

Relational Circuit Checklist

Adapted from the work of Dr. Jim Wilder (www.lifemodelworks.org) and Dr. Karl Lehman, MD (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 our class training will turn out better when my relational circuits are 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 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.

My Steps

1. 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.

2. 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!

3. 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.

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.*