love the Measure of Spiritual Maturity	<u>16</u> / 20
Mark 6. Break the Power of the Past	<u>14</u> / 24
Mark 7. Lead out of Weakness and Vulnerability	<u>21</u> / 28

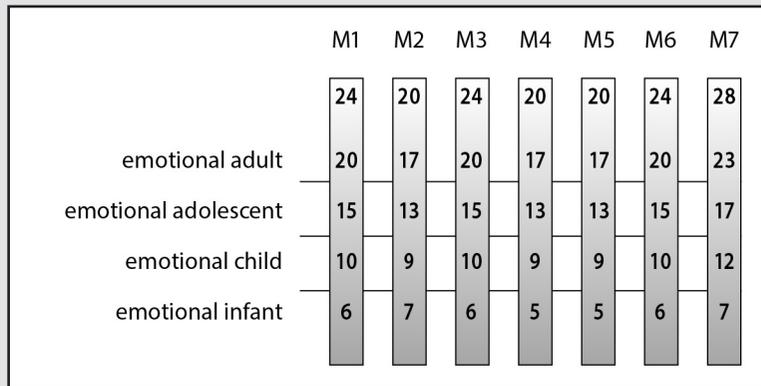


You can also take this Assessment on-line. Simply go to www.emotionallyhealthy.org/mature

Marks of Emotionally Healthy Discipleship

Totals

Mark 1. Be Before You Do	___/24
Mark 2. Follow the Crucified, Not the Americanized, Jesus	___/20
Mark 3. Receive God's Gift of Limits	___/24
Mark 4. Discover the Treasures Buried in Grief and Loss	___/20
Mark 5. Make Love the Measure of Spiritual Maturity	___/20
Mark 6. Break the Power of the Past	___/24
Mark 7. Lead out of Weakness and Vulnerability	___/28



**Understanding Your Assessment:
Levels of Emotional Maturity¹**

Being an emotionally healthy disciple is not an all-or-nothing condition; it operates on a continuum that ranges from mild to severe, and may change from one season of life and ministry to the next. As you read through the descriptions below, what stands out to you? Wherever you find yourself, the good news is that you can make progress and become an increasingly more mature disciple. So even if your current state of discipleship is sobering, don't be discouraged. If someone like me can learn and grow through all the failures and mistakes I've made, it is possible for anyone to make progress.

Here are some observations to help you better understand your assessment results.

Emotional infant. I look for other people to take care of me emotionally and spiritually. I often have difficulty in describing and experiencing my feelings in healthy ways and rarely enter the emotional world of others. I am consistently driven by a need for instant gratification, often using others as objects to meet my needs. People sometimes perceive me as inconsiderate and insensitive. I am uncomfortable with silence or being alone. When trials, hardships, or difficulties come, I want to quit God and the Christian life. I sometimes experience God at church and when I am with other Christians, but rarely when I am at work or home.

Emotional child. When life is going my way, I am content. However, as soon as disappointment or stress enter the picture, I quickly unravel inside. I often take things personally, interpreting disagreements or criticism as a personal offense. When I don't get my way, I often complain, withdraw, manipulate, drag my feet, become sarcastic, or take revenge. I often end up living off the spirituality of other people because I am so overloaded and distracted. My prayer life is primarily talking to God, telling him what to do and how to fix my problems. Prayer is more a duty than a delight.

Emotional adolescent. I don't like it when others question me. I often make quick judgments and interpretations of people's behavior. I withhold forgiveness from those who sin against me, avoiding or cutting them off when they do something to hurt me. I subconsciously keep records on the love I give out. I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself. I sometimes find myself too busy to spend adequate time nourishing my spiritual life. I attend church and serve others but enjoy few delights in Christ. My Christian life is still primarily about doing, not being with him. Prayer continues to be mostly me talking with little silence, solitude, or listening to God.

Emotional adult. I respect and love others without having to change them or becoming judgmental. I value people for who they are, not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals, and actions. I can state my own beliefs and values to those who disagree with me—without becoming adversarial. I am able to accurately self-assess my limits, strengths, and weaknesses. I am deeply convinced that I am absolutely loved by Christ and do not look to others to tell me I'm okay. I am able to integrate *doing* for God and *being* with him (Mary and Martha). My Christian life has moved beyond simply serving Christ to loving him and enjoying communion with him.

GROUP MEETING

Daily Office (10 minutes)

Do one of the Daily Offices from Week 1 of *Emotionally Healthy Relationships Day by Day* to begin your session. **(Leaders, please see point number two in the “General Guidelines” on page 164.)**

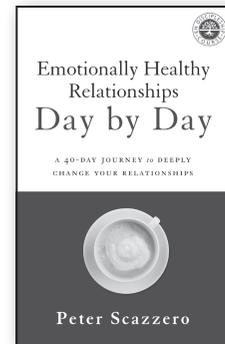
Introduction (2 minutes)

The essence of true Christian spirituality is to love well. This requires that we experience connection with God, with ourselves, and with other people. God invites us to practice his presence in our daily lives.

At the same time, he invites us to “practice the presence of people,” within an awareness of his presence, in our daily relationships. Sadly, the two are rarely brought together.²

The Christians in the church in Corinth failed to make that connection. They were zealous, diligent, and absolutely committed to having God as Lord of their lives. They had the faith to move mountains, gave great amounts of money to the poor, and were incredibly gifted, but they did not love people. They did not link loving God to loving people.

Jesus always integrated the presence of God with the practice of loving people. He summarized the entire Bible for us in light of this unbreakable union: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments” (Matthew 22:37–40).



Growing Connected (10 minutes)

1. Take a minute each to share your name, what you hope to get out of this Course, and what makes you feel fully alive.

Bible Study (10 minutes)

The Corinthian church was a gifted, influential, intelligent (high IQ—intellectual intelligence) church that was weak in its ability to love well (low EQ—emotional intelligence). Read aloud 1 Corinthians 13:1–3 (NRSV):

If I speak in the tongues of mortals and of angels, but do not have love, I am a noisy gong or a clanging cymbal. 2 And if I have prophetic powers, and understand all mysteries and all knowledge, and if I have all faith, so as to remove mountains, but do not have love, I am nothing. 3 If I give away all my possessions, and if I hand over my body so that I may boast, but do not have love, I gain nothing.

2. How do you understand the words, “If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, *I am nothing*” (emphasis added)?
3. How might this passage clash with your understanding of spiritual maturity?
4. As you think back over the past week, can you give one or two examples of how you separated your love for God from your love for people?

▶ **VIDEO: Take Your Community Temperature Reading** (23 minutes)

Video Notes

Something Was Wrong; Something Was Missing

- People were growing in their love for God, but it wasn't translating into their love for other people.
- The quality of love inside the church was not really that different from the quality of love outside the church.
- What is missing in our spiritual formation/discipleship and the way we handle our relationships?

Getting Discipled in How to Love like Jesus

- Emotional health and spiritual maturity are inseparable. It is not possible to be spiritually mature while remaining emotionally immature.

“Love the Lord your God with all your heart and with all your soul and with all your mind.” . . . And the second is like it: “Love your neighbor as yourself.”
(Matthew 22:37–39)

- Loving God AND loving others is the essence of true spirituality.

If I speak in the tongues of mortals or of angels, but do not have love . . . and if I have a faith that can move mountains, but do not have love, I am nothing.
(1 Corinthians 13:1–2)

- Love, not knowledge or gifts, is the only true measure of our spiritual maturity.
- Every Christian needs practical skills in how to do relationships in the new family of Jesus.
- The skills you will learn unlock the application of Scripture for every day life.
- The skills must be experienced and practiced to take root in our lives.

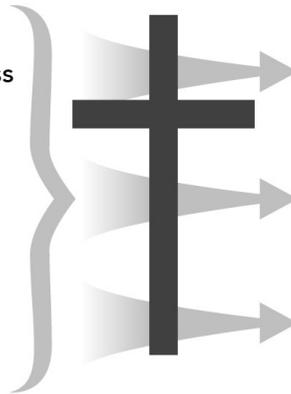
Eight Emotionally Healthy Skills

1. The Community Temperature Reading (CTR)
2. Stop Mind Reading and Clarify Expectations
3. Genogram Your Family
4. Explore the Iceberg
5. Incarnational Listening
6. Climb the Ladder of Integrity
7. Clean Fighting
8. Develop a Rule of Life to Implement Emotionally Healthy Skills

RELATIONSHIPS IN THE NEW FAMILY OF JESUS

**From BROKENNESS
(Genesis 3)**

Defensive
Low in self-awareness
Isolated
Quick to blame
Reactive
Fearful
Self-absorbed
Addicted
Dishonest

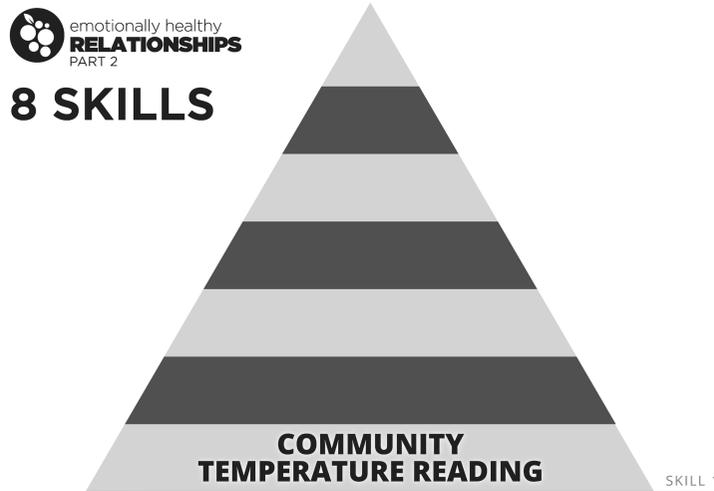


**To WHOLENESS
(Genesis 1 and 2)**

Approachable
High in self-awareness
Connected
Quick to take responsibility
Non-reactive
Courageous
Self-giving
Free
Honest

Community Temperature Reading (CTR): What Is It?

- This is the building block for the rest of the skills that follow.
- **The purpose: To express your God-given power and voice and to build healthy relationships with others.**
- This is the foundational building block for the rest of the skills, the beginner skill with training wheels.



The Five Categories

1. Appreciations
 - We think them in our heads but often only say them when someone has gone above and beyond the call of duty.
 - Some families and cultures never express appreciations.
 - God wired our brains to give and receive appreciations.
 - e.g., “I appreciate you putting out the garbage twice a week.”
 - e.g., “I appreciate you arriving early and getting the coffee ready before the meeting.”
2. Puzzles
 - We use them when we are tempted to make negative assumptions about people, especially when we don’t have all the information.

- Puzzles prevent us from jumping to conclusions and negatively interpreting what is going on around us.
- Puzzles give us an opportunity to slow down and ask questions instead of making judgments.
- *Puzzle* is a loving word.
 - e.g., Instead of being upset and not saying anything at all or angrily saying, “Why didn’t you return my phone call?” you can say, “I’m *puzzled* as to why you didn’t return my phone call.”
 - e.g., Instead of remaining silent and annoyed that a friend arrived 20 minutes late for a lunch date, you say, “I’m *puzzled* why you are 20 minutes late.”

3. Complaints with Possible Solutions

- All relationships have complaints or things we don’t like. This is normal.
- Two challenges with complaints: (1) Some of our families grew up with an unwritten rule: If you don’t have anything nice to say, don’t say anything at all. (2) It is very easy to complain and not take *any* responsibility for a possible solution.
- The purpose of “Complaints with Possible Solutions” is to help you with small irritations and annoyances that arise each day.
- Use the phrase “I notice . . . and I prefer . . .”³
 - e.g., “*I notice* you often leave the lights on in our apartment when you leave, and *I prefer* you turn them off.”
 - e.g., “*I notice* our meetings start late, and *I prefer* we start at the agreed upon time.”
- The person with the complaint takes responsibility for a possible solution.
- Keep complaints light in this first skill—the Community Temperature Reading.

4. New Information

- This can take many forms—events, appointments, new decisions, achievements, opportunities, or activities. Relationships can only grow when people know what is happening in each other’s lives, both the trivial as well as the important.

e.g., “Our professor moved the exam so I can go to the movies this week.”

e.g., “I’m exploring a different job within my company!”

5. Hopes and Wishes

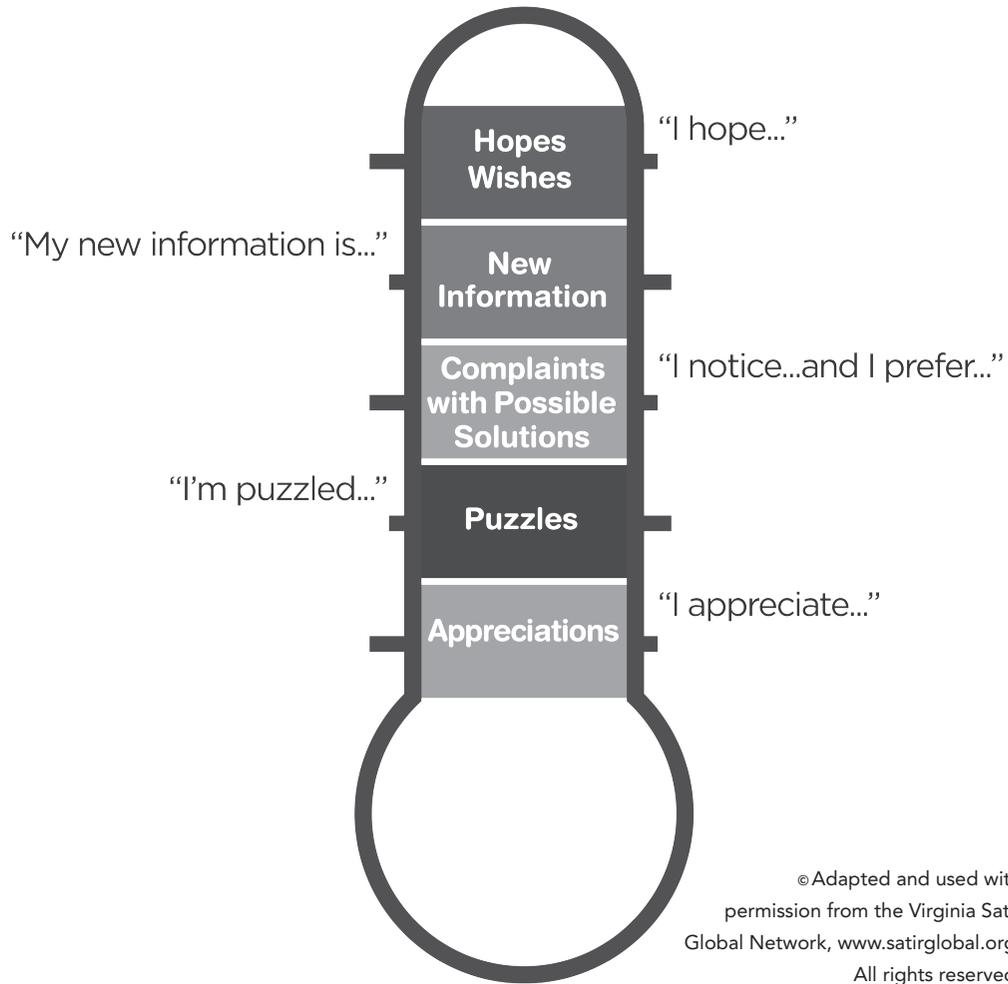
- Hopes and wishes offer windows into our unique souls, revealing significant parts of who we are.
- Our relationships deepen when we share our hopes and dreams with one another.

e.g., “I hope we can continue our rhythm of visiting one National Park a year.

e.g., “I hope to sleep in and get some extra rest this weekend.

MODELING: Community Temperature Reading (CTR)

⏸ *Pause the Video*



Workbook Activities (20 minutes)

Partner Activity: CTR (10 minutes)

1. Pair up with one other person—or with two others if there is an uneven number in your group. In order to make the practice of this skill real, **role-play with your partner if needed**, letting them know who they are filling in for (e.g., a friend, boss, coworker, sibling) in each of the categories.
2. Review the Guidelines for the CTR:
 - Face each other as you share.
 - Take turns sharing back and forth.
 - Keep sharing light and brief.
 - Use only the sentence stems given.
 - Do not interrupt or respond. Only respond to puzzles or complaints with a few words if appropriate.
3. Using the graphic of the Community Temperature Reading on page 30, begin at the bottom of the thermometer, with “Appreciations,” and take turns.
4. Work on only one category at a time. Feel free to skip a category if nothing comes to your mind.
5. Keep it light, especially with the “Complaints and Possible Solutions.”

Small Group Sharing (10 minutes)

In groups of three or four:

1. How did your family of origin share appreciations? Complaints? Hopes and wishes?
2. What was it like for you to express yourself in these different categories?
3. Which was easiest for you? Which was most difficult for you?

▶ **VIDEO: Closing Summary** (7 minutes)

Video Notes

What we learned about how to do relationships is deeply ingrained in us—especially under stress. Each category helps us rediscover our dignity, power, and voice:

- *Appreciation* say: “I see you.”
- *I’m puzzled* says: “I won’t bear false witness against you.”
- *I notice . . .* and *I prefer* says: “I can assert my God-given dignity in a way that respects you.”
- *New information* says: “What is going on in my life is important.”
- *Hopes and wishes* say: “I am a human being with longings.”

The CTR is a flexible, elastic tool that can be used one-on-one or in a group setting.

It can be used with children/families, with friends, at the workplace, in classrooms, or in small groups or ministries.

How it is used is dependent on two factors:

1. Time: How much time do you have? Feel free to use only one or two elements if time is limited.
2. Environment: If there is a lot of tension in the group, you may want to skip “Complaints and Possible Solutions.”

One final caution: The CTR is a tool that can be used to build something or as a weapon.

“It is not money, achievement, or status that leads to happiness. The single greatest factor that leads to health and happiness is good relationships.”

Harvard Longitudinal Study on Happiness

Remember: When we try to love in our own strength, we discover we can’t. We need Jesus’ love to flow *into* us if it is to flow *out* of us.

34 Emotionally Healthy Relationships Workbook

That is why developing and deepening your relationship with Jesus by using *EH Relationships Day by Day* is core to this Course.

HOMework

1. Practice the Community Temperature (CTR) 2–3x this week (and throughout the Course).
2. Pray/read Week 1 in *Emotionally Healthy Relationships Day by Day*.

Optional Session Wrap-up (5 minutes)

Together with your small group, ask any questions of clarification regarding this Session and then briefly close in prayer.

PERSONAL ACTION STEP

Decide when you will practice this skill before the next session. (We recommend two to three times.) Write your response below.

I plan on practicing the CTR:

With whom? _____

When? _____

Between-Sessions Personal Study

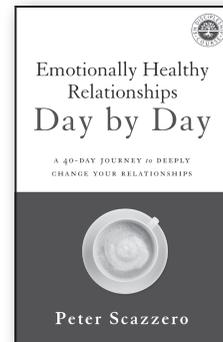
Session One

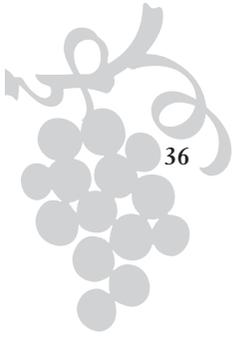
Read the pre-session assignment for Session 2 on pages 40–42. Use the space provided to note any insights or questions you might want to bring to the next group session.

Pray/read Week 1 of the *Emotionally Healthy Relationships Day by Day* devotional, “Take Your Community Temperature Reading.” Use the space provided to answer the Questions to Consider and/or to journal your thoughts each day.

DAY 1 Questions to Consider:

When can you set aside uninterrupted time each day to begin cultivating an awareness of the presence of God?





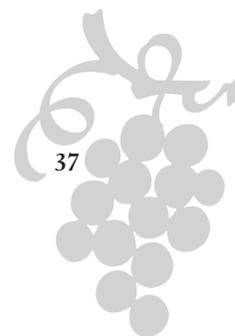
Whose beauty might you be bypassing because you are too busy or distracted?

DAY 2 Questions to Consider:

In what areas of life might your pursuit of “getting things done” or “doing right things” be more important to you than seeking a loving relationship with God and others?

Consider your present balance between solitude and community. To what degree is it adequate for you to be growing in love for God, others, and yourself?





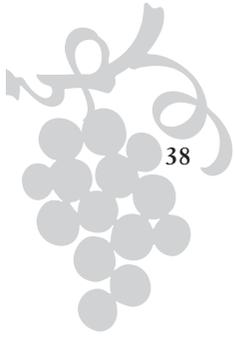
DAY 3 Questions to Consider:

What difference might it make in your day to remember that, in every moment you turn your heart to God—including this very moment—he is waiting for you and loving you first?

Think back over the last few days. In what way(s) did your to-do list, distractibility, or perfectionism keep you from loving and enjoying Jesus or the people around you?

DAY 4 Questions to Consider:

In what subtle or perhaps even unconscious ways might you be judging or despising someone in your life?



In your own life, how might it be true that falling in love with Jesus and staying in love with Jesus will decide everything? How could it change you, as well as your relationships?

DAY 5 Questions to Consider:

What two or three things from the past week are you most thankful for? (For example, good health or healing, people in your life, possessions, opportunities, trials, closed doors, spiritual blessings, etc.) Express your heartfelt gratitude to God for these gifts.

What is your biggest challenge in integrating these two loves in this season of your life?

About the Authors



Geri Scazzero is the author of the bestselling *The Emotionally Healthy Woman*, *The Emotionally Healthy Woman Workbook*, and coauthor of *The Emotionally Healthy Discipleship Course: Part 1 and 2*. She is also, along with her husband Pete, the cofounder of Emotionally Healthy Discipleship, a ministry committed to transforming church culture through the multiplication of deeply changed leaders and disciples.

Geri served on staff at New Life Fellowship Church in New York City for twenty-nine years and now serves on the Emotionally Healthy Discipleship leadership team.

Connect with Geri on Facebook (www.facebook.com/GeriScazzero).

Pete Scazzero is, along with his wife, Geri, the founder of Emotionally Healthy Discipleship. This journey began when Pete founded New Life Fellowship Church in Queens, New York, a large, multiracial church with more than seventy-three countries represented—where he served as the senior pastor for twenty-six years.

Pete hosts the top ranked Emotionally Healthy Leader podcast and is the author of a number of bestselling books, including *The Emotionally Healthy Leader* and *Emotionally Healthy Spirituality*. He is also the author of *The Emotionally Healthy Discipleship Course: Part 1 and 2* that has transformed tens of thousands of lives around the world. For more information, visit emotionallyhealthy.org or connect with Pete on Twitter, Facebook, or Instagram @petescazzero.

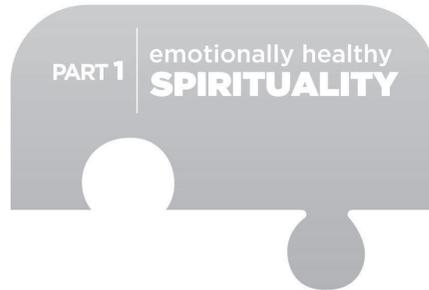


The Emotionally Healthy **DISCIPLESHIP COURSE:** Part 1 & 2

Congratulations on completing
*Emotionally Healthy
Relationships: Part 2*

Now What?!

It's time to begin
*Emotionally Healthy
Spirituality: Part 1*



COURSE CONTENT INCLUDES:

Session 1: The Problem of Emotionally Unhealthy Spirituality

Session 2: Know Yourself That You May Know God

Session 3: Going Back in Order to Go Forward

Session 4: Journey through the Wall

Session 5: Enlarge Your Soul through Grief and Loss

Session 6: Discover the Rhythms of the Daily Office and Sabbath

Session 7: Grow into an Emotionally Healthy Adult

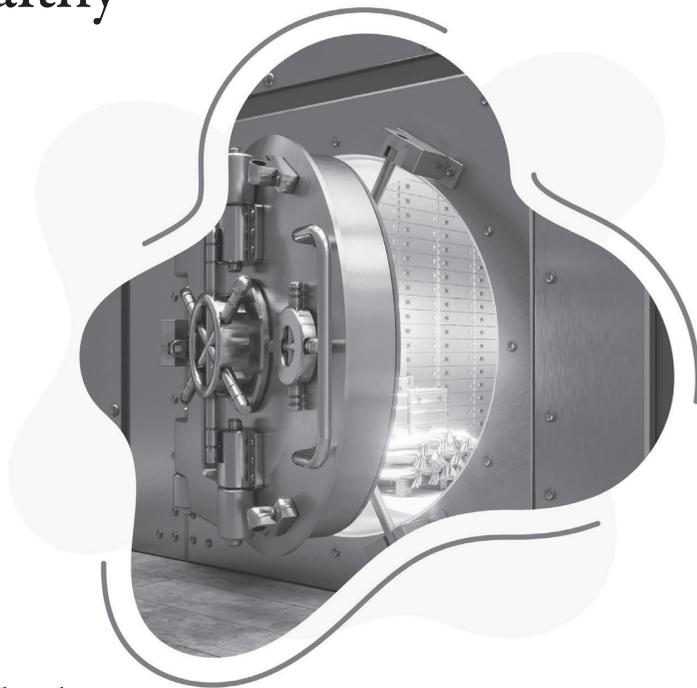
Session 8: Go to the Next Step to Develop a “Rule of Life”



Get started at emotionallyhealthy.org/lead



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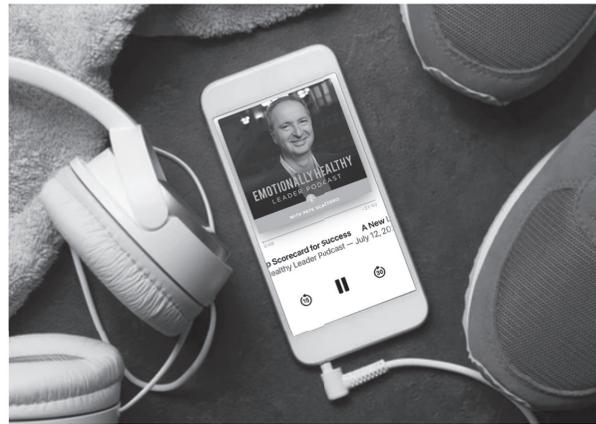
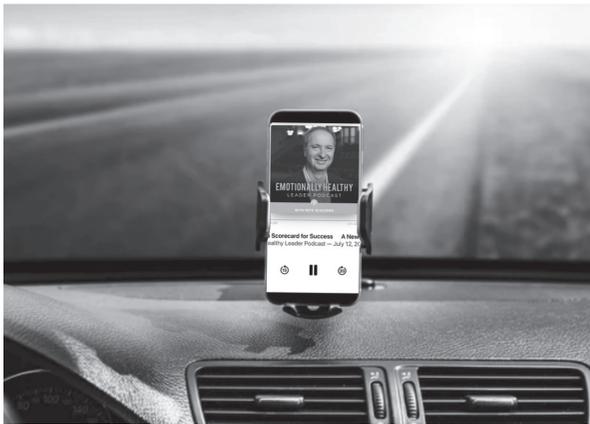
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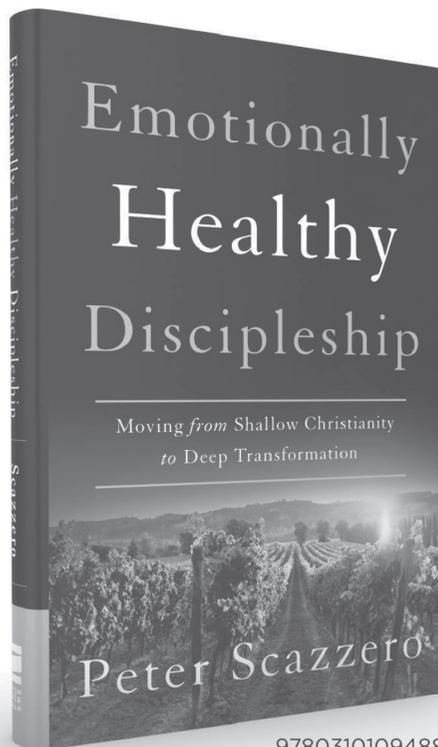
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LEADER
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Go Deeper with Emotionally Healthy Discipleship



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Part 1: The Current State of Discipleship

- The Four Failures that Undermine Deep Discipleship
- The Emotionally Healthy Discipleship Personal Assessment

Part 2: The Seven Marks of Healthy Discipleship

- Be Before You Do
- Follow the Crucified, Not the Americanized, Jesus
- Embrace God's Gift of Limits
- Discover the Treasures Buried in Grief and Loss
- Make Love the Measure of Maturity
- Break the Power of the Past
- Lead Out of Weakness and Vulnerability



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Are you an Emotional Infant, Child, Teen or Adult?



Take the Personal Assessment

**This powerful 15-minute diagnostic tool
enables you to determine your level of maturity.**

This tool was created to help individuals, teams, or churches get a sense of whether their discipleship has touched the emotional components of their lives and, if so, how much. Each stage of emotional maturity is described fully at the end of the assessment.



Take the assessment at emotionallyhealthy.org/mature

How Emotionally Healthy Are You?



CHECKLIST

EMOTIONALLY HEALTHY RELATIONSHIPS

SESSION #	 WORKBOOK	 VIDEO (OR LIVE)	 DAY-BY-DAY
1. Intro & Community Temperature Reading (CTR)	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 1	<input type="checkbox"/> Watch Session 1	<input type="checkbox"/> Prayerfully read Intro & Week 1
2. Stop Mind Reading and Clarify Expectations	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 2	<input type="checkbox"/> Watch Session 2	<input type="checkbox"/> Prayerfully read Week 2
3. Genogram Your Family	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 3	<input type="checkbox"/> Watch Session 3	<input type="checkbox"/> Prayerfully read Week 3
4. Explore the Iceberg	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 4	<input type="checkbox"/> Watch Session 4	<input type="checkbox"/> Prayerfully read Week 4
5. Incarnational Listening	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 5	<input type="checkbox"/> Watch Session 5	<input type="checkbox"/> Prayerfully read Week 5
6. Climb the Ladder of Integrity	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 6	<input type="checkbox"/> Watch Session 6	<input type="checkbox"/> Prayerfully read Week 6
7. Clean Fighting	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 7	<input type="checkbox"/> Watch Session 7	<input type="checkbox"/> Prayerfully read Week 7
8. Develop a “Rule of Life” Plan	<input type="checkbox"/> Read Introduction <input type="checkbox"/> Fill out Session 8	<input type="checkbox"/> Watch Session 8	<input type="checkbox"/> Prayerfully read Week 8

Congratulations on completing **Emotionally Healthy Relationships**, the second half of the EH Discipleship Course.

Go to emotionallyhealthy.org to receive your **Certificate of Completion.**

