

Relational Connection Circuit Test Page



Relational Circuits Checklist Short Form

Adapted from the new Thriving Recovery *Belonging* Study designed by Pastor Ed Khouri and Dr. Jim Wilder www.thrivingrecovery.org, based on the work of Karl Lehman M.D. www.kclehman.com.

1. I just want to make a problem, person or feeling go away.
2. I don't want to listen to what others feel or say.
3. My mind is "locked onto" something upsetting.
4. I don't want to be connected to __? (someone I usually like)
5. I just want to get away, or fight or I freeze.
6. I more aggressively interrogate, judge and fix others.

If I answered YES to any of these my relational circuits are OFF. Everything related to relational conflict and *THRIVE* training will turn out better when my relational circuits are back ON.

Restoration Steps when Relational Circuits are OFF:

My goal is to perceive the Lord's presence, tell Jesus about my pain, and receive His comfort so that I can get my relational connection circuits back on line.

My strategy is to quiet my body and then talk to God about my emotions and thoughts even if I don't perceive His presence yet. I invite the Lord to be with me and help me perceive His presence. I tell others how God's peace helped me.

My steps:

1. **God's peace and rest for my body.** Physically reduce my fear and adrenaline, activate my stress reduction system (Parasympathetic response in Step 3) and physically enter a quiet state for my body and mind.
2. **Shalom my soul.** I talk to God directly about my emotions and thoughts even though I do not perceive His Presence. I do NOT talk to God about the other person I am upset with as that keeps my relational circuits OFF!
3. **Lament with God.** I feel sad about those things that grieve God and I both. This activates the ventromedial circuits and parasympathetic system in my brain. (This means I have a easier time moving from my anger state.) For example, I can write down all the things about my current situation that could make me sad and what makes God sad for me. I tell God these things with authentic expression.
4. **Grow my appreciation.** I tell God what I appreciate about His Presence and faithfulness in times past when He has shown Himself faithful to me.

Note: *The inability to restore relational circuit functions is a sign that healing is needed.*