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# Session 6 Relational Circuits



Today's  
topics

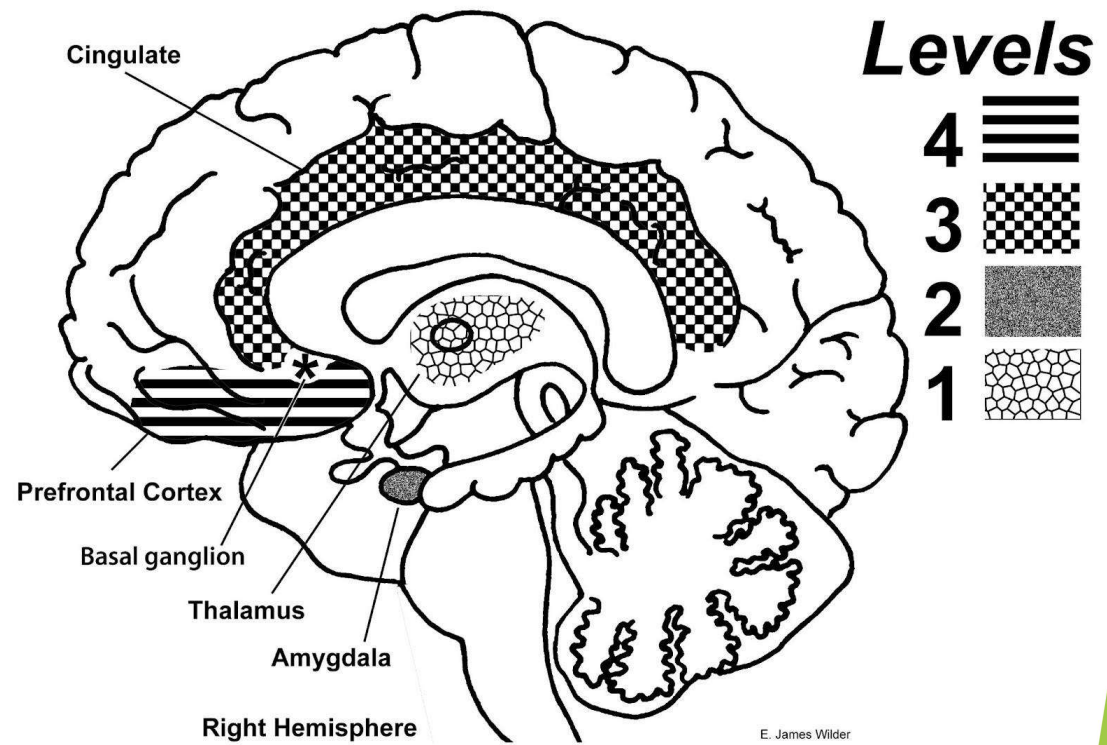
Relational Circuits

Relational Mode

Implications

# Relational Circuits

## - Level 3



# Relational Circuits off (Simple Enemy Mode)

I just want to make a problem, person, or feeling go away

I don't want to listen to what others feel or say

My mind is "locked onto" something upsetting

I don't want to be connected to \_\_\_\_\_ (someone I usually like)

I just want to get away, or fight, or I freeze

I more aggressively interrogate, judge, and fix others

If I answered yes to any of these questions, my relational circuits are **OFF**.

# Relational Circuits Mostly off (Intelligent EM)

I am looking, listening, or thinking of any weaknesses I can find in the other

I would like them to lose

I am plotting my escape or covering my moves

I find my attitude easy to justify that I am right

Tracking their feelings, movements, and plans feels strategic

I know what will bother them and how I can use that to my advantage

If I answered **yes** to any of these questions, my relational circuits are **OFF** and I am in **PREDATORY ENEMY MODE**

## Relational Circuits On

Feel curious (want to know) about what the other is experiencing right now

I desire to share what the other person is feeling at this moment

I feel protective of them

The other person feels like one of my people

Relationships feel more important than the problem

I feel aware of God's presence

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Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.

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Colossians 3:12

**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 circuits back on.

**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 help me perceive His presence. I tell others how God's peace helped me.

- ▶ •**SHALOM FOR MY BODY.** PHYSICALLY REDUCE MY FEAR AND ADRENALINE (QUIET EXERCISES), ACTIVATE MY STRESS REDUCTION SYSTEM (STEP 3), AND PHYSICALLY ENTER A QUIET STATE FOR MY BODY AND MIND.
- ▶ •**SHALOM FOR 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!
- ▶ •**LAMENT WITH GOD.** I FEEL SAD ABOUT THOSE THINGS THAT GRIEVE BOTH GOD AND ME. THIS ACTIVATES CIRCUITS IN MY BRAIN THAT HELP ME MOVE FROM MY ANGER/FEAR 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.
- ▶ •**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*



## Restoration Steps When RC's Are Off: