

# Relational Reset





# Silence Insecurity

## WORKING ON MYSELF

1. Has insecurity affected a relationship in your life? If so, how?

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2. What have you done to silence your insecurity? Has this helped you? If so, how?

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3. What does God's Word say about the security you can have in God?

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4. What biblical affirmations can you repeat to yourself when you are feeling insecure?

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*Dear Lord,*

*Thank You for the promises I have in You. I know that in You, I can be totally secure. I can know my rightful place as a daughter of the King and rest in the assurance that I can live eternally with You because Jesus paid for my sins by dying on the cross. Please protect me from the lies of Satan.*

*I know that my insecurities and the insecurities of others can bring about conflict in relationships. I don't want that to happen. Help me be more secure and help my loved ones be more secure. Help me live my life as a model of someone firmly rooted in Your foundation. Lord, help me be a light for others.*

*For it's in the name of Jesus I pray.*

*Amen.*



# Deal with Disappointment

## WORKING ON MYSELF

1. Reflect on some of the disappointments you have had in your relationships. What role did your expectations play in your disappointment? List the expectation and how it led to disappointment.

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2. Knowing what you now know, how would you adjust each of the expectations you mentioned above?

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3. Think about a disappointment that is weighing on your mind. How can you reframe this in a way that is both truthful and helpful to you?

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4. What disappointment have you experienced that God redeemed by taking you to something better than you had planned for yourself?

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*Dear Jesus,*

*You know that I've had unrealistic expectations of people, which has caused me to be unnecessarily disappointed. I've also gone through disappointing experiences. Please help me have reasonable expectations of others, and of myself, and learn to reframe my disappointments . . . to see how You can redeem them or turn my ashes into beauty. In Jesus' name.*

*Amen.*



# Overcome Offenses



## LET IT GO

One of my favorite Disney movies is *Frozen*. Most people have heard the song “Let It Go” more times than they can count (and perhaps more times than they cared to). While this expression was used before the movie came out, it became a cultural catchphrase after the movie’s release. Really, this phrase can be a simple but effective reminder to tell yourself when you need to get over an offense. In order to get to the place where you can “let it go,” ask yourself the following questions:

1. What is the offense?
2. Will it matter a year from now? Yes\_\_\_\_\_ No\_\_\_\_\_
3. Will it matter a month from now? Yes \_\_\_\_\_ No\_\_\_\_\_
4. Will it matter a week from now? Yes\_\_\_\_\_ No\_\_\_\_\_
5. Will it matter tomorrow? Yes \_\_\_\_\_ No \_\_\_\_\_
6. Will letting this offense go help or harm the relationship? Help \_\_\_\_\_ Harm \_\_\_\_\_
7. How will it harm or help?
8. Is this something I can let go? Yes \_\_\_\_\_ No \_\_\_\_\_  
(*Don't forget to pray about this decision!*)

If you answered no, what other solutions can you use to overcome the offense?

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## WORKING ON MYSELF

Let's take some time to work on developing empathy. I'll provide the same three questions we explored in the chapter, along with space for you to write out your responses. Think of a particular person who has offended you, put yourself in that person's shoes, and answer these questions.

1. What is it like to be this person?

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2. Why might this person have treated me the way he or she did?

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3. How might this person want to be treated in return?

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4. Finally, write about how you can extend grace to this person.

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*Dear Lord,*

*I'm sorry for how I've offended others. I ask that You reveal to me if there is anyone I need to make things right with. At the same time, I ask that You help me know when and how to let go of offenses against me. Help me be more empathetic to others. And when someone else offends me, enable me to give that person grace in the way You have shown me grace. Please help me respond in a way that helps rather than harms my relationships.*

*Thank you, Jesus!*

*Amen*



# Talk Straight

## WORKING ON MYSELF

1. Review the description of each of the four communication styles. Which one describes your typical communication style? Write about that below. Your style may or may not fit neatly into one of the four styles listed above.

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2. How has your conversation style impacted your relationships?

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3. Take some time to reflect on your relationships. Is there someone with whom you need to be more assertive? Take the time to work through the four steps to assertive communication, so that you can talk straight with this person and get your relationship on a more secure footing.

Step 1: When you \_\_\_\_\_

Step 2: I chose to feel \_\_\_\_\_

Step 3: Because your behavior \_\_\_\_\_

Step 4: In the future I would prefer that you \_\_\_\_\_

*Dear Lord,*

*You know the person and situation I've been struggling with. I pray that You will be with my loved one. Show \_\_\_\_\_ Your love, and allow me to be more loving toward \_\_\_\_\_ with Your strength. Please help our relationship to improve. Show me what work I need to do on my end to help things change. Help me be assertive instead of aggressive, passive, or passive-aggressive, and to tame my tongue.*

*Thank You for the guidance You give me through Your Holy Word and the Holy Spirit.*

*In the name of Jesus,*

*Amen.*



# Dismiss Blame

## WORKING ON MYSELF

1. What is my level of responsibility? Using a current or past situation, write about your level of responsibility below. On a scale of 0–100, where 0 is no responsibility and 100 is sole responsibility, what is your level of responsibility? How are you responsible?

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2. What can I do to stop blaming someone and start taking responsibility? Using the same example from the first question, write out what you plan to do to stop blaming someone else and start taking responsibility.

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3. Pray for discernment and pray for guidance. Below, write out your prayer.

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4. If someone is blaming you for something that he or she should be taking responsibility for, consider confronting this person about this. What might you say?

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*Dear Lord,*

*Not only do I blame others, but I have faced the blame of others. Please convict me when I am playing the blame game and refusing to take responsibility for my actions. Give me the strength to do what is right. I pray, too, that those I am in relationship with will be able to see the way they hurt others with their blame games. If they have been hurt as a result of blame, I ask that they find freedom from that pain.*

*In the name of Jesus,*

*Amen.*



# Eradicate Envy

## WORKING ON MYSELF

This is going to be simple, but hard. Honesty often is. In the space below (and using extra paper if needed), tell God what's on your heart and mind. Yes, He already knows these things, but it will do your own soul good to lament and repent.

**Lament.** This is a cry of grief. Spend some time writing about who and what you are jealous or envious of. Follow this up with your why—why do you believe you are burdened with these emotions? Be as truthful as possible.

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**Repent.** In the Hebrew language, this word can mean “to turn” or “to regret”<sup>9</sup> while in the Greek language it means “to change your mind.”<sup>10</sup> I once heard it said in a sermon that repentance is the process of dethroning sin, and enthroning God. Do you need to turn away from jealousy and envy? To admit that you've been wrong, and change your mind about your negative thoughts and feelings? Take some time to write out a prayer of repentance below.

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**Comment.** Here is your chance to practice changing an unhelpful, jealous thought into a helpful, positive thought that may reduce your envy and strengthen your relationship.

Jealous Thought \_\_\_\_\_

Replacement Thought \_\_\_\_\_

Jealous Thought \_\_\_\_\_

Replacement Thought \_\_\_\_\_

Jealous Thought \_\_\_\_\_

Replacement Thought \_\_\_\_\_

*Dear Heavenly Father,*

*I know I am not alone in my struggle with jealousy and envy. This is a battle many women face, and I want to pray for those who are suffering along with me. We may keep this sin secret, not wanting to admit our jealousy, but it's real and it's eating us alive. Lord, please be with my sisters in Christ and help them to overcome these negative thoughts and feelings. I'm trusting You to do this work in their lives and in mine.*

*It's in the name of Jesus I pray,*

*Amen.*



# Forget Fear

## WORKING ON MYSELF

1. Consider one way that you feel inadequate in a relationship and write about that below.

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2. Now, spend some time considering the evidence for the truthfulness of this statement.

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3. Have you experienced rejection in any of your relationships? If so, write about that here.

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4. What has this experience taught you about being able to risk rejection in relationships? *Example: This experience taught me that while rejection is painful, it is not the end of the world.*

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5. Based on the information you have read in this chapter on the four attachment styles, which do you most closely identify with and why?

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6. If you identify yourself as having an insecure attachment style, where do you believe this originates from? Write about that below.

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7. What Scripture speaks to you the most about fear of abandonment? How can you use that verse to reduce your fear in relationships?

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*Dear Lord,*

*Please help me let go of my fear of rejection or abandonment. Help me do the work to become more securely attached to my loved ones. Please also help me treat other people in a manner that allows them to securely attach to me. Thank You for how You love me unconditionally. I know that You will never leave me, and I pray that as I meditate on this promise, my mind and heart will seize on to this truth and that it will result in a decrease in fear.*

*In the name of Jesus I pray,*

*Amen.*





# Surrender Judgment

## WORKING ON MYSELF

Take some time to see how you might be able to stop, listen, and collaborate in order to surrender judgment in your relationships.

**Stop.** Think of a time you have “read someone’s mind” or made a snap judgment and discovered you were oh so wrong about that person. If you had stopped your thoughts in their tracks, what alternative conclusion might you have arrived at? Share that too.

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**Listen.** Consider who you need to spend more time listening to and less time judging. Write about that below.

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**Collaborate.** How can you collaborate with someone to improve your relationship, to build the healthier bond we've been talking about?

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*Dear God,*

*Please help me stop unrighteously judging others. I know it's harmful to my relationships. I want to stop mind reading. I want to start listening more to others. I want to work with people, and not against them. Please help me in all of these areas.*

*And thank You for sending Your Son to die on the cross for my sins.*

*In the name of Jesus I pray,*

*Amen.*



# Dispel the Past

## WORKING ON MYSELF

1. Ground yourself. No, not *that* kind of grounding! Remember in the section on focusing on the present, I told you about choosing an object that would remind you of something positive in a relationship you're struggling in? That's called a grounding technique. Take a moment and consider what person you want to select, and what object you will select to remind you of them. Write that out below.

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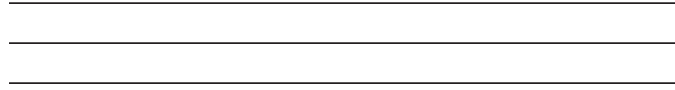
2. If you went to sleep tonight, and while you slept—a miracle took place—and you awoke to find your entire world was exactly as you wanted it to be . . . all your problems were solved . . . how would you know this change had taken place? What would be different in your life? How would your relationships be improved?

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3. Write out what you can do to help improve one or more relationships in your life. Remember, you can't control anyone else. So, don't write down what you want your husband, children, boss, sisters, brothers, friends, or anyone else to do. Write down what *you* can do. Go ahead . . .



*Dear Jesus,*

*Thank You for the air in my lungs. Despite anything bad that has happened to me, I am thankful for life. I know You have me alive for a reason. Thank You for my relationships. I pray that I can dispel my past and focus on my present and future relationships. Please help me do everything I can do to reset the relationships You have placed me in.*

*For it's in Your name I pray,*

*Amen.*



Let God

## WORKING ON MYSELF

1. Do you struggle with wanting to get even with others? If so, write about that struggle below. Be as specific as you can with examples of times payback has crossed your mind. How can you be more trusting that God will take care of this for you? How can you let God and let go?

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2. Read what God has to say about getting even.

“It is mine to avenge; I will repay.” (Deut. 32:35)

“Do not say, ‘I’ll pay you back for this wrong!’ Wait for the LORD, and he will avenge you.” (Prov. 20:22)

“Do not say, ‘I’ll do to them as they have done to me; I’ll pay them back for what they did.’” (Prov. 24:29)

“Do not take revenge, my dear friends, but leave room for God’s wrath, for it is written: ‘It is mine to avenge;



I will repay,' says the Lord." (Rom. 12:19)

"Make sure that nobody pays back wrong for wrong."  
(1 Thess. 5:15)

"Do not repay evil with evil or insult with insult."  
(1 Peter 3:9)

*Dear Heavenly Father,*

*You know I have been hurt by others and that I am tempted to get even. Please take that desire away from me and help me not take matters into my own hands, but instead to trust You with the outcome. I pray that I can let You take control of this and all situations of my life.*

*In the name of Jesus I pray,*

*Amen.*



# Be the Bigger Person

## WORKING ON MYSELF

1. I want to challenge you to think hard and answer honestly. Do you need to apologize to someone? If so, write down the name(s) and what you will say to apologize.

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2. Now, do you need to forgive someone? Maybe that person has apologized, maybe not. That part doesn't matter. Take some time writing about who you need to forgive, and why. Select a Bible verse about forgiveness that you can reflect on as you choose daily to walk in forgiveness. I'll include some below to get you thinking in that direction.

- "If you hold anything against anyone, forgive them." (Mark 11:25)
- "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Eph. 4:32)
- "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." (Col. 3:13)

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*Dear Lord,*

*Thank You for Your merciful gift of forgiveness. Please help me extend that same grace to other people. Help me apologize freely and forgive with abandon. If I need to establish boundaries or respect boundaries, guide me in how to do that. Help me be the bigger person in my relationships.*

*Amen!*



# Relational Reset

# Helpful Resources

Dan Allender and Tremper Longman III, *Cry of the Soul: How Our Emotions Reveal Our Deepest Questions About God* (Colorado Springs: NavPress Publishing, 1994).

Gary Chapman, *The 5 Love Languages: The Secret to Love That Lasts* (Chicago: Northfield Publishing, 2015).

Tim Clinton and Gary Sibcy, *Attachments: Why You Love, Feel, and Act the Way You Do* (Grand Rapids: Thomas Nelson, 2009).

Henry Cloud and John Townsend, *Boundaries: When to Say Yes, When to Say No, To Take Control of Your Life* (Grand Rapids: Zondervan, 1992).

Francis Chan and Lisa Chan, *You and Me Forever: Marriage in Light of Eternity* (San Francisco: Claire Love Publishing, 2014).

Max Lucado, *Fearless: Imagine Your Life without Fear* (Nashville: Thomas Nelson, 2009).

Alex Kendrick and Stephen Kendrick, *The Love Dare* (Nashville: B & H Publishing Group, 2008).

Beth Moore, *So Long, Insecurity: You've Been a Bad Friend to Us* (Carol Stream, IL: Tyndale, 2010).

# Notes

## Chapter 1: Silence Insecurity

1. Beth Moore, *So Long, Insecurity: You've Been a Bad Friend to Us* (Carol Stream, IL: Tyndale House Publishers Inc., 2010).
2. Stephanie Castillo, "Body Image Survey Shows Social Media Marketing Making Women More Insecure," *Glamour*, 2014, <http://www.medicaldaily.com/glamour-body-image-survey-shows-social-media-making-women-more-insecure-307599>.
3. Dictionary.com Unabridged, based on the Random House Unabridged Dictionary, © Random House, Inc. 2018, s.v. "self-worth," <http://www.dictionary.com/browse/self-worth>.

## Chapter 4: Talk Straight

1. Berit Brogaard, "5 Signs That You're Dealing with a Passive-Aggressive Person," *Psychology Today*, November 13, 2016, <https://www.psychologytoday.com/us/blog/the-superhuman-mind/201611/5-signs-youre-dealing-passive-aggressive-person>.
2. Amanda Greene, "7 Things You Didn't Know about Your Taste Buds," *Woman's Day*, July 18, 2011, <http://www.womansday.com/health-fitness/wellness/a5789/7-things-you-didnt-know-about-your-taste-buds-119709>.

## Chapter 5: Dismiss Blame

1. Henry Cloud and John Townsend, *Boundaries: When to Say Yes, When to Say No, To Take Control of Your Life* (Grand Rapids: Zondervan, 1992), 250.
2. Ibid.
3. Ibid.

## Chapter 6: Eradicate Envy

1. Genesis 4.
2. Jonathan Kravetz, *How to Deal with Jealousy* (New York: PowerKids, 2007), 5.
3. Dan B. Allender and Tremper Longman III, *Cry of the Soul: How Our Emotions Reveal Our Deepest Questions about God* (Colorado Springs: NavPress Publishing Group, 1994), 47.
4. Ibid., 47.
5. Robert Emmons, *Thanks!: How the Science of Gratitude Can Make You Happier* (New York: Houghton Mifflin Company, 2007).

6. Ibid., 30.
7. Ibid., 44.
8. Ibid., 99.
9. "What's Hebrew for Repent?," Grace Thru Faith, April 10, 2009, <https://gracethrufaith.com/ask-a-bible-teacher/whats-hebrew-for-repent>.
10. "What Does Repent Mean?," Grace Thru Faith, July 13, 2016, <https://gracethrufaith.com/ask-a-bible-teacher/what-does-repent-mean>.

### **Chapter 7: Forget Fear**

1. John Amodeo, "Deconstructing the Fear Rejection," *Psychology Today*, April 4, 2014, <https://www.psychologytoday.com/us/blog/intimacy-path-toward-spirituality/201404/deconstructing-the-fear-rejection>.
2. Nancy Newton Verrier, *The Primal Wound: Understanding the Adopted Child* (Baltimore: Gateway Press, 1993), back cover.
3. Dan B. Allender and Tremper Longman III, *Cry of the Soul: How Our Emotions Reveal Our Deepest Questions about God* (Colorado Springs: NavPress Publishing Group, 1994), 110.
4. Attachment theory is credited to Dr. John Bowlby, with later significant contributions offered by Dr. Mary Ainsworth.
5. Tim Clinton and Gary Sibcy, *Attachments: Why You Love, Feel, and Act the Way You Do* (Grand Rapids: Thomas Nelson, 2009), back cover.
6. Lisa Firestone, "How Your Attachment Style Impacts Your Relationship," *Psychology Today*, July 30, 2013, <https://www.psychologytoday.com/blog/compassion-matters/201307/how-your-attachment-style-impacts-your-relationship>.
7. Ibid.
8. Ibid.
9. Ibid.
10. To find a counselor through Christian Care Connect, visit <https://connect.aacc.net>.
11. John Gaultiere, "Fear Not . . . 365 Days a Year," Christian Broadcasting Network, October 21, 2011, <http://www1.cbn.com/soultransformation/archive/2011/10/21/fear-not.-365-days-a-year>.

### **Chapter 9: Dispel the Past**

1. "Narcissism is often interpreted in popular culture as a person who's in love with him or herself. It is more accurate to characterize the pathological narcissist as someone who's in love with *an idealized self-image*, which they project in order to avoid feeling (and being seen as) the real, disenfranchised, wounded self. Deep down, most pathological narcissists feel like the 'ugly duckling,' even if they painfully don't want to admit it." This definition is found at [www.psychologytoday.com/blog/communication-success/201409/10-signs-youre-in-relationship-narcissist](http://www.psychologytoday.com/blog/communication-success/201409/10-signs-youre-in-relationship-narcissist).
2. This is a foundational question in Solution-Focused Brief Therapy, which "concentrates on finding solutions in the present time and exploring one's



hope for the future to find quicker resolution of one's problems." See "Solution-Focused Brief Therapy," <https://www.psychologytoday.com/us/therapy-types/solution-focused-brief-therapy>.

3. Amanda Gardner, "Couples at greater risk of breakup after pregnancy loss," CNN, April 5, 2010, <http://www.cnn.com/2010/HEALTH/04/02/breakup.miscarriage.pregnancy/index.html>.
4. Warren Barfield, "Love Is Not a Fight" (lyrics), ©2008 Provident Label Group, LLC.

### **Chapter 11: Be the Bigger Person**

1. Henry Cloud and John Townsend, *Boundaries* (Grand Rapids: Zondervan, 1992), 31.
2. Another excellent resource for those struggling with setting boundaries in relationships: <http://www.boundariesbooks.com>.
3. Wikipedia, s.v., "Breaking Up Is Hard to Do," last edited November 20, 2018, [https://en.wikipedia.org/wiki/Breaking\\_Up\\_Is\\_Hard\\_to\\_Do](https://en.wikipedia.org/wiki/Breaking_Up_Is_Hard_to_Do).
4. It may be that you are also in a relationship that needs professional help. If so, I encourage you to seek help from a Christian counselor. To find a counselor through Christian Care Connect, visit <https://connect.aacc.net>.
5. Quote from John Bunyan, *The Westminster Collection of Christian Quotations*, compiled by Martin H. Manser (Louisville: Westminster John Knox Press, 2001), 294.