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Session 9

Enemy Mode

February 10, 2022

Today's topics

- ▶ Relational Mode
- ▶ Enemy Mode
- ▶ Implications
- ▶ Escaping

Relational Mode

RC's and our Body: do you know what this feels like for you?

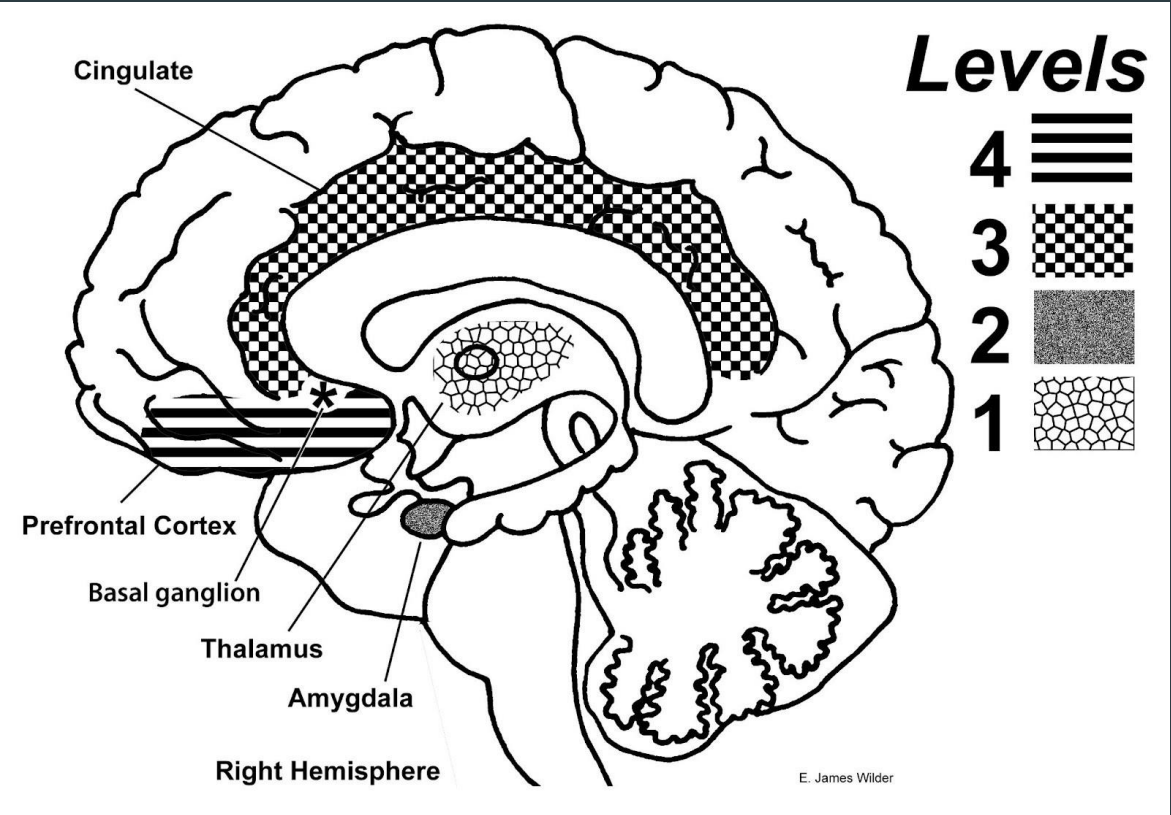
When I am in Relational Mode, I can:

- Be curious and want to know what the other is experiencing right now.
- Desire to share what the other person is feeling at this moment
- Feel protective of them
- Know the other person feels like one of my people
- Feel relationships are more important than the problem
- Feel aware of God's presence

When a brain is in enemy mode, it...

- ▶ wants the "enemy to lose"
- ▶ turns people into objects, not fellow human beings
- ▶ cannot tell when others are trying to help
- ▶ feels alone (no one is on my side)
- ▶ recruits others to attack the enemy
- ▶ will often attack or withdraw from allies
- ▶ feels justified in hating
- ▶ sees enemy mode as a strength
- ▶ sees other people's motives as "bad"
- ▶ will block shared pain

Relational Circuits



3 States of enemy mode

- ▶ Simple: RC's dimming or off, failed to make a human connection. Cramp at Level 3 or 4, or chronically shut down.
- ▶ Stupid: Failed to make a human connection and do damage to someone or something we really do care about. Cramp at Level 3.
- ▶ Intelligent (predatory): RC's engaged but NO attachment. Living from the "as if" circuit. Vento-medial cortex running scenarios to calculate "a win" for me and pain for you.

Implications

1. Where do you see enemy mode in your relationships?
2. Who do you know is always in enemy mode? Are you?
3. What reliably will get you into enemy mode? (triggers?)
4. What do you lose when you are in enemy mode?
5. Biblical examples of enemy mode?

Escaping Enemy Mode

- ▶ Recognizing EM ...while in EM.
- ▶ Preparing
- ▶ Admitting
- ▶ Escaping
- ▶ Helping Others Escape
- ▶ Helping My Group escape

How can I know...

- ▶ *Is this relationship important?*
- ▶ *Do we have each other's backs?*
- ▶ *Is this a moment to be proud I'm human?*

Intelligent enemy mode always justifies itself so we can expect more internal conflict when answering the next three questions:

- ▶ *Am I offering justifications to protect my image?*
- ▶ *Are production, success, winning and control my only values?*
- ▶ *Is serving the vision my justification for relational losses?*