



RELATIONSHIP MATTERS

PARTICIPANT WORKBOOK

Five Pillars for Christians: Relationship Foundations for a Flourishing Life

Every relationship needs a solid foundation to flourish. When we live these 5 principals out, we build a healthy foundation that will easily carry the weight of our relationships.

- Trust
- Communication
- **Authenticity**
- Honesty
- Honour

Watch the video lesson on Authenticity in the online course and then complete the daily exercises. Plan to spend about 15 minutes each day. You may wish to print this workbook in order to easily refer to the key points and best practices and to complete the exercises.

The following exercises will give you what you need to break through your authenticity barriers and start building flourishing relationships!

LESSON 3: AUTHENTICITY

Let's Get Real!

Knowing Yourself

- ❖ Develop Emotional Intelligence
- ❖ Be Self-Aware it gives you choice
- ❖ You were created uniquely – embrace who you are and who you are not

5 Elements of Emotional Intelligence

1. Self-Awareness
2. Self-Regulation
3. Motivation
4. Empathy
5. Social Skills or Relationship Management

Three Areas to pay attention to – *Self-Esteem, Self-Image, Self-Dignity*

Being Yourself

- ❖ The key to healthy relationship is to be yourself
- ❖ If you can't – ask why you can't?
- ❖ Set boundaries, don't build walls

Believing in Yourself

- ❖ You were created with value
- ❖ Your value is experienced when you believe it (don't fake until you make it, declare it until you believe it)
- ❖ When you begin to believe it, it humbles you, it isn't pride

8 STEPS TO BECOME MORE RESILIENT

 1 Accept change Find ways to become more comfortable with change.	 2 Become a continuous learner Learn new skills, gain new understanding and apply them in times of change.	 3 Take charge Take charge of your own career and your own development.	 4 Find your sense of purpose Helps you to assess setbacks within the framework of a broader perspective.
 8 Skill shift Reframe how you see your skills, talents and interests.	 7 Reflect Reflection fosters learning, new perspectives and self-awareness	 6 Cultivate relationships Develop and nurture a broad network of personal and professional relationships.	 5 Pay attention to self-identity Form your identity apart from your job.

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RELATIONSHIP CHALLENGE: AUTHENTICITY

For the next week, set aside 15-30 minutes each day to complete the daily activities. You may prefer to do this first thing in the morning to help you become more aware and intentional about your communication throughout the day. Or try it in the evening as a way to reflect upon your day and set your intentions for how you can make more trust deposits the following day.

Day 1 – Know your EQ

Today we will start developing Emotional intelligence/EQ. Complete the table below to conduct a self-assessment by scoring yourself on the five elements of EQ. Ask God to search your heart. As He reveals things ask Him to help you. Then, if you feel comfortable, invite your partner to also complete a self-assessment. Look at each other's scores and ask for help in the areas where you need to improve. You may also wish to invite your partner to objectively provide their assessment of you (and you of them!)

Emotional Intelligence (EQ)	Description	Self-Rating (0-10)	Partner-Rating (0-10)
Self-Awareness	You always know how you feel, and you know how your emotions and your actions can affect the people around you. You have a clear picture of your strengths and weaknesses, and you behave with humility.		
Self-Regulation	You are able to keep your emotions under control. You rarely verbally attack others, make rushed or emotional decisions, stereotype people or compromise their values.		
Motivation	You work consistently toward your goals and have high standards for the quality of your work.		
Empathy	You are able to put yourself in someone else's position to look at the world from their perspective.		

Emotional Intelligence (EQ)	Description	Self-Rating (0-10)	Partner-Rating (0-10)
Social Skills / Relationship Management	You are a great communicator, whether it is good or bad news. You are good at managing change and resolving conflicts diplomatically. You praise and acknowledge others.		

Search me, O God, and know my heart; test me and know my anxious thoughts. Point out anything in me that offends you and lead me along the path of everlasting life. Ps 139: 23-24

This is why I remind you to fan into flames the spiritual gift God gave you when I laid my hands on you. For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline. 2 Timothy 1:6-7

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

I AM of Sound Mind – I Am formed from the Tree of Life - I AM Emotionally Intelligent

Day 2 – See Yourself

Challenge what you think about yourself! The best way to feel good about yourself is to change the way you see yourself. Make a list of affirmation words that describe the kind of person you want to be. Some examples are Kind, Compassionate, fierce, strong, faithful and so on. Look in the mirror and say, "I am" and then the word, see how it makes you feel. Do this every day of this week.

You've been using declarations (affirmations) daily as part of the relationship challenge. What words resonate most for you? What have you noticed as you've been saying your affirmations?

Click or tap here to enter text.

For we are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago. Ephesians 2:10

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

I AM Compassionate. I Am Victorious. I AM Strong in the Lord. I AM God's Masterpiece.

Day 3 – Affirm Others

Affirm your partner or trusted person. - Today invite your partner to share their “power” words with you and you with them. In fact, read them out loud to each other. Say “you are” and then the words on their list. Hearing your power words from someone else is a powerful experience. A bonus would be to add more words for each other’s list! Share Godly things you see in them.

Reflection: How was this experience for you? For the other person?

Click or tap here to enter text.

For the word of God is alive and powerful. It is sharper than the sharpest two-edged sword, cutting between soul and spirit, between joint and marrow. It exposes our innermost thoughts and desires. Hebrews 4:12

Add to your Declarations any word that comes to mind, as well as these I AM statements.

I AM and Encourager. I AM speaking God’s Truth. I AM Affirming of Others.

Day 4 – Boundaries

Set some boundaries. Think about your relationships. Is there someone who is treating you poorly which leads to feeling insecure? First, with God's help ask yourself why you are reacting the way you are. Why is it difficult for you to stand up for yourself, or to put a boundary in place? Help your partner love you by sharing your needs, wants and desires, in short, how you want to be treated and communicated with. Put boundaries in place for the things that are hurting your self-image. The things that are not ok with you because negatively affect the way you feel emotionally. Each of you take a turn. Each commit to the boundaries.

Start simple: for example, you may set a boundary that you wish to be spoken to with respect. When you establish such a boundary, you determine what happens if you feel that you are not being spoken to with respect. Your boundary may be, "Speak to me with respect. When I am not feeling respected, I will choose to remove myself from the conversation." The key with a boundary is that YOU control the response and are not dependent on someone else to uphold the boundary. Consistency in applying a boundary teaches people how you want to be treated. They will adjust once you are consistent.

Click or tap here to enter text.

Guard your heart above all else, for it determines the course of your life. Proverbs 4:23

Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Proverbs 3:5/6

Add to your Declarations any word that comes to mind, as well as these I AM statements.

I AM Secure in Jesus. I Am Good at setting Boundaries. I AM Strong in the Lord.

Day 5 – Take Responsibility and Forgive

Based on yesterday’s newly discovered boundaries, take responsibility for acknowledging you may have allowed others to breach your boundaries and you may have breached theirs even if you didn’t know you had.

Taking responsibility and forgiving is a powerful tool in being authentic. Sometimes you have breached your own boundaries and may need to offer yourself forgiveness and grace first. Each take responsibility for your part in breaching a boundary and ask each other to forgive. Take turns confessing your part and expressing forgiveness for their part. Forgive yourself and others for allowing people to mistreat you. Recommit to the Lord and others that the value God has put on you is important.

Reflection: How was this experience for you? For the other person?

Click or tap here to enter text.

*For the honor of your name, O Lord, forgive my many, many sins. Psalms 25:11
Confess your sins to each other and pray for each other so that you may be healed. The earnest prayer of a righteous person has great power and produces wonderful results. James 5:16*

Add to your Declarations any word that comes to mind, as well as these I AM Statements:
I AM Responsible. I Am Forgiving towards myself and others. I AM Authentic

Day 6 – Express Gratitude

Express gratitude – reward the efforts of your partner through this challenge by making a gratitude list. Write down the things you are grateful for about each other and share them.

I'm grateful for/that...

Click or tap here to enter text.

Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus. 1 Thessalonians 5:18

Give thanks to the Lord and proclaim his greatness. Let the whole world know what he has done. 1 Chronicles 16:8

Add to your Declarations any word that comes to mind, as well as these I AM Statements:

I Am Grateful. I Am Healthy. I AM Authentic

Day 7 – Day of Rest and reflection on the Goodness of God

Take time to acknowledge the work you have done this week to improve your communication. You have done important work this week and regardless of any specific outcomes, feel proud of the effort and progress you are making.

*I will exalt you, my God and King, and praise your name forever and ever. I will praise you every day; yes, I will praise you forever.
Great is the Lord! He is most worthy of praise! No one can measure his greatness. Psalms 145:1-3*