

INTRODUCTION LETTER

Congratulations! You have made a wonderful step toward improving your relationship toward God, your spouse, your family and others.

To get the most of your time and money please:

- *Now*, print 1 copy of this Prep Packet for yourself and 1 for your partner on 3-holed paper, making sure to print single-sided and not double sided.
- It is quite important to put each packet in a separate *3 ring binder* (punch holes in paper if needed).
- *Start early* and allow a minimum of 2-3 hours to complete the preparatory assignments. What you do not complete *before* coming you may have to complete *during* counseling time. This may result in needing to add more counseling time.
- *Be on time*, or you may lose out on valuable counseling time.
- *Remember our cancellation policy*.

HOW TO BEST PREPARE FOR YOUR SESSIONS

To prepare for an initial session of 2-3 hours please complete sections:

Section 1: Client Information Form

Section 2: My Goals Worksheet

Section 3: Spiritual Gift Survey

* Each bring your own Bible (preferably the New American Standard Updated version).

To prepare for a **3-Day Marriage Clinic** or a **3-Day Accelerated Marriage Counseling** session please complete sections:

Section 1: Client Information Form

Section 2: My Goals Worksheet

Section 3: Gift Survey

Section 4: Ways My Partner Hurt Me

Section 5: Ways I Hurt My Partner

* Each bring your own Bible (preferably the New American Standard Updated version).

If you have any questions please feel free to contact Terry Elkins at terry@christwaycounseling.com or 832-358-0900.

SECTION 1: CLIENT INFORMATION FORM

Date: _____ How did you hear CCC? Name: _____

 -
 Family / Friend Church Seminar / Workshop Other: _____
 Former Client Internet Media Advertising

WOMEN

 Name: _____ / _____ / _____
 Last First Middle

 Address: _____ / _____ / _____ / _____
 Street City State Zip

Telephone: Cell _____ Work _____ Home _____

 Single Separated Married / Wedding Date: _____ Remarried Divorced Widowed

 Employer: _____ Full Time Part Time Self- Employed

Nature of Work: _____ Age: _____ E-Mail: _____

Church Attended: _____ Denomination: _____ Sr. Pastor Name: _____

MEN

 Name: _____ / _____ / _____
 Last First Middle

 Address: _____ / _____ / _____ / _____
 Street City State Zip

Telephone: Cell _____ Work _____ Home _____

 Single Separated Married / Wedding Date: _____ Remarried Divorced Widowed

 Employer: _____ Full Time Part Time Self- Employed

Nature of Work: _____ Age: _____ E-Mail: _____

Church Attended: _____ Denomination: _____ Sr. Pastor Name: _____

PRIMARY FEE SCHEDULE

90791	Diagnostic Interview, 2 Ho	\$ 350
90832	Psychotherapy, 30 Mi	\$ 175
90834	Psychotherapy, 45 Mi utes	\$ 131.25
90837	Psychotherapy, 60 Minutes	\$ 175
9904	Telephone Consultation, Prorated Per Minut	\$ 2.92 / Minute
90853	Group Therapy	\$ 35 / Hour Per Couple
90825	Evaluation of Data for Diagnostic Purposes, Prorated Per Minute	\$ 2.92 / Minute
99080	Preparing Special Report, Proofing Documents	\$ 2.92 / Minute

PAYMENT INFORMATION

- **Payment:** For 3-Day Marriage Clinic and Accelerated Marriage Counseling (AMC), payment must be paid at time of scheduling. All other appointments must be paid at the end of the session by credit card (Visa, MasterCard only, not American Express or Discover), debit card, check, money order, check or cash.
- **Insurance Reimbursement:** You will be given a coded receipt (when your bill is paid in full), which you can file with your insurance company for reimbursement. CCC does not file insurance on your behalf. It is important that you take full responsibility for understanding and how best to use your insurance. Check FAQ on CCC website for helpful questions and tips on handling your insurance.

ALL CLIENTS MUST COMPLETE THIS INFORMATION
(Even if you have already submitted information and / or paying by check or cash)

• **I will be paying by:** ___ MasterCard ___ Visa ___ Debit Card ___ Check ___ Cash

Card Number: _____ Expiration Date: _____

Exact Name on Card: _____ 3 Digit # on back of card: _____

Address your Credit Card sends statement to:

Street Address: _____

City: _____ State: _____ Zip: _____

CANCELLATION & NO SHOW POLICY

Please read the following notice carefully and prayerfully. While our mission at Christway Counseling Center is a Christian one, it is also our livelihood. Because we book much larger blocks of time than one-hour-based counseling providers, we simply cannot offer refunds on cancellations. This is not intended to be uncaring or harsh; it is a business reality we must deal with, and one that you choose to accept when making an appointment with Christway Counseling Center. Thank you for understanding and agreeing to these terms.

Our counseling approach is different from that of therapists who work with many clients in short increments of time (e.g., 45 minutes). We take only a few select clients at a time and give them very thorough and intensive treatment. Usually there is a therapeutic reason for the times we schedule in order to maximize full use of assignments given. Our approach is highly successful, but it requires commitment. Priority is given to those who keep appointments in a timely manner.

When you schedule your appointment, we guarantee that time for you and turn down other potential clients during that time—often referring them out. We ask you for the same commitment. *Unfortunately, we cannot accept tentative appointments.* Because most of our counseling involves multiple-hour sessions (with only four or five clients), we strongly enforce the following policy(ies):

CANCELLATION POLICY FOR 3-DAY MARRIAGE CLINIC: Full payment by credit card is required at time of registration. We strongly enforce a no-cancellation policy without exception, including emergencies. If unable to attend the clinic for which you registered, you may attend either one of the next two clinics. If space is not available at either of the two following clinics, we can make arrangements for you to attend a future clinic.

CANCELLATION POLICY FOR MONTHLY MARRIAGE ENRICHMENT GROUP: Full payment by credit card for all six months is required at time of registration. We strongly enforce a no-cancellation policy without exception, including emergencies. If unable to attend one of your six groups, we cannot offer you a refund or alternative date.

CANCELLATION POLICY FOR ALL OTHER COUNSELING SERVICES: Payment of one-half (1/2) of your counseling costs is required at time of registration, and the balance is due at the completion of counseling. We strongly enforce a no-cancellation policy without exception, including emergencies. If you do not show or if you cancel, you will be charged the full amount. Though you will be charged for cancelling or not showing, your fee may be applied to one of the next Two-Day Marriage Clinics (space permitting).

Future sessions will not be made if client has an outstanding balance. Therapist's and coaches reserve the right to decline further services if client cancels or does not show for appointments.

PAYMENT AGREEMENT: I understand and agree to the above payment policy, including the cancellation policy(ies). I am fully aware that my credit card will be charged as described above—even if I choose to cancel or not attend.

Man's signature: _____ Date: _____

Woman's signature: _____ Date: _____

INFORMED CONSENT

CCC offers counseling by Licensed Therapists and by Marriage Coaches (according to your requests). We offer counseling / coaching from a Christian Perspective using biblical principles to help individuals struggling with a variety of issues. Karl is licensed by the state of Texas as a Licensed professional Counselor (LPC). He has a Master's Degree in Counseling and a Master's in Theology. He has a PhD that is not accredited in the state of Texas.

Terry is not licensed by the state as a professional counselor, but offers skilled and gifted coaching and mentoring from a pastoral perspective.

We believe a healthy life comes from an intimate relationship with God and others. Therapy can last anywhere from a few weeks to several years, depending on the complexity of the issue(s) addressed. Most people find therapy very helpful. However, depending on the nature of your difficulty, you might also experience uncomfortable emotions such as anger, fear, and frustration during the course of counseling / coaching. While your counselors cannot remove these feelings from you, they will attempt to help you through them, or make recommendations to another counselor. You are free to discontinue therapy at any time. Occasionally, therapists elect to discontinue therapy. This usually happens when they feel no substantial progress is being made or other factors are interfering with their ability to help you.

IMPORTANT INFORMATION ABOUT CONFIDENTIALITY

We do not hold to the typical agreement of confidentiality. Believing that *“in the abundance of counselors there is wisdom”* (Prov. 11:14), we believe that healing often involves a healing community that includes fathers, mothers, spouses, children, pastors and close friends. That means that we will not hold to confidentiality in many situations including (though not limited to these situations): indications of bodily harm to others or self; involvement in a felony; suicidal intentions; and reasonable evidence of child / elder abuse or neglect. For example, if an AIDS infected person were transmitting that deadly disease to someone not aware of the potentially life threatening situation, we would encourage you to tell them. If you did not, we believe in saving a life by telling that person. Or if a pastor is living in adultery, we would encourage him to tell his elder / deacon board, and if not, we would, as directed in Scripture. We practice the belief that there are situations in which your Church, family or friends should be involved for counsel, interventions, church discipline, opportunities of service and other situations.

As of November 2011, we have seen over 3500 clients and only once had to use the above stated exceptions to confidentiality. However, we believe it necessary to retain the responsibility to do so if it is prescribed in Scripture or in the best interest of God, others and you to do so. It would be impossible for us to apply all the principles of the Bible if we agree to the secular concept of confidentiality; therefore, you retain the responsibility for what you choose to share with us.

I understand and agree to the above policy regarding confidentiality:

Signature of man: _____ Date: _____

Signature of woman: _____ Date: _____

COUNSELING / COACHING AGREEMENT

At CCC we believe counseling and / or coaching is a process whereby a person seeks to resolve personal, interpersonal, and / or spiritual difficulties with the assistance of another caring individual. Your counselor / coach will bring to the sessions his or her knowledge and experience, but the ultimate responsibility for growth and change rest with the client(s). You are invited at any time to ask questions about your counselor / coach, his or her methods, and / or the direction that the counseling / coaching is headed. The costs for services are attached to this form. Sessions last from 2 – 8 hours a day and can cover 1 – 4 days. You are not obligated to complete a specified number of sessions, only the ones you have agreed to.

ARBITRATION AGREEMENT

CCC is a counseling / coaching center staffed by Christians. In accordance with 1 Corinthians 6 and other passages, we require anyone receiving counseling / coaching from CCC to agree to settle any controversy or claim arising from participation in our counseling / coaching out of court, by mediation and / or arbitration. Mediation is an informal, non-binding settlement process that does not use witnesses or exhibits as evidence. Arbitration is a formal

procedure like a trial where witnesses testify under oath and exhibits are utilized. The arbiter makes a decision after the conclusion of the arbitration as to which party's position is correct and whether either party is entitled to a damage award. You are entitled to, and encouraged to seek the advice of independent counsel with regard to the terms and condition of this agreement. The signatures below indicate the undersigned have found such advice or they are waiving their right to do so.

CONSENT TO COACHING / MENTORING

Therapists often use their wives or other pastoral type counselors / coaches to provide a team approach to your treatment. Although, the licensed counselor is usually the lead facilitator, the coach is often very valuable in adding a different perspective (i.e. different gender, spiritual gifting, background, ethnicity, stage of life . . .). For example, a woman client often will feel more comfortable by having another woman present. Since the Bible says that "*older women . . . encourage the younger women*" (Titus 3:3-5), we employ these and other principles in the therapeutic process.

___ I agree to have a coach assisting. ___ I do not agree to have a coach assisting.

Man's signature: _____ Date: _____

Woman's signature: _____ Date: _____

SECTION 2: MY GOALS

This section *must* be completed *before* counseling can begin. If not, we will need to take up counseling time to complete this section.

You are hiring us for a service, what 5 things are you most hoping we can help with. In other words, at the end our time together, what are you hoping will happen. Be specific enough to know that we did or did not accomplish your specific goals.

Goal	What specifically would have to happen for the goal to be accomplished? I would know my goal were accomplished if:
1.	
2.	
3.	
4.	
5.	

SECTION 3: SPIRITUAL GIFT SURVEY

Name: _____ Date: _____

Summary (complete after taking test)

- | | |
|-------------------------------------|-----------------------------------|
| 1. My highest score was: _____ | and the section number was: _____ |
| 2. My next highest score was: _____ | and the section number was: _____ |
| 3. My next highest score was: _____ | and the section number was: _____ |
| 4. My next highest score was: _____ | and the section number was: _____ |
| 5. My next highest score was: _____ | and the section number was: _____ |
| 6. My next highest score was: _____ | and the section number was: _____ |
| 7. My next highest score was: _____ | and the section number was: _____ |

This is not an examination or test. It is a survey. Circle your answer to each question on the scale from 0 to 5 according to the legend below. Answer as accurately as possible and do not leave any question unanswered. The Spiritual Gift Survey is designed such that some questions may be difficult or confusing to you. Please double check your math.

0. True 0-19% of the time
1. True 20-39% of the time

2. True 40-59% of the time
3. True 60-79% of the time

4. True 80-90% of the time
5. True 91-100% of the time

Section 1

- | | |
|---|-------------|
| 1. Do you need to express your Christian testimony, or message, by speaking it? | 0 1 2 3 4 5 |
| 2. Do you possess the ability to discern the character and motives of people? | 0 1 2 3 4 5 |
| 3. Do you enjoy studying the Bible with more a view to presenting what you learn than to clarify and prove that which has been taught? | 0 1 2 3 4 5 |
| 4. Do you have the capacity to identify, define, or hate evil? | 0 1 2 3 4 5 |
| 5. Are you willing to experience brokenness in order to prompt brokenness in others? | 0 1 2 3 4 5 |
| 6. When speaking to a group, do you receive greater joy from seeking an immediate response or commitment than you do in the opportunity to counsel as a result of speaking? | 0 1 2 3 4 5 |
| 7. Do you depend on Scriptural truth to confirm your authority? | 0 1 2 3 4 5 |
| 8. Do you seek outward evidences to demonstrate a person's inward conviction? | 0 1 2 3 4 5 |
| 9. Are you known to have a directness, frankness, and / or persuasiveness in speaking? | 0 1 2 3 4 5 |
| 10. Are you concerned for the reputation and program of God? | 0 1 2 3 4 5 |
| 11. Do you ever experience an inward weeping and personal identification with the sins of those you talk with? | 0 1 2 3 4 5 |
| TOTAL | _____ |

Section 2

- | | |
|---|-------------|
| 1. Do you have the ability to recall specific likes and dislikes of people? | 0 1 2 3 4 5 |
| 2. Are you quick to see and meet needs for practical help? | 0 1 2 3 4 5 |
| 3. Do you enjoy short-range projects more than long-range ones? | 0 1 2 3 4 5 |
| 4. Do you find, when helping to meet practical needs of others, that you have good physical stamina and can disregard your weariness? | 0 1 2 3 4 5 |
| 5. Are you willing to use personal funds to meet needs and avoid delay? | 0 1 2 3 4 5 |
| 6. Do you desire to be able to sense sincere appreciation and to detect insincerity? | 0 1 2 3 4 5 |
| 7. Are you more comfortable in helping to meet other people's practical needs more than their mental and emotional needs? | 0 1 2 3 4 5 |
| 8. Do you like to do more than the job requires? | 0 1 2 3 4 5 |
| 9. Do you tend to be involved in a variety of activities with an inability to say "no"? | 0 1 2 3 4 5 |
| 10. Do you have more joy in giving to meet practical needs than in giving to a specific ministry? | 0 1 2 3 4 5 |
| 11. Are you frustrated when limitations of time are attached to jobs? | 0 1 2 3 4 5 |
| TOTAL | _____ |

Section 3

- | | |
|--|-------------|
| 1. Would you be happier studying for a Bible lesson than in presenting that lesson? | 0 1 2 3 4 5 |
| 2. Is it important to you to emphasize accuracy in the use of words? | 0 1 2 3 4 5 |
| 3. Do you find yourself testing the knowledge of those who teach you? | 0 1 2 3 4 5 |
| 4. Do you delight in detailed study to help you confirm Biblical truth? | 0 1 2 3 4 5 |
| 5. Do you like to confirm new Bible insights by interpretations already established and accepted? | 0 1 2 3 4 5 |
| 6. If you were to teach a class would you enjoy the preparation time more than the presentation time? | 0 1 2 3 4 5 |
| 7. Do you like to present truth in a systematic order? | 0 1 2 3 4 5 |
| 8. Are you motivated more to uphold correct doctrine than to bring unity and harmony into a group or church? | 0 1 2 3 4 5 |
| 9. In finding solutions to human problems, are you more apt to begin with Scripture and relate it to human experiences than begin with experiences and relate them to the Scripture? | 0 1 2 3 4 5 |
| 10. Do you avoid using illustrations from non-Biblical sources? | 0 1 2 3 4 5 |
| 11. Do you resist the use by others of Scriptural illustrations taken out of context? | 0 1 2 3 4 5 |

TOTAL _____

Section 4

- | | |
|--|-------------|
| 1. Do you normally picture to yourself specific achievement(s) in someone's life and think of action steps to help move toward that goal? | 0 1 2 3 4 5 |
| 2. Do you avoid studying the Bible when such study is not related to practical steps of application? | 0 1 2 3 4 5 |
| 3. Are you more interested in spiritual growth in others for the sake of maturity than you are in eliminating disharmony caused by wrong response? | 0 1 2 3 4 5 |
| 4. Are you able to see how tribulation can produce new levels of maturity? | 0 1 2 3 4 5 |
| 5. When trying to help an individual spiritually, are you more interested in giving them steps of action than in discerning their need for practical help and meeting that need? | 0 1 2 3 4 5 |
| 6. Do you depend on visible response when speaking to individuals or groups to determine whether God has worked? | 0 1 2 3 4 5 |
| 7. In helping a person with a problem, are you more comfortable in counseling them than in meeting their need for practical help? | 0 1 2 3 4 5 |
| 8. Do you often discover insights from human experience, which can be confirmed and amplified in Scripture? | 0 1 2 3 4 5 |
| 9. Do you enjoy those who are eager to follow steps of action? | 0 1 2 3 4 5 |
| 10. Are you grieved when teaching is not accompanied by practical steps of application? | 0 1 2 3 4 5 |
| 11. Are you delighted in personal conferences that result in new understanding of how God's Word applies to life? | 0 1 2 3 4 5 |

TOTAL _____

Section 5

- | | |
|---|-------------|
| 1. Do you have an ability to make wise purchases and investments? | 0 1 2 3 4 5 |
| 2. Do you prefer to give money quietly to effective projects and ministries, avoiding pressure of publicity? | 0 1 2 3 4 5 |
| 3. Do you try to use your giving to motivate others to give? | 0 1 2 3 4 5 |
| 4. Are you alert to valid financial needs, which you sometimes fear others will overlook? | 0 1 2 3 4 5 |
| 5. Do you enjoy meeting financial needs without the pressure of appeals? | 0 1 2 3 4 5 |
| 6. Are you very happy when your financial gift is an answer to specific prayer? | 0 1 2 3 4 5 |
| 7. Do you depend on your married partner's counsel, or that of a friend, to confirm the amount of a gift that you want to give? | 0 1 2 3 4 5 |
| 8. Are you concerned that your financial gift be appropriate and suitable as to circumstances, purpose and timing? | 0 1 2 3 4 5 |
| 9. Do you have a desire to feel a part of the work or person to whom you give? | 0 1 2 3 4 5 |
| 10. Do you take a genuine interest in the needs of strangers? | 0 1 2 3 4 5 |
| 11. Do you find it easy to entrust personal assets to others for the furtherance of their ministry? | 0 1 2 3 4 5 |

TOTAL _____

Section 6

1. Do you have the ability to see the overall picture and to clarify long-range goals?	0 1 2 3 4 5
2. When you are responsible for organizing an activity, do you prefer to delegate responsibilities to others rather than performing most of the responsibilities yourself?	0 1 2 3 4 5
3. Are you highly motivated to organize that for which you are responsible?	0 1 2 3 4 5
4. Do you desire to complete tasks as quickly as possible?	0 1 2 3 4 5
5. Do you know where to go for help in order to complete a project?	0 1 2 3 4 5
6. Do you desire harmony in an organization more for the smooth running that results, than for the joy and fellowship which result in a oneness of spirit?	0 1 2 3 4 5
7. Are you able to distinguish between what can or cannot be delegated?	0 1 2 3 4 5
8. Do you tend to stand on the sidelines until those in charge give you a definite responsibility?	0 1 2 3 4 5
9. Do you tend to assume responsibility if no structured leadership exists?	0 1 2 3 4 5
10. Are you willing to endure reaction from workers in order to accomplish the ultimate task of project?	0 1 2 3 4 5
11. Do you wish to move on to new challenges when a previous task is fully completed?	0 1 2 3 4 5
TOTAL	_____

Section 7

1. Can you feel an atmosphere of joy or unhappiness in an individual or group?	0 1 2 3 4 5
2. Is spiritual healing (getting right with God) more important to you than spiritual growth (maturity) in the life of another person?	0 1 2 3 4 5
3. Do you feel an inward attraction towards, and have an understanding of people who are experiencing problems?	0 1 2 3 4 5
4. Are you moved to eliminate hurts and bring spiritual healing to others?	0 1 2 3 4 5
5. Are you more interested in giving a person sympathy than advice?	0 1 2 3 4 5
6. Do you avoid firmness unless you see how it will bring benefit?	0 1 2 3 4 5
7. Are you happier in being able to openly and freely discuss a problem than in designing steps to solve the problem?	0 1 2 3 4 5
8. Are you sensitive to words and actions which will hurt others?	0 1 2 3 4 5
9. Are you able to discern sincere motives in other people?	0 1 2 3 4 5
10. Are you more concerned with the atmosphere of a worship service than with being conducted according to a Scriptural pattern?	0 1 2 3 4 5
11. Do you know what is like to have your spirit "closed" to those who are insincere and insensitive?	0 1 2 3 4 5
TOTAL	_____

After completing this Survey, please calculate each section (*double check your math*) and transfer your scores to the top of the first page, listing the sections with the *highest scores first*.

SECTION 4: SPECIFIC WAYS MY PARTNER HURT ME

Our goal here is for you to learn to use the “NECD Formula Of Communication”™ where “N” stands for need, “E” stands for event that hurt, and “C” stands for the character quality of Christ most violated and “D” is the definition of the character quality.

I.e. “I felt like my need *for respect (N)* was not met when you were *telling me how to drive (E)* it would have meant a lot to me if you would have shown a little more *discretion (C)* which means *“the ability to avoid words actions and attitudes that could result in undesirable consequences (D).”*”

Step 1: List Specific Hurts From Specific Memorable Events.

Alone, without your partner, list in column labeled “step 1” of the following worksheet (SECTION 4: SPECIFIC WAYS MY PARTNER HURT ME) list specific hurtful events which have not been *fully* resolved (even if they have been discussed many times). Be specific enough that your partner can remember the event (i.e. “yes, I remember that we were in the kitchen and . . .”). It is too general to say “you call me bad names.” It is much better to be specific like: “yesterday, in the kitchen before dinner, you called me a witch.”

All hurts need to be resolved, so be exhaustive, writing as many as you can remember. Use additional paper as needed or make copies of the worksheet. If you cannot remember specific events, try harder and think of events where you were angry. Use general events only as a last resort.

Include events which were: selfish, critical, negative, insensitive, disrespectful, abusive, unsupportive, ungrateful, unfaithful, wrong priorities, rejecting, unforgiving.

Example 1: “not taking out the trash last Monday”

Example 2: “getting angry at me for being late for Church”

Step 2: List Which 1 Of The Top 12 Needs Was Not Met

From the sheet “Top 12 Commonly Identified Needs”(see appendix) select the *one* (and only one) need that was most unmet by the event. Many will apply; pick the *one* that best fits. Write this out in column “Step 2.”

Example 1: “support”

Example 2: “respect”

Step 3: List The One Character Quality Of Christ That Was Most Absent.

Study the “49 Character Qualities of Christ” (see appendix) and select the *one* (and only one) character quality that was most violated. Link the hurtful event to the key character quality that was most lacking and write it on your sheet (not just the number). In other words, which one of the 49 character qualities of Christ could your partner have displayed that would have kept you from being hurt. Be sure to look at the definitions, and be thorough, it is important that you wrestle with the subtle differences between these qualities. You may find it helpful to cut the sheet into cards for this project (and others to come).

SECTION 4: SPECIFIC WAYS MY PARTNER HURT ME

Complete steps 1, 2, 3, and 4 listing the specific, memorable ways in which your partner has hurt you on the worksheet. You will need to be able to tell your hurt like this “I felt like my need for _____ was not met when you _____ it would have mean a lot to me if you would have shown a little more _____” Make copies or use extra paper if needed.

Step 4	Step 2 N NEED	Step 1 E EVENT	Step 3 C D CHARACTER QUALITY & DEFINITION
Number Hurts From Biggest To Smallest	Which of the 12 Needs Was Most Unmet?	1 Specific Hurt From 1 Specific Memorable Event	Which 1 of the 49 Character Qualities of Christ was most violated?
	<i>“I felt like my need for _____ was not met . . . “</i>	<i>“. . . when you _____ . . . “</i>	<i>“. . . it would have met a lot to me if you would have shown a little more _____ which means _____</i>
2 nd biggest hurt	Example 1: “I felt like my need for support not met . . . “	“when you did not take out the trash last Monday like you said you would”	“it would have meant a lot to if you would have shown a little more dependability which means (then read definition of dependability from CQ sheet)
1 st biggest hurt	Example 2: <i>“I felt like my need for respect was not met . . . “</i>	“when you angrily yelled at me for being late for church on Sunday morning . . . “	“it would have meant a lot to me if you would have shown a little more discretion which means (read definition of discretion from sheet)

(2ND EXTRA SHEET SECTION 4: SPECIFIC WAYS MY PARTNER HURT ME)

Step 4	Step 2	Step 1	Step 3
	N NEED	E EVENT	C D CHARACTER QUALITY & DEFINITION
Number Hurts From Biggest To Smallest	Which of the 12 Needs Was Most Unmet?	1 Specific Hurt From 1 Specific Memorable Event	Which 1 of the 49 Character Qualities of Christ was most violated?
	<i>“I felt like my need for _____ was not met . . . “</i>	<i>“ . . . when you _____ . . . “</i>	<i>“ . . . it would have met a lot to me if you would have shown a little more _____ which means _____</i>

Most clients take short cuts here and fail to find the one best character quality complaining that it takes too much time. If so, then we must use valuable counseling time to figure it out. Please wrestle with these at home so we do not have to in session.

TIP: Be sure to complete step 1 on the worksheet before step 2 and 3, because if you are not clear about the hurtful event (step 1), it is hard to match it to a need (step 2) or a character quality (step 3).

REMEMBER not to take short cuts here or we will need to add hours to your counseling time.

(1ST EXTRA SHEET SECTION 4: SPECIFIC WAYS MY PARTNER HURT ME)

Step 4	Step 2	Step 1	Step 3
	N NEED	E EVENT	C D CHARACTER QUALITY & DEFINITION
Number Hurts From Biggest To Smallest	Which of the 12 Needs Was Most Unmet?	1 Specific Hurt From 1 Specific Memorable Event	Which 1 of the 49 Character Qualities of Christ was most violated?
	<i>“I felt like my need for _____ was not met . . . “</i>	<i>“ . . . when you _____ . . . “</i>	<i>“ . . . it would have met a lot to me if you would have shown a little more _____ which means _____</i>

SECTION 5: SPECIFIC WAYS I HURT MY PARTNER

Complete steps 1, 2, 3, and 4 again, this time listing the specific events in which you have hurt your partner (instead of how they hurt you) on the worksheet.

In session, not before, you will sincerely confess these known hurts incorporating spirit, mind, emotions, will as you say:

“God has helped me to see how wrong I was when I _____.

How did that wrong make you feel? . . .

I feel sad that I hurt you that way, and I was wrong, would you please forgive me?”

Step 4	Step 2	Step 1	Step 3
	N NEED	E EVENT	C D CHARACTER QUALITY & DEFINITION
Number Hurts From Biggest To Smallest	Which of the 12 Needs Was Most Unmet?	1 Specific Hurt From 1 Specific Memorable Event	Which 1 of the 49 Character Qualities of Christ was most violated?
	<i>“support”</i>	<i>“when I did not help bathe the kids last night”</i>	<i>“initiative which means (read definition of initiative from chart)”</i>

1ST EXTRA SHEET SECTION 5: SPECIFIC WAYS I HURT MY PARTNER

Step 4	Step 2	Step 1	Step 3
	N NEED	E EVENT	C D CHARACTER QUALITY & DEFINITION
Number Hurts From Biggest To Smallest	Which of the 12 Needs Was Most Unmet?	1 Specific Hurt From 1 Specific Memorable Event	Which 1 of the 49 Character Qualities of Christ was most violated?
5 th biggest hurt	<i>“support”</i>	<i>“when I did not help bathe the kids last night”</i>	<i>“initiative which means (read definition of initiative from chart)”</i>

1ST EXTRA SHEET SECTION 5: SPECIFIC WAYS I HURT MY PARTNER

Step 4	Step 2	Step 1	Step 3
	<p style="text-align: center;">N NEED</p>	<p style="text-align: center;">E EVENT</p>	<p style="text-align: center;">C D CHARACTER QUALITY & DEFINITION</p>
<p style="text-align: center;">Number Hurts From Biggest To Smallest</p>	<p style="text-align: center;">Which of the 12 Needs Was Most Unmet?</p>	<p style="text-align: center;">1 Specific Hurt From 1 Specific Memorable Event</p>	<p style="text-align: center;">Which 1 of the 49 Character Qualities of Christ was most violated?</p>
<p>5th biggest hurt</p>	<p><i>“support”</i></p>	<p>“when I did not help bathe the kids last night”</p>	<p>“initiative which means (read definition of initiative from chart)”</p>

2nd EXTRA SHEET SECTION 5: SPECIFIC WAYS I HURT MY PARTNER

Step 4	Step 2	Step 1	Step 3
	N NEED	E EVENT	C D CHARACTER QUALITY & DEFINITION
Number Hurts From Biggest To Smallest	Which of the 12 Needs Was Most Unmet?	1 Specific Hurt From 1 Specific Memorable Event	Which 1 of the 49 Character Qualities of Christ was most violated?
5 th biggest hurt	<i>“support”</i>	“when I did not help bathe the kids last night”	<i>“initiative which means (read definition of initiative from chart)”</i>

IDENTIFY AND MEET THE NEED OF THE MOMENT

(Eph. 4:29)

1. Accept your interpersonal needs (and those of others’).

- Adam’s aloneness proves we have needs (Gen. 2:18).
- The ‘one-another’ commands prove that we have needs.
- Common sense proves that we have needs.
- The “Top 12 Commonly Identified Needs” (see Appendix).
- Core insights about needs.
- Other insights about needs.
- Avoid 3 obstacles to intimacy.
- Objections to “we have needs.”
- Exp. Activity: Pick top 3 needs for self and partner then compare.
- Insights

2. Pursue fulfillment caused by meeting needs (Needs + Met = Fulfillment).¹

3. Avoid frustration caused by unmet needs (Needs - Met = Frustration).

4. Three aspects of intimacy from three Hebrew words for “know” (Jer. 1:5; Psa. 139:23 NIV; Job 29:4 NIV; Prov. 3:32; Job 29:4; Psa. 139:3).

5. Understand that meeting needs yields healthy thinking, positive emotions, productive behaviors and positive outcomes.

¹ *The Pursuit Of Intimacy*, Dr. David and Teresa Ferguson, Dr. Chris and Holly Thurman, Thomas Nelson Publishers, 1993, Nashville, p. 41-43.

6. Understand that not meeting needs yields unhealthy thinking, painful emotions, unproductive behaviors and negative outcomes.

7. Understand our capacity for positive and negative emotions.

8. Understand four ingredients of intimacy.

9. Understand how emotional hurt shuts down four ingredients of intimacy.

10. Experiential Activity: Have we shut down any of the ingredients? If so which ones?

11. Notice symptoms of emotional hurt.

12. Experiential Activity: What's filling your emotional kettle?

13. Know how to heal emotional hurt.

14. Experiential Activity: Commit to healing emotional hurt and draw closer.

RESOLVE KNOWN HURTS THROUGH CONFESSION

1. Confession requires humility

- Validate other's needs with the "\$51 rule."
- Increase humility by acknowledging the "sin gap."
- Expect the awareness of sin to increase.
- Seek to know "blind spots" that hurt spouse / others.

2. Confession requires prioritizing the right ultimate motive.

- Discern your "four motives of living" (1 Jn. 2:16).

3. Confession requires preparing the heart with a "warm-up."

1. "I purpose to have as my ultimate goal to glorify God by becoming more like Christ (Isa. 43:7; Rom. 8:29; 1 Jn. 3:2).
2. "I purpose to seek and know ways that I am not like Christ (Psa. 139:23-24).
3. "I purpose to full apply the "log and speck" principle (to address my un-Christlike ways before addressing partner's; Matt. 7:3-5).
4. "I purpose to be led by the Holy Spirit by "spiritually breathing."²
5. "I purpose to yield ownership of my rights, needs and expectations to God and focus on my responsibilities (Phil. 2:5-11).
6. "I purpose to develop and use the skill of "emotional responding" (Rom. 12:15).

4. Experiential Activity: Confess sincerely known hurts and wrongs incorporating spirit, mind, emotion (i.e. emotional responding) and will.

- "God has helped me to see how wrong I was when I _____.
How did that wrong make you feel? . . .
I feel sad that I hurt you that way, and I was wrong, would you please forgive me?"
- Why this wording is important.

² *Handbook to Christian Maturity*, Dr. Bill Bright.

RESOLVE UNKNOWN HURTS THROUGH INVESTIGATION AND CONFESSION

1. Understand four dimensions of sincere confession and repentance.

2. Use “14 Step Communication Model To Resolve Unknown Hurts” (see Appendix)

- I.e. Example of unproductive conflict resolution communication.
- I.e. Example of productive conflict resolution model.
- I.e. Live example

FULLY FORGIVE YOUR OFFENDERS

1. Overview: Full forgiveness involves spirit, emotion, mind and will.

2. Spirit: Receive and realize God's full forgiveness.

3. Emotion: Healing negative emotions requires that you:

- Face your pain
- Mourn your losses
- Receive comfort
- Example of Jesus

4. Mind: Understand the offense from God's perspective.

- Understand how interpretations of events affect emotions (ABC Theory Of Emotions).
- Discover God's interpretation of events
- Accepts God's chiseling to develop and display Christ-likeness in and through you.
- View your offender as God's agent.
- Replace fear by knowing God through His attributes (names of God).
- Accept God's purposes for suffering.
- Experiential Activity: Discern which specific character qualities God may be wanting to develop in you through the specific trial.
- Specific things God may want to do.
- Distinguish between pardon and forgiveness

5. Will:

- Be a good steward of God's forgiveness and choose to forgive others
- Voluntarily invest into the life of your offender.
- Zaccheus principle

APPRECIATE THROUGH PRAISE

1. The importance of praise.

- Satan's first deception is to influence us to lose a sense of gratefulness (Gen. 3:1).

2. Examples of praise.

3. How to maximize the impact of praise.

- Be sincere
- Praise character vs. achievement
- Be specific
- Be enthusiastic
- Be emphatic
- Be concise
- Praise quickly
- Praise often
- Use good non-verbal communication
- Avoid negatives
- Praise hunt vs. sin hunt
- Share the benefit and impact
- Phrases that encourage
- Other things to avoid

TIME IN STAFF MEETINGS

1. Prioritize and establish time

2. Pray

3. Resolve hurts

4. Establish goals and evaluate progress

- Spiritual
- Marriage
- Children
- Family
- Ministry
- Health
- Financial
- Vocational
- Household
- Social
- Personal

5. Budget

6. Calendar

7. Parenting

8. Character

9. Ministry

COMMITMENT SHEET

Given that I have made a holy marriage covenant (vow) before God and many witnesses to my partner for better or worse, poverty or wealth, in sickness or health till death do us part, I purpose the following:

- 1. I purpose to accept that we all have needs and I will pursue meeting my partner's need of the moment (Eph. 4:20)**
- 2. I purpose to do my part to empty my partner's emotional kettle of hurts (Matt. 5:23-24).**
- 3. I purpose to have as my ultimate goal to be like Jesus Christ, more than "lust of the eyes;" "lust of the flesh" or the "boastful pride of life" (Rom. 8:29; 1 Jn. 2:16)**
- 4. I purpose to walk in the Spirit by spiritually breathing within 5 minutes of needing to, from this day forward (Eph. 5:18; 1 Jn. 1:9).**
- 5. I purpose to continually yield my rights to God and focus on my responsibilities (Phil. 2:5-13).**
- 6. I purpose to continually have a clear conscience with my partner by resolving all known hurts and seeking to discover any unknown hurts and wrongs (2 Tim. 1:3).**
- 7. I purpose to speak the truth in love by using the "NECD Formula" (Eph. 4:15)**
- 8. I purpose to fully forgive my partner (Eph. 4:32).**
- 9. I purpose to go on praise hunts vs. sin hunts (1 Thess. 5:11).**
- 10. I purpose to have a regular staff meeting to resolve hurts and make plans for marriage and family harmony (1 Tim. 3:4)**

Signature: _____ Date: _____

GOALS WORKSHEET

	WHAT	HOW	WHEN
Spiritual			
Marriage			
Children			
Family			
Ministry			
Health			
Financial			
Vocational			
Household			
Social			
Personal			

ACTION LIST

Use this sheet to write down specific things you will do in the future to avoid hurting your spouse.

WHAT	HOW	WHEN
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
15.		
16.		
17.		
18.		
19.		

TOP 12 COMMONLY IDENTIFIED NEEDS¹

- 1. Acceptance:** Receiving another person willingly and unconditionally especially when the other's behavior has been imperfect. Being willing to continue loving another in spite of offenses or differences. (*Rom. 15:7*) *"Therefore, accept one another, just as Christ also accepted us to the glory of God."*

- 2. Admonition:** Constructive guidance in what to avoid; to warn; gentle and friendly reproof. (*1 Thes. 5:14*) *"We urge you, brethren, admonish the unruly, encourage the fainthearted, help the weak, be patient with everyone."*

- 3. Affection:** Expressing care and closeness through physical touch. Saying "I love you." (*Rom. 16:16*) *"Greet one another with a holy kiss . . ." (Mk. 10:16) "And they were bringing children to Him so that He might touch them . . . And He took them in His arms and began blessing them, laying His hands on them."*

- 4. Appreciation:** Expressing gratefulness through thanks, praise or commendation. Recognizing effort or accomplishment. (*Col. 3:15b*) *" . . . and be thankful."* (*1 Cor. 11:2*) *"Now I praise you because you remember me in everything and hold firmly to the traditions just as I delivered them to you."*

- 5. Approval (Blessing):** Expressed commendation; to have or express a favorable opinion of; think and speak well of; building up or affirming another; affirming the fact and importance of a relationship. (*Eph. 4:29*) *"Let no unwholesome word proceed from your mouth, but only such a word that is good for edification according to the need of the moment, so that it will give grace to those who hear."*

- 6. Attention:** Conveying appropriate interest, concern, and care; taking thought of another; entering another's world. (*1 Cor. 12:25*) *"so that there may be no division in the body, but that the members may have the same care for one another."*

- 7. Comfort:** Responding to a hurting person with words, feelings, and touch; to hurt with and for another's grief or pain; to give consolation with tenderness. (*Rom. 12:15b*) *" . . . mourn with those who mourn."* (*Matt. 5:4*) *"Blessed are those who mourn for they will be comforted."*

- 8. Encouragement:** Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (*1 Thes. 5:11*) *"Therefore encourage one another and build up one another . . ." (Heb. 10:24, 25) "and let us consider how to stimulate one another to love and good deeds . . . encouraging one another . . ."*

- 9. Instruction:** Modeling, equipping and training in how to live. (*2 Tim. 3:16*) *"All Scripture is inspired by God and profitable for teaching, reproof, correction and training in righteousness."*

- 10. Respect:** Valuing and regarding another highly; treating another as important; honoring another; conveying great worth. (*Rom. 12:10b*) *"give preference to one another in honor."*

- 11. Security (Peace):** Harmony in relationships; freedom from fear or threat of harm. (*Rom. 12:16, 18*) *"Be of the same mind toward one another . . . If possible, so far as it depends on you, be at peace with all men."*

- 12. Support:** Coming alongside and gently helping with a problem or struggle; providing appropriate assistance; to help carry a load. (*Gal. 6:2*) *"Bear one another's burdens, and thereby full the law of Christ."*

¹ Adapted from *Intimate Encounters* and *Understanding Personal Needs*, Dr. David Ferguson, Relationship Press, 1997, Austin, TX., p.12.

49 CHARACTER QUALITIES OF JESUS CHRIST¹



1. **Alertness vs. unawareness:** Being aware of the physical and spiritual events taking place around me so that I can have the right responses to them.
2. **Attentiveness vs. unconcern:** Showing the worth of a person by giving undivided attention to his words and emotions.
3. **Availability vs. self-centeredness:** Adjusting my personal responsibilities around the needs of those whom I am serving.
4. **Boldness vs. fearfulness:** Confidence that what I have to say or do is true and right and just in the sight of God.
5. **Cautiousness vs. rashness:** Knowing how important right timing is in accomplishing right actions.
6. **Compassion vs. indifference:** Investing whatever is necessary to heal the hurts of others.
7. **Contentment vs. covetousness:** Realizing God has provided everything I need for my present happiness.
8. **Creativity vs. underachievement:** Applying God's wisdom and practical insights to a need or task.
9. **Decisiveness vs. double-mindedness:** The ability to finalize difficult decisions based on the will and ways of God.
10. **Deference vs. rudeness:** Limiting my freedom to speak and act in order not to offend the taste of others.
11. **Dependability vs. inconsistency:** Fulfilling what I consented to do even if it means unexpected sacrifice.
12. **Determination vs. faintheartedness:** Purposing to accomplish God's goals in God's timing regardless of the opposition.
13. **Diligence vs. slothfulness:** Visualizing each task as a special assignment from the Lord and using all my energies to accomplish it.
14. **Discernment vs. judgment:** The God given ability to understand why things happen to others and to me.
15. **Discretion vs. simplemindedness:** The ability to avoid words, actions, and attitudes which could result in undesirable consequences.
16. **Endurance vs. giving up:** The inward strength to withstand the stress to accomplish God's best.
17. **Enthusiasm vs. apathy:** Expressing with my spirit the joy of my soul.
18. **Faith vs. presumption:** Visualizing what God intends to do in a given situation and acting in harmony with it.
19. **Flexibility vs. resistance:** Not setting my affections on ideas or plans, which could be changed by God or others.
20. **Forgiveness vs. rejection:** Clearing the record of those who have wronged me and me allowing God to love them through me.
21. **Generosity vs. stinginess:** Realizing that all I have belongs to God and using it for His purposes.
22. **Gentleness vs. harshness:** Showing personal care and concern in meeting the needs of others.
23. **Gratefulness vs. un-thankfulness:** Making known to God and others in what ways they have benefited my life.

1 *Rebuilder's Guide*, p. 170-175, Institute In Basic Yourth Conflicts.

- 24. Hospitality vs. loneliness:** Cheerfully sharing food, shelter, and spiritual refreshment with those whom God brings into my life.
- 25. Humility vs. pride:** Seeing the contrast between God's holiness and my sinfulness.
- 26. Initiative vs. unresponsiveness:** Recognizing and doing what needs to be done before I am asked to do it.
- 27. Joyfulness vs. self-pity:** Re result of knowing that God is perfecting His life in others through me.
- 28. Justice vs. fairness:** Personal responsibility to God's unchanging laws.
- 29. Love vs. selfishness:** Giving to others' basic needs without having personal rewards as my motive.
- 30. Loyalty vs. unfaithfulness:** Using difficult times to demonstrate my commitment to God and to those whom he has called me to serve.
- 31. Meekness vs. anger:** Yielding my personal rights and expectations to God.
- 32. Obedience vs. willfulness:** Fulfilling instructions so that God and the one I am serving will be fully satisfied.
- 33. Orderliness vs. disorganization:** Arranging my life and surrounding so that God has maximum freedom to achieve His goals through me.
- 34. Patience vs. restlessness:** Accepting a difficult situation from God without giving Him a deadline to remove it.
- 35. Persuasiveness vs. contentiousness:** Using words, which cause the listener's spirit to confirm that he is hearing truth.
- 36. Punctuality vs. tardiness:** Showing respect for other people and the limited time that God has given to them.
- 37. Resourcefulness vs. wastefulness:** Wise use of that which others would normally overlook or discard.
- 38. Responsibility vs. unreliability:** Knowing and doing what God and others are expecting from me.
- 39. Reverence vs. disrespect:** Awareness of how God is working through the people and events in my life to produce the character of Christ in me.
- 40. Security vs. anxiety:** Structuring my life around what is eternal and cannot be destroyed or taken away.
- 41. Self-control vs. self-indulgence:** Instant obedience to the initial prompting of God's Spirit.
- 42. Sensitivity vs. callousness:** Knowing by the prompting of God's Spirit what words and actions will benefit the lives of others.
- 43. Sincerity vs. hypocrisy:** Eagerness to do what is right with transparent motives.
- 44. Thriftiness vs. extravagance:** Not letting myself or others spend that which is not necessary.
- 45. Thoroughness vs. incompleteness:** Realizing that each of our tasks will be reviewed and rewarded by God.
- 46. Tolerance vs. prejudice:** Viewing each person as a valuable individual whom God created and loves.
- 47. Truthfulness vs. deception:** Earning future trust by accurately reporting facts.
- 48. Virtue vs. impurity:** The influence God is having on others through my life regardless of my past failures.
- 49. Wisdom vs. natural inclinations:** Seeing and responding to life situations from God's frame of reference.

49 Character Qualities Of Christ¹

- | | |
|---|--|
| 1. Alertness vs. unawareness | 26. Initiative vs. unresponsiveness |
| 2. Attentiveness vs. unconcern | 27. Joyfulness vs. self-pity |
| 3. Availability vs. self-centeredness | 28. Justice vs. fairness |
| 4. Boldness vs. fearfulness | 29. Love vs. selfishness |
| 5. Cautiousness vs. rashness | 30. Loyalty vs. unfaithfulness |
| 6. Compassion vs. indifference | 31. Meekness vs. anger |
| 7. Contentment vs. covetousness | 32. Obedience vs. willfulness |
| 8. Creativity vs. under-achievement | 33. Orderliness vs. disorganization |
| 9. Decisiveness vs. double-mindedness | 34. Patience vs. restlessness |
| 10. Deference vs. rudeness | 35. Persuasiveness vs. contentiousness |
| 11. Dependability vs. inconsistency | 36. Punctuality vs. tardiness |
| 12. Determination vs. faint-heartedness | 37. Resourcefulness vs. wastefulness |
| 13. Diligence vs. slothfulness | 38. Responsibility vs. unreliability |
| 14. Discernment vs. judgment | 39. Reverence vs. disrespect |
| 15. Discretion vs. simple-mindedness | 40. Security vs. anxiety |
| 16. Endurance vs. giving up | 41. Self-control vs. self-indulgence |
| 17. Enthusiasm vs. apathy | 42. Sensitivity vs. callousness |
| 18. Faith vs. presumption | 43. Sincerity vs. hypocrisy |
| 19. Flexibility vs. resistance | 44. Thriftiness vs. extravagance |
| 20. Forgiveness vs. rejection | 45. Thoroughness vs. incompleteness |
| 21. Generosity vs. stinginess | 46. Tolerance vs. prejudice |
| 22. Gentleness vs. harshness | 47. Truthfulness vs. deception |
| 23. Gratefulness vs. un-thankfulness | 48. Virtue vs. impurity |
| 24. Hospitality vs. loneliness | 49. Wisdom vs. natural inclinations |
| 25. Humility vs. pride | |

¹ *Rebuilder's guide*, Institute In Basic Life Principles, 1982, p. 170-175.

<p>1. Alertness vs. unawareness</p> <p>Being aware of the physical and spiritual events taking place around me so that I can have the right responses to them.</p> <p>Mark 14:28 "But after I have been raised, I will go before you to Galilee."</p>	<p>2. Attentiveness vs. unconcern</p> <p>Showing the worth of a person by giving undivided attention to his words and emotions.</p> <p>Heb. 2:1 "For this reason we must pay much closer attention to what we have heard, lest we drift away from it."</p>
<p>2. Availability vs. self-centeredness</p> <p>Adjusting my personal responsibilities around the needs of those whom I am serving.</p> <p>Phil. 2:20 "For I have no one else of kindred spirit who will genuinely be concerned for your welfare."</p>	<p>4. Boldness vs. fearfulness</p> <p>Confidence that what I have to say or do is true and right and just in the sight of God.</p> <p>Acts 4:29 "And now, Lord take note of their threats, and grant that Thy bond-servant may speak Thy word with all confidence."</p>
<p>5. Cautiousness vs. rashness</p> <p>Knowing how important right timing is in accomplishing right actions.</p> <p>Prov. 19:2 "Also it is not good for a person to be without knowledge, and he who makes haste with his feet errs."</p>	<p>6. Compassion vs. indifference</p> <p>Investing whatever is necessary to heal the hurts of others.</p> <p>1 John 3:17 "But whoever has the world's goods, and beholds his brother in need and closes his heart against him, how does the love of God abide in him?"</p>

<p>7. Contentment vs. covetousness</p> <p>Realizing God has provided everything I need for my present happiness.</p> <p>1 Tim. 6:8 "And if we have food and covering, with these we shall be content."</p>	<p>8. Creativity vs. under-achievement</p> <p>Applying God's wisdom and practical insights to a need or task.</p> <p>Rom. 12:2 "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what the will of God is, that which is good and acceptable and perfect."</p>
<p>9. Decisiveness vs. double-mindedness</p> <p>The ability to finalize difficult decisions based on the will and ways of God.</p> <p>Jam 1:5 "But if any of you lacks wisdom, let him ask God, who gives to all men generously and without reproach, and it will be given to him."</p>	<p>10. Deference vs. rudeness</p> <p>Limiting my freedom to speak and act in order not to offend the taste of others.</p> <p>Rom. 14:21 "It is good not to eat meat or to drink wine, or to do anything by which your brother stumbles."</p>
<p>11. Dependability vs. Inconsistency</p> <p>Fulfilling what I consented to do even if it means unexpected sacrifice.</p> <p>Ps. 15:4 "In whose eyes a reprobate is despised, but who honors those who fear the lord; He swears to his own hurt, and does not change."</p>	<p>12. Determination vs. faint-heartedness</p> <p>Purposing to accomplish God's goals in God's timing regardless of the opposition.</p> <p>2 Tim. 4:7-8 "I have fought the good fight, I have finished the course, I have kept the faith; in the future there is laid up for me the crown of righteousness, which the Lord, the righteous Judge, will award to me on that day; and not only to me, but also to all who have loved His appearing."</p>

<p>13. Diligence vs. slothfulness</p> <p>Visualizing each task as a special assignment from the Lord and using all my energies to accomplish it.</p> <p>Col. 3:23 "Whatever you do, do your work heartily, as for the Lord rather than for men."</p>	<p>14. Discernment vs. Judgment</p> <p>The God-given ability to understand why things happen to others and to me.</p> <p>1 Sam. 16:7 "But the Lord said to Samuel, 'Do not look at his appearance or at the height of his stature, because I have rejected him; for God sees not as man sees, for man looks at the outward appearance, but the Lord looks at the heart.'"</p>
<p>15. Discretion vs. simple-mindedness</p> <p>The ability to avoid words, actions, and attitudes which could result in undesirable consequences."</p> <p>Prov. 22:3 "The prudent sees the evil and hides himself, but the naive go on, and are punished for it."</p>	<p>16. Endurance vs. giving up</p> <p>The inward strength to withstand the stress to accomplish God's best.</p> <p>Gal. 6:9 "And let us not lose heart in doing good, for in due time we shall reap if we do not grow weary."</p>
<p>17. Enthusiasm vs. apathy</p> <p>Expressing with my spirit the joy of my soul.</p> <p>1 Thess. 5:16-16 "Rejoice always; pray without ceasing; in everything give thanks; for this is God's will for you in Christ Jesus. Do not quench the Spirit."</p>	<p>18. Faith vs. presumption</p> <p>Visualizing what God intends to do in a given situation and acting in harmony with it.</p> <p>Heb 11:1 "Now faith is the assurance of things hoped for, the conviction of things not seen."</p>

<p>19. Flexibility vs. resistance</p> <p>Not setting my affections on ideas or plans, which could be changed by God or others.</p> <p>Col 3:2 "Set your mind on the things above, not on the things that are on earth."</p>	<p>20. Forgiveness vs. rejection</p> <p>Clearing the record of those who have wronged me and allowing God to love them through me.</p> <p>Eph. 4:32 "And be kind to one another, tender-hearted, forgiving each other, just as God in Christ also has forgiven you."</p>
<p>21. Generosity vs. stinginess</p> <p>Realizing that all I have belongs to God and using it all for His purposes.</p> <p>2 Cor. 9:6 "Now this I say, he who sows sparingly shall also reap sparingly; and he who sows bountifully shall also reap bountifully."</p>	<p>22. Gentleness vs. harshness</p> <p>Showing personal care and concern in meeting the needs of others.</p> <p>1 Thess. 2:7 "But we proved to be gentle among you, as a nursing mother tenderly cares for her own children."</p>
<p>23. Gratefulness vs. un-thankfulness</p> <p>Making known to God and others in what ways they have benefited my life.</p> <p>1 Cor. 4:7 "For who regards you as superior? And what do you have that you did not receive? But if you did receive it, why do you boast as if you had not received it?"</p>	<p>24. Hospitality vs. loneliness</p> <p>Cheerfully sharing food, shelter, and spiritual refreshment with those whom God brings into my life.</p> <p>Heb. 13:2 "Do not neglect to show hospitality to strangers, for by this some have entertained angels without knowing it."</p>

<p>25. Humility vs. pride</p> <p>Seeing the contrast between God's holiness and my sinfulness.</p> <p>Jam. 4:6 "But he gives a greater grace. Therefore it says, "God is opposed to the proud, but gives to the humble."</p>	<p>26. Initiative vs. unresponsiveness</p> <p>Recognizing and doing what needs to be done before I am asked to do it.</p> <p>Rom 12:21 "Do not be overcome by evil, but overcome evil with good."</p>
<p>27. Joyfulness vs. self-pity</p> <p>The result of knowing that God is perfecting His life in others through me.</p> <p>Prov. 15:13 "A joyful heart makes a cheerful face, but when the heart is sad, the spirit is broken."</p>	<p>28. Justice vs. fairness</p> <p>Personal responsibility to God's unchanging laws.</p> <p>Mic. 6:8 "He had told you, O man, what is good; and what does the Lord require of you but to do justice, to love kindness, and to walk humbly with your God?"</p>
<p>29. Love vs. selfishness</p> <p>Giving to others' basic needs without having personal rewards as my motive.</p> <p>1 Cor. 13:3 "And if I give all my possessions to feed the poor, and if I deliver my body to be burned, but do not have love, it profits me nothing."</p>	<p>30. Loyalty vs. unfaithfulness</p> <p>Using difficult times to demonstrate my commitment to God and to those whom he has called me to serve.</p> <p>John 15:13 "Greater love has no one than this, that one lay down his life for his friends."</p>

<p>31. Meekness vs. anger</p> <p>Yielding my personal rights and expectations to God.</p> <p>Ps. 62:5 "My soul, wait in silence for God only, for my hope is from him."</p>	<p>32. Obedience vs. willfulness</p> <p>Fulfilling instructions so that God and the one I am serving will fully be satisfied.</p> <p>2 Cor. 10:5 "We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ."</p>
<p>33. Orderliness vs. disorganization</p> <p>Arranging my life and surrounding so that God has maximum freedom to achieve His goals through me.</p> <p>1 Cor. 14:40 "But let all things be done properly and in an orderly manner."</p>	<p>34. Patience vs. restlessness</p> <p>Accepting a difficult situation from God without giving Him a deadline to remove it.</p> <p>Rom. 5:3-4 "And not only this, but we also exult in our tribulations, knowing that tribulation brings about perseverance; and perseverance, proved character; and proven character, hope."</p>
<p>35. Persuasiveness vs. contentiousness</p> <p>Using words, which cause the listener's spirit to confirm that he is hearing truth.</p> <p>2 Tim. 2:24 "And the Lord's bond-servant must not be quarrelsome, but be kind to all, able to teach, patient when wronged."</p>	<p>36. Punctuality vs. tardiness</p> <p>Showing respect for other people and the limited time that God has given to them.</p> <p>Eccl. 3:1 "There is an appointed time for everything. And there is a time for every event under heaven----"</p>

<p>37. Resourcefulness vs. wastefulness</p> <p>Wise use of that which others would normally overlook or discard.</p> <p>Luke 16:10 "He who is faithful in a very little thing is faithful also in much; and he who is unrighteous in a very little thing is unrighteous also in much."</p>	<p>38. Responsibility vs. unreliability</p> <p>Knowing and doing what God and others are expecting from me.</p> <p>Rom. 14:12 "So then each one of us shall give account of himself to God."</p>
<p>39. Reverence vs. disrespect</p> <p>Awareness of how God is working through the people and events in my life to produce the character of Christ in me.</p> <p>Prov. 23:17 "Do not let your heart envy sinners, but live in the fear of the Lord always."</p>	<p>40. Security vs. anxiety</p> <p>Structuring my life around what is eternal and cannot be destroyed or taken away.</p> <p>John 6:27 "Do not work for the food which perished, but for the food which endures to eternal life, which he Son of Man shall give to you, for on Him the Father, even God, has set His seal."</p>
<p>41. Self-control vs. self-indulgence</p> <p>Instant obedience to the initial prompting of God's Spirit.</p> <p>Gal. 5:24-25 "Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit."</p>	<p>42. Sensitivity vs. callousness</p> <p>Knowing by the prompting of God's Spirit what words and actions will benefit the lives of others.</p> <p>Rom. 12:15 "Rejoice with those who rejoice, and weep with those who weep."</p>

<p>43. Sincerity vs. hypocrisy</p> <p>Eagerness to do what is right with transparent motives.</p> <p>1 Pet. 1:22 "Since you have in obedience to the truth purified your souls for a sincere love of the brethren, fervently love one another from the heart."</p>	<p>44. Thriftiness vs. extravagance</p> <p>Not letting myself or others spend that which is not necessary.</p> <p>Luke 16:11 "It therefore you have been faithful in the use of unrighteous mammon, will I not entrust the true riches to you?"</p>
<p>45. Thoroughness vs. incompleteness</p> <p>Realizing that each of our tasks will be reviewed and rewarded by God.</p> <p>Prov. 18:15 "The mind of the prudent acquire knowledge, and the ear of the wise seeks knowledge."</p>	<p>46. Tolerance vs. prejudice</p> <p>Viewing every person as a valuable individual whom God created and loves.</p> <p>Phil 2:2 "Make my joy complete by being of the same mind, maintaining the same love, united in spirit, intent on one purpose."</p>
<p>47. Truthfulness vs. deception</p> <p>Earning future trust by accurately reporting facts.</p> <p>Eph 4:25 "Therefore, laying aside falsehood, speak truth, each one of you, with his neighbor, for we are members of one another."</p>	<p>48. Virtue vs. impurity</p> <p>The influence God is having on others through my life regardless of my past failures.</p> <p>2 Pet. 1:3 "Seeing that His power has granted to us everything pertaining to life and Godliness, through the true knowledge of Him who called us by His glory and excellence."</p>

49. Wisdom vs. natural inclinations

Seeing and responding to life situations from God's frame of reference.

Prov. 9:10 "The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is understanding."

49 CHARACTER QUALITIES OF JESUS CHRIST

Date: _____

EVALUATION FORM

1. Were the concepts and principles *biblical* (i.e. emerge from accurate interpretation of Scripture)?

2. Were the concepts and principles *practical* and *relevant* for helping you become closer to your partner. If no, what could have made it more practical and relevant?

3. If “100” were the closest you have ever felt to your partner (even if you have never felt all that close, “100” is still the closest), how *close* did you feel before our sessions and how close do you feel now:
 Before sessions: _____ After sessions: _____

4. What were the most *helpful* things you learned or experienced in the sessions?

5. What was the *highlight* of the sessions?

6. What *effect* have the sessions had on you and your partner?

7. What was the *least helpful* aspect of sessions?

8. What *suggestions* could you offer to make the sessions better?

9. Would you like to be included in our monthly *newsletter* tips?
 ____ Yes (email address: _____). ____ NO

10. Would you ever like to share your story or testimony of how God has used these truths in your marriage at a Marriage Clinic, magazine article, or website? Would you like to teach these concepts at a local church?

11. Would you like information on how you can give a tax deductible contribution to help others attend Christway Counseling services? _____

14 STEP MODEL TO HEAL UNKNOWN HURTS

1. WARM UP-- "I PURPOSE TO ..."

- | | | |
|------------|---------------------------------------|---|
| WARM
UP | 1. To be like Christ as ultimate goal | 4. To "Walk in the Spirit by Spiritually Breathing" |
| | 2. To seek ways I am not like Christ | 5. To "Transfer Rights & Focus on Responsibilities" |
| | 3. To apply "Log & Speck Principle" | 6. To "Emotionally Respond" |

PERSON 1

PERSON 2

SPIRIT--GOD

2. ASK: "Is there a way I have hurt you that I have not fully resolved?"

3. SPEAK TRUTH IN LOVE

4. DISCERN: "God, have I failed to show perfect Christlike love?"



<p>"I felt like my need for ..."</p> <p><u>(INSERT 1 OF 12 NEEDS)</u></p> <p>... was not met .</p>	<p>"... when you ..."</p> <p><u>(INSERT 1 SPECIFIC HURTFUL EVENT)</u></p>	<p>"... it would have meant a lot to me if you would have shown a little more ..."</p> <p><u>(INSERT 1 OF 49 CHARACTER QUALITIES)</u></p> <p>... which means ...</p> <p><u>(QUOTE DEFINITION OF CHARACTER QUALITY.)</u></p>
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MIND--HEAD

5. UNDERSTAND:

1st clarify the **Event**: "Are you referring to the time when ...?"

12 NEEDS

49 CHARACTER QUALITIES

2nd clarify which of **12 Needs**: "Are you saying your need for ___ was not met?"

3rd clarify which of **49 Character Qualities**: "And you wish I would have shown a little more ___ which means ___?"

1. Acceptance
2. Admonition
3. Affection
4. Appreciation
5. Approval
6. Attention
7. Comfort
8. Encouragement
9. Instruction
10. Respect
11. Security
12. Support

- | | | |
|-------------------|------------------|---------------------|
| 1. Alertness | 19. Flexibility | 35. Persuasiveness |
| 2. Attentiveness | 20. Forgiveness | 36. Punctuality |
| 3. Availability | 21. Generosity | 37. Resourcefulness |
| 4. Boldness | 22. Gentleness | 38. Responsibility |
| 5. Cautiousness | 23. Gratefulness | 39. Reverence |
| 6. Compassion | 24. Hospitality | 40. Security |
| 7. Contentment | 25. Humility | 41. Self-control |
| 8. Creativity | 26. Initiative | 42. Sensitivity |
| 9. Decisiveness | 27. Joyfulness | 43. Sincerity |
| 10. Deference | 28. Justice | 44. Thriftiness |
| 11. Dependability | 29. Love | 45. Thoroughness |
| 12. Determination | 30. Loyalty | 46. Tolerance |
| 13. Diligence | 31. Meekness | 47. Truthfulness |
| 14. Discernment | 32. Obedience | 48. Virtue |
| 15. Discretion | 33. Orderliness | 49. Wisdom |
| 16. Endurance | 34. Patience | |

EMOTION--HEART

7. REQUEST THEIR FEELINGS: "Tell me *more* about how that made you feel?"

8. EXPRESS YOUR FEELINGS:
(Talk about your *feelings* not their *behavior*)

9. EXPRESS MY FEELINGS (FOR PARTNER):
"I feel sad that I hurt you ..."

WILL -- HANDS

10. CONFESSION: "God has helped me to see how wrong I was to ___; would you please forgive me?"

11. CHOOSE TO FORGIVE:
"Yes I forgive you."

12. CHANGE / REPENTANCE: Prioritize change! Make action list.

14. ZIG ZAG: "Was there anything I did or did not do that influenced you to do that?"

13. CHECK RESOLUTION: "Did I fully resolve this?"

