

# The Power of a Pause



For Christian Couples

# What are Some of Your Favorite Movies?

A photograph of a movie theater audience from a rear perspective. The audience is seated in rows of blue seats, facing a dark screen. The lighting is dim, with a soft glow from the screen. In the foreground, the back of a person's head and shoulders is visible. In the middle ground, a man in a blue sweater is seen from behind, holding a white cup with a straw. To his right, a woman is holding a red and white striped popcorn bucket. Further right, another person is also holding a popcorn bucket. The overall atmosphere is that of a quiet movie screening.

- Have you ever stopped to wonder what makes your favorite story so good?
- Look closely and you will see a storyline that includes more than just good fortune and happy endings.

In our favorite stories, things go wrong.

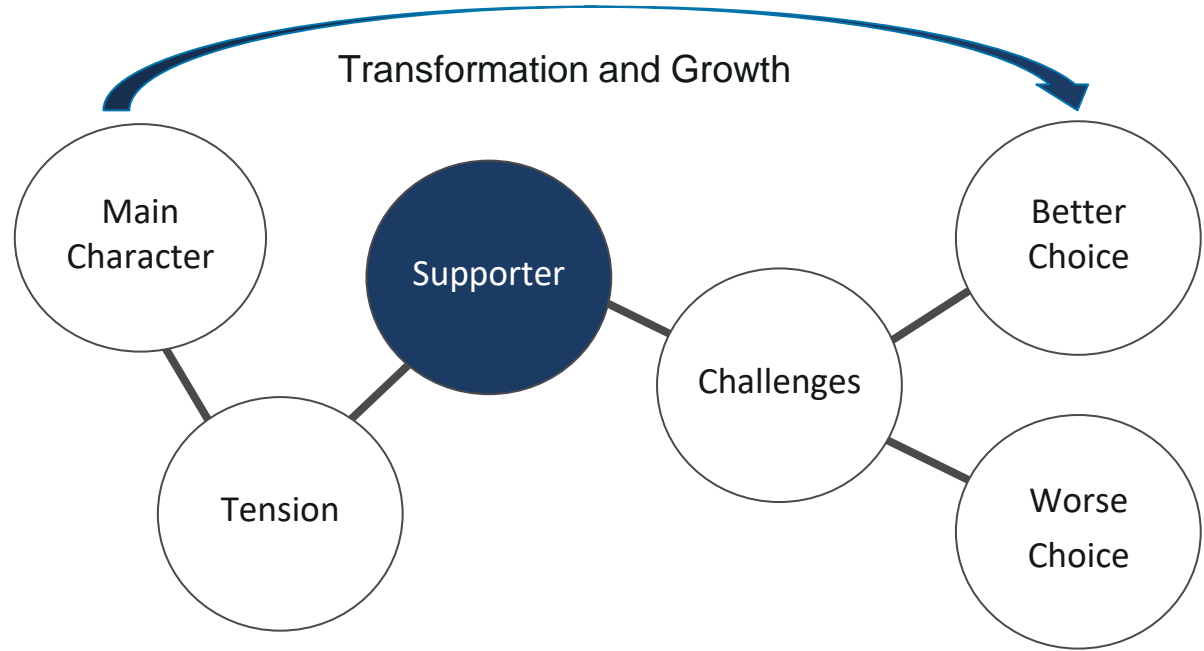
The main character faces obstacles, makes mistakes, and experiences heartache.



This up and down pattern resonates with the rhythm of our lives, drawing us into the story and connecting us to the main character.

Without this tension, stories are less interesting, engaging, and relatable to us.

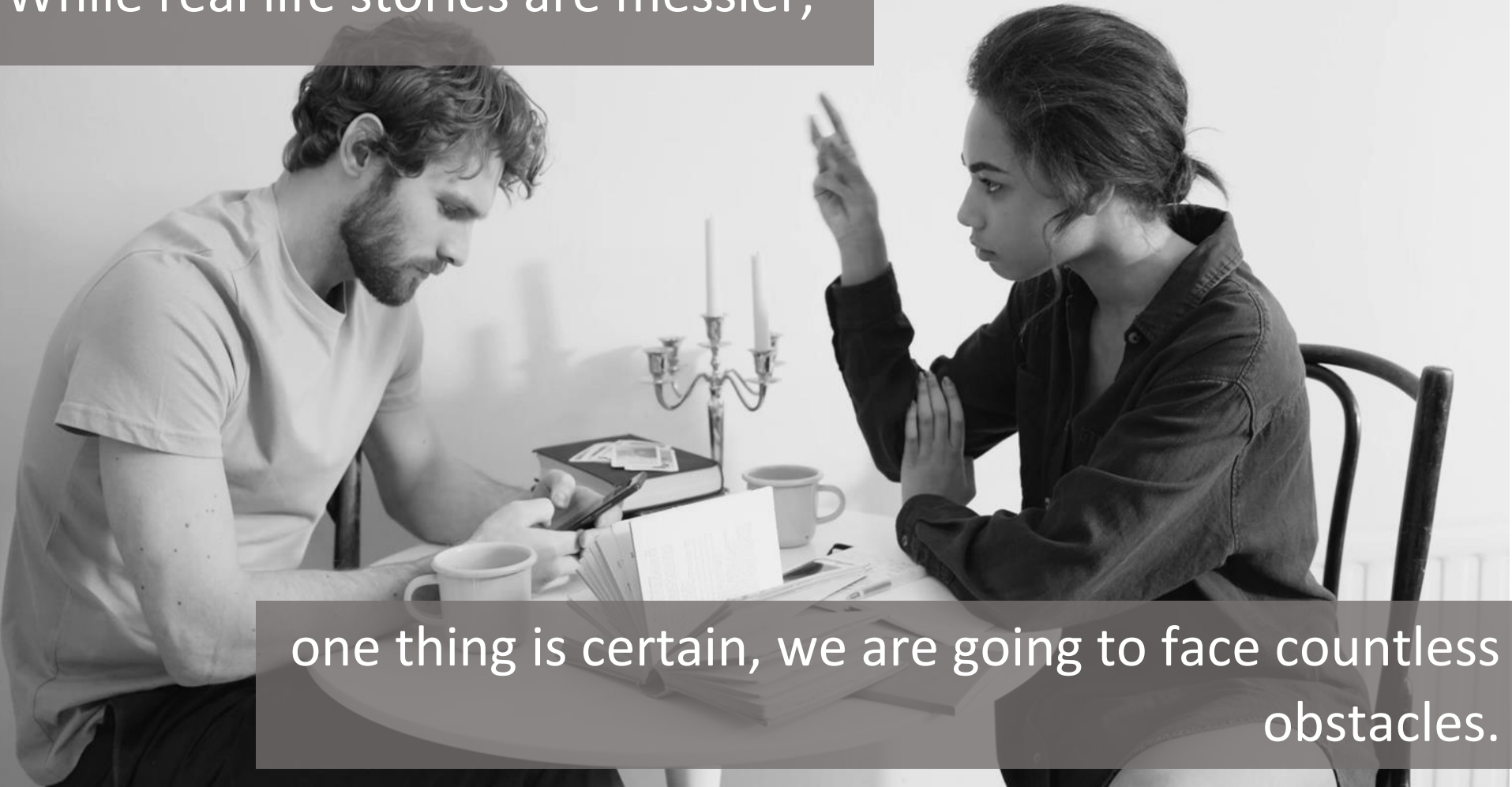
# The Tension Serves a Purpose




With the help of a supporter, the main character gains skill and motivation to face challenges and turn setbacks into opportunities that help themselves and others. This transformative journey, makes the story more impactful.



While real life stories are messier,



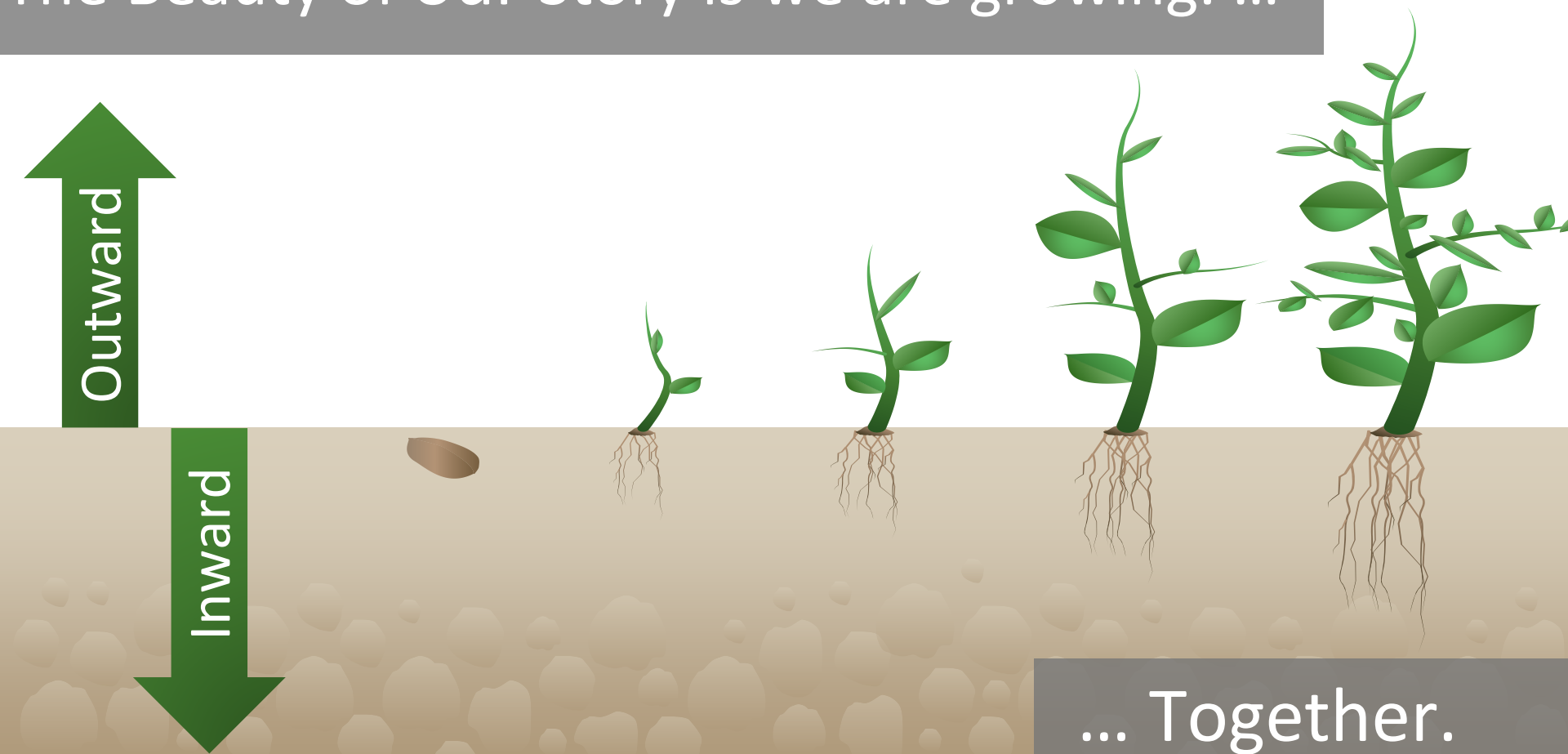
one thing is certain, we are going to face countless  
obstacles.



What makes our stories better is  
not the removal of obstacles.

What makes our story better is our transformation and growth  
despite or sometimes even because of our obstacles.

The Beauty of our Story is we are growing. ...



... Together.

The Beauty of our Story is we are growing. ...





In our best life, we are becoming more compassionate,  
capable people ...



... who are  
leverage our  
unique  
circumstances  
to create a  
positive  
impact under  
any condition.



INWARD-OUTWARD-TOGETHER

We can't let ourselves get knocked off  
this better narrative.





You CARE about your friends,  
family, teammates, coworkers,  
& people you don't even know.



You CARE about your work,  
education, hobbies, & service  
projects now & in the future.



You CARE about important topics  
like the climate, wellness, justice,  
equality, and belonging for all.

---

Yes, You Care!

---





# The Problem

Many things are out  
of our control.  
Things go wrong,  
we make mistakes.  
The struggle is real!

As we encounter challenges much of our anxiety can be related to questions like:

---

What's next? Will I have enough?  
Am I enough?



Sometimes, we have  
the courage to work  
through our  
differences and  
overcome obstacles to  
achieve our goals.







Sometimes, we get  
angry.

Sometimes, we  
feel like giving up.





We want to make a positive difference, especially in areas we care about!

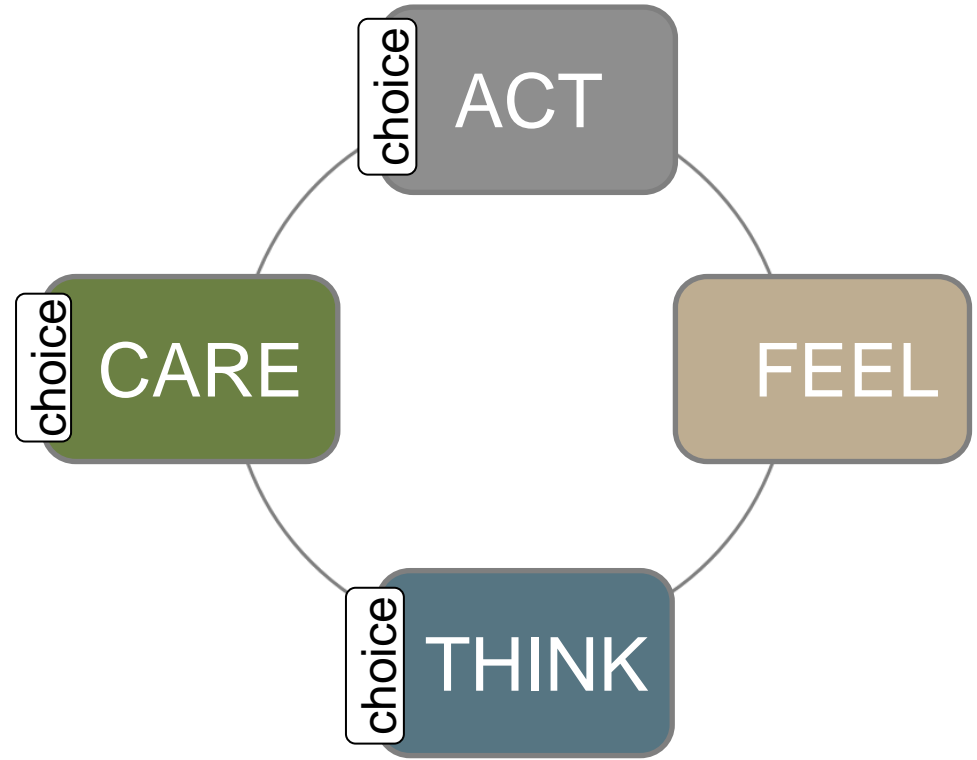
As humans, our OUTWARD actions & attitudes reflect our INWARD beliefs & attitudes.



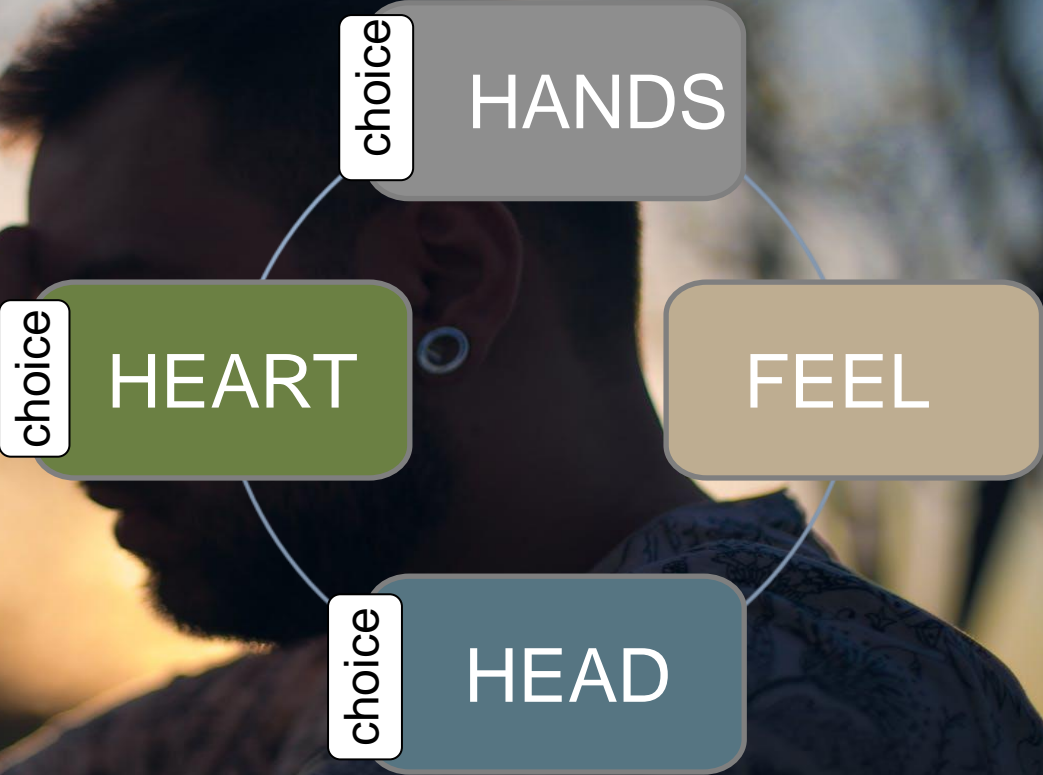
How we THINK CARE ACT & FEEL are always shaping our story.

What makes being human incredible is our God-given ability to:

- Pay attention to our feelings
- THINK CARE and ACT with intention.



Said another way





It gets easier  
to be a  
positive  
difference  
maker ...

---



... as we gain  
the courage  
and skill to  
show up our  
best self even  
when it's  
hard.

# Our Choices Matter



Let me  
share how  
my choices  
affect how  
my story  
unfolds.







My name is  
Suzi Josselyn





At my best,  
I am ...

- a dot connector
- hard-working
- encouraging
- fun to be around



I show up for people. I see the best in others and walk alongside them cheering them on and supporting them.

At my best, I typically feel empowered and courageous.

At my worst, I want my way.



Having a higher standard for others than myself,

- I demand respect while being disrespectful.
- I demand my ideas to be heard while interrupting others.

When I am at my WORST, I typically feel frustrated & trapped.



My name is Jim  
Josselyn







# At my best, I am ...

- Adventurous
- Kind
- Encouraging
- A good leader



I am approachable.

It is easy for me to stop what I am doing to be present with people.

I like helping people build community and connection.

**When I am at my best, I typically feel energized and confident.**

At my **WORST**, I want to avoid conflict.



I can be

- Passive aggressive
- Impatient
- Negative

Focused on myself, I can be insensitive to the feelings of others and discard their ideas.

At my worst, I typically feel frustrated and overwhelmed.



# Being completely honest

We are at our WORST more often than we would like to admit.

We do this when we are working.

We can do this when we are talking with friends or co-workers about important topics like politics, social justice, or how to raise kids.







But what bothers us the most is that we can do this when we are at home interacting with our own family.

We love our family so much, yet when things do not go our way, we can discard their ideas before we even hear what they have to say.



Let's Have  
Some Fun  
Getting to  
Know  
Ourselves!

At my **BEST**, I am  
better at ...

**M O V E T O L E F T**

Speed

Offense-Getting  
Results

Leading

Listening to Others

Encouraging Others

**M O V E T O R I G H T**

Accuracy

Defense- Avoiding  
Problems

Supporting

Communicating

Teaching Others

# What brings out my **BEST** is ...

## **M O V E T O L E F T**

Being Alone  
Encouraging Words  
Listening to music  
Being in nature  
Having someone listen  
to you

## **M O V E T O R I G H T**

Being with People  
Getting a Hug  
Exercising  
Reading a book  
Receiving constructive  
feedback



At my **BEST** I typically feel ...

**M O V E T O L E F T**

Confident and  
Empowered

**M O V E T O R I G H T**

Frustrated and Empty

At my **WORST**, I am more  
likely to ...

**M O V E T O L E F T**

Give Up

Be Ungrateful

Be Arrogant

Get Quiet

Quietly Hold a Grudge

**M O V E T O R I G H T**

Get Mad

Make Excuses

Doubt Yourself

Interrupt Others

Complain

# What Brings Out my **WORST** is ...

## **M O V E T O L E F T**

Not Enough Food

Peer Pressure

Being Disrespected

Chaotic Environment

Being Alone for Too  
Long

## **M O V E T O R I G H T**

Not Enough Sleep

Internal Pressure

Not Getting Your Way

Too Many Rules

Being Around People  
Too Long



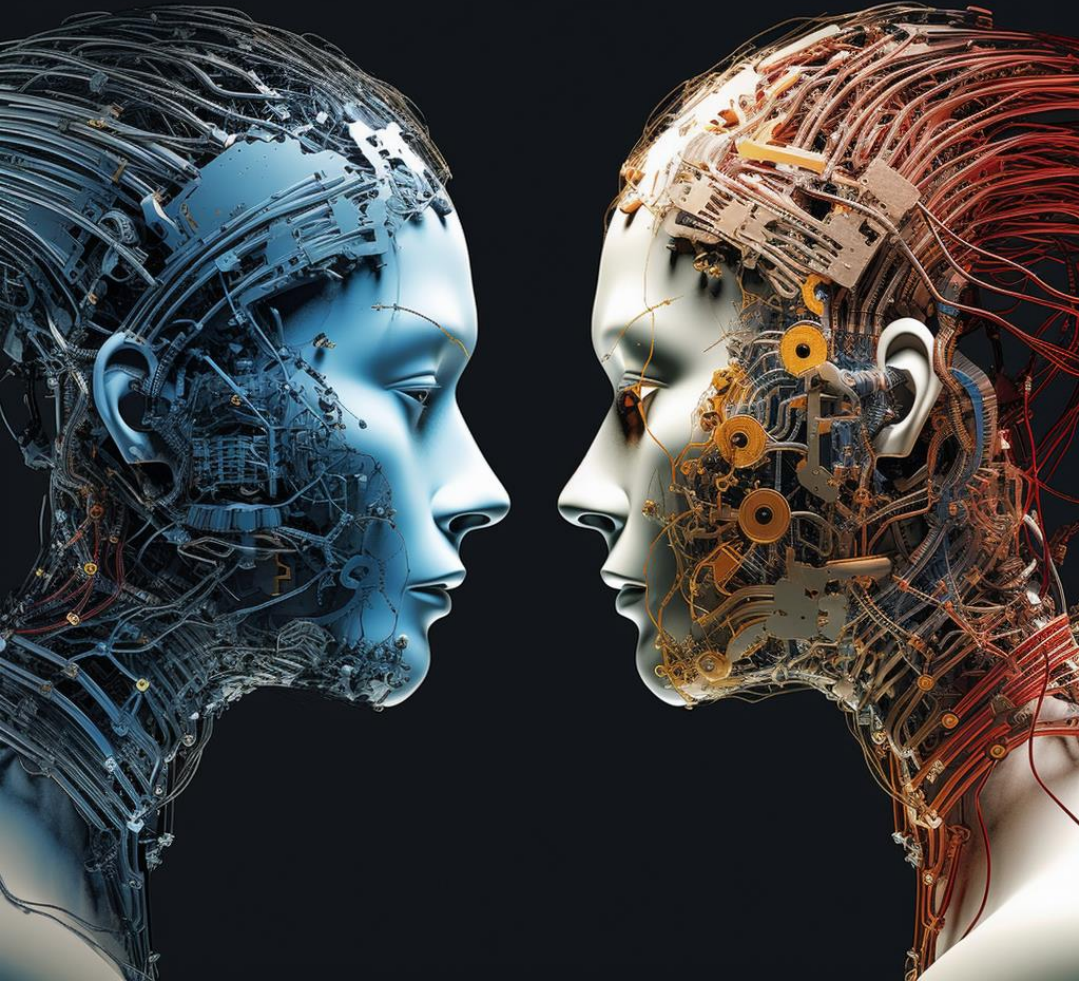
At my **WORST** I typically feel ...

**M O V E T O L E F T**

Happy

**M O V E T O R I G H T**

Frustrated



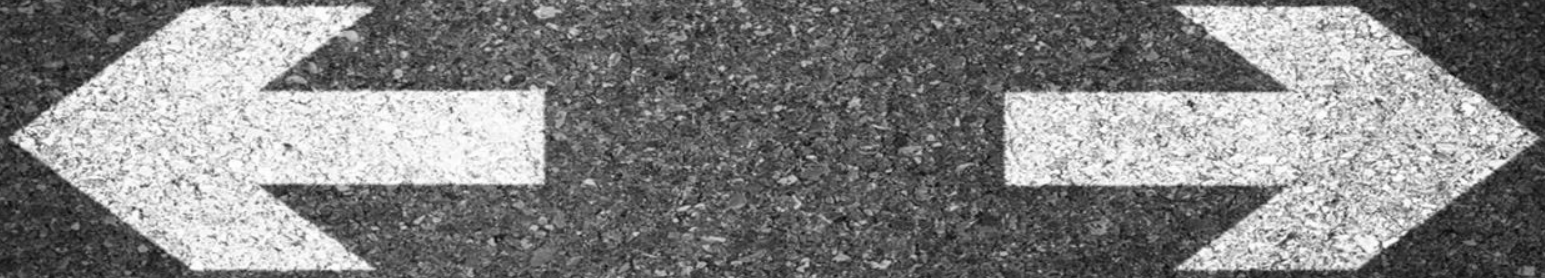
What Did You Notice?

The reality is your life is a mixture of moments lived on- and off-target. This is part of what it means to be human.





# Our Choices Matter!



Our moment-by-moment decision to be our best or worst impacts ourselves and others.



Sometimes our choices create solutions.

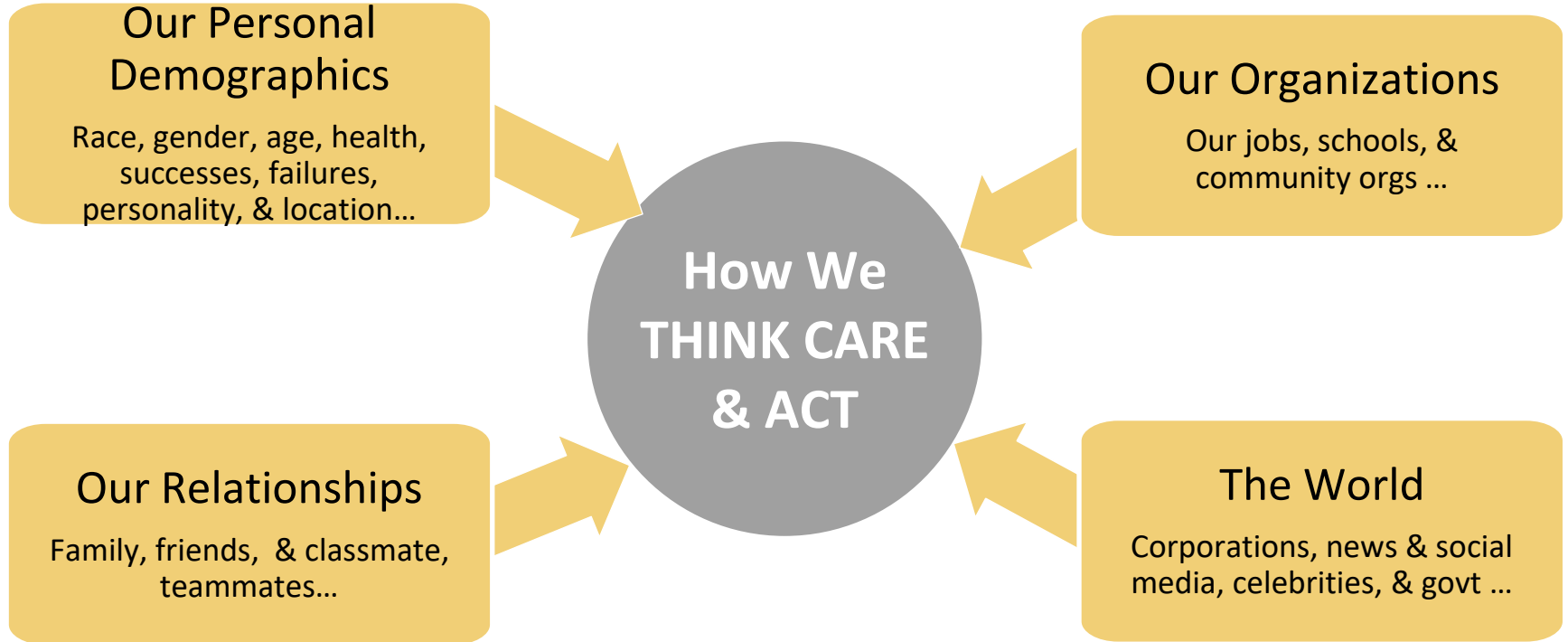




Sometimes Our Choices Create Problems



# It's Complicated



Circumstances

Organizations

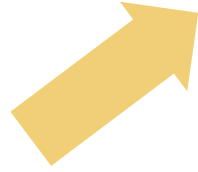
**Our stories  
are part of a  
bigger  
narrative.**

Relationships

The World



**Our Choices  
Impact our ...**



Circumstances



Relationships



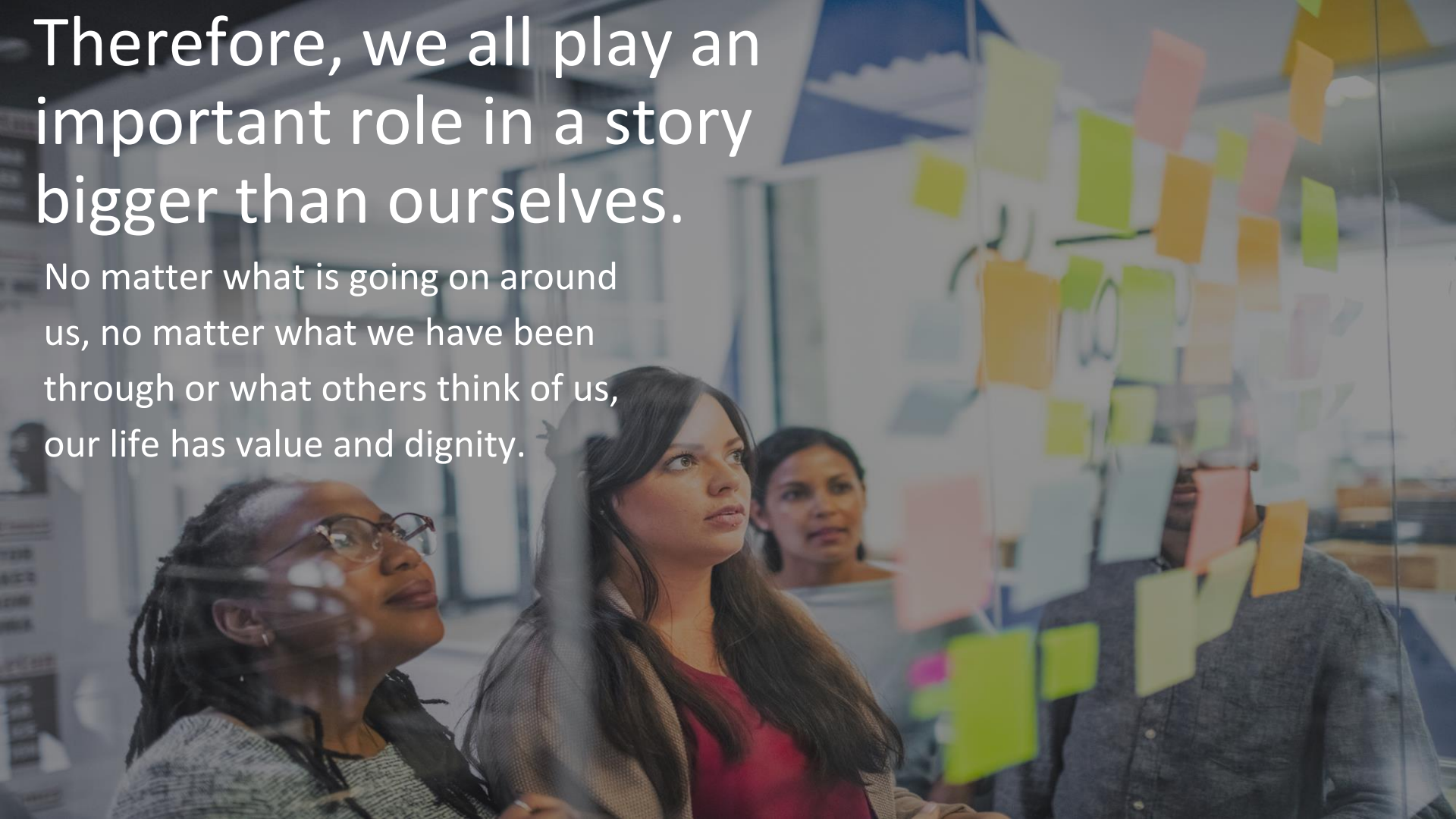
Organizations



World

Therefore, we all play an important role in a story bigger than ourselves.

No matter what is going on around us, no matter what we have been through or what others think of us, our life has value and dignity.



That means no matter what is going on around us, no matter what we have been through or what others think of us, our life has value and dignity. We are all unconditionally significant.

# You are Unconditionally Significant.

YOU → This includes you!

Are → "right now" or "at this moment"

Unconditionally → There are no special things you have to do.

Significant → important, valuable, worthy

# In God's Story

**Long before** God laid down the earth's foundations, he had us in mind, had settled on us as the **focus of his love**, to be made whole and holy by his love.

**Long, long ago** he decided to **adopt us** into his family through **Jesus Christ**. Ephesians 1:4-5 Message

**This means** we are not an afterthought or an unplanned accident.

Before God even created the world, He had settled on us as the focus of His love. Long, long ago God decided to invite us to be a part of his family. We were created in love to be loved.



# In God's Story we can say with confidence...

- I am loved- 1John 3:1
- I am accepted- Ephesians 1:6 KJV
- I am a child of God- John 1:12
- I am Jesus' friend- John 15:14
- I am a joint heir with Jesus, sharing His inheritance with Him- Romans 8:17
- I am united with God and one spirit with Him-1 Corinth 6:17
- I am a temple of God. His spirit and life live in me- 1 Cor 6:19
- I am a member of Christ's body- 1 Corinthians 12:27
- I am a Saint- Ephesians 1:1
- I am redeemed and forgiven- Colossians 1:14
- I am complete in Jesus Christ- Colossians 2:10
- I am free from condemnation- Romans 8:1
- I am a new creation because I am in Christ-2 Corinthians 5:17
- I am chosen of God, holy and dearly loved- Colossians 3:12
- I am established, anointed, and sealed by God-2 Corinth 1:21
- I do not have a spirit of fear, but of love, power & a sound mind- 2 Tim 1:7
- I am seated in heavenly places with Christ-Ephesians 2:6
- I have direct access to God- Ephesians 2:18

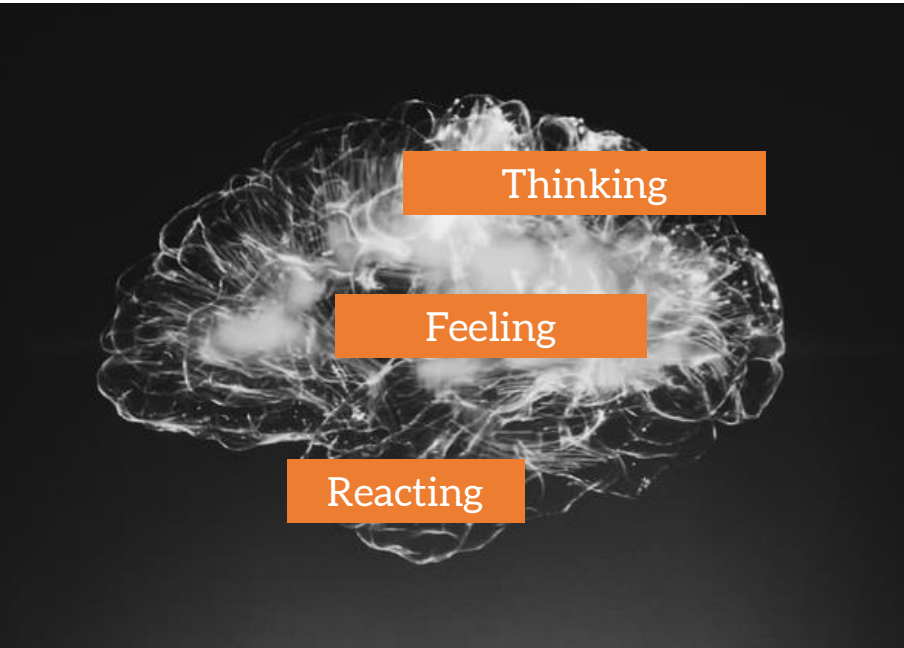


# Being Human is Incredible!

All of the parts of the human brain work together to compare right and wrong, good and bad, beautiful and ugly, but each part has its own special responsibilities.



# Main Functions Of The Brain



## Higher Brain

Evaluating, observing, creativity, objectivity..

## Middle Brain

Feeling, learning, remembering,  
associating feelings with events.

## Lower Brain

Reacting, instinctive, involuntary,  
subjective, instantaneous.

# The Power of a Pause

**Power:** The capacity to direct or influence behavior

**Pause:** To interrupt or stop briefly.

**The Power of a Pause** is our ability to stop what we are doing, evaluate our situation, and choose interventions that help us be our best and realign when we get off-track.







# Our BEST WORST GPS

Helps us navigate  
to our Best Selves.



Emotions are  
spontaneous  
reactions  
They are  
neither right  
nor wrong.  
They are  
indicators.

# Yes, But How?

The BEST WORST Tool can help you become familiar with your mixed narrative as you consider who you are at your best and worst and situations that bring out your best and worst.



# #1. At my BEST, I am ...

- a good communicator
- a good listener
- adventurous
- compassionate, kind
- confident, courageous
- cooperative
- hard-working
- encouraging
- focused
- forgiving
- funny
- generous
- gentle, calm
- helpful, supportive
- humble, grateful
- inclusive
- patient
- perseverant
- positive, optimistic, hopeful
- proactive, gets results
- punctual
- organized
- respectful
- self-aware
- sincere, honest
- trustworthy-loyal
- warm, friendly
- other \_\_\_\_\_

Check 5-10  
boxes that  
most  
accurately  
describe  
you.



# #2. Situations that can bring out my BEST are

...

- getting enough rest
- good nutrition
- encouraging words
- music or media
- exercise
- being in nature
- reading
- time alone
- good instruction
- praying, worshiping
- being prepared
- getting a hug
- being around positive people
- having someone listen to me
- calm environment
- taking deep breaths
- hearing inspiring stories
- serving or helping others
- reconciliation, apologizing
- practicing improving my skills
- receiving constructive feedback
- challenging opportunities
- other\_\_\_\_\_
- other\_\_\_\_\_

Check 5-10  
boxes that  
most  
accurately  
describe  
you.

# #3 When I am at BEST, I typically feel ...

Write a few  
emotions  
down..

# #4. At my WORST, I am ...

- a bad listener
- annoying
- irritating
- argumentative
- boastful
- bossy, demanding
- defensive
- disrespectful
- envious, jealous
- greedy
- harsh, rude, sassy
- impatient, easily angered
- inconsiderate
- insecure
- irresponsible
- lazy
- judgmental, critical
- overly focused
- rebellious
- self-centered, selfish
- self-righteous
- uncaring, apathetic
- uncooperative
- ungrateful, whiney
- unorganized
- other \_\_\_\_\_
- other \_\_\_\_\_

Check 5-10  
boxes that  
most  
accurately  
describe  
you.

# #5. Situations that can bring out my **WORST** are ...

- being tired
- being hungry
- being alone
- being disrespected
- being rejected
- not getting my way
- being criticized
- disappointment
- disagreement
- external pressure
- internal pressure
- failure, not achieving
- daily demands-job, HW, chores
- focusing on gaining approval
- being rushed/late
- busyness, too much activity
- too much free time
- too much unhealthy food
- lack of exercise
- being distracted by technology
- chaotic environment
- too many rules
- other \_\_\_\_\_
- other \_\_\_\_\_

Check 5-10  
boxes that  
most  
accurately  
describe  
you.



# #6 When I am at WORST, I typically feel ...

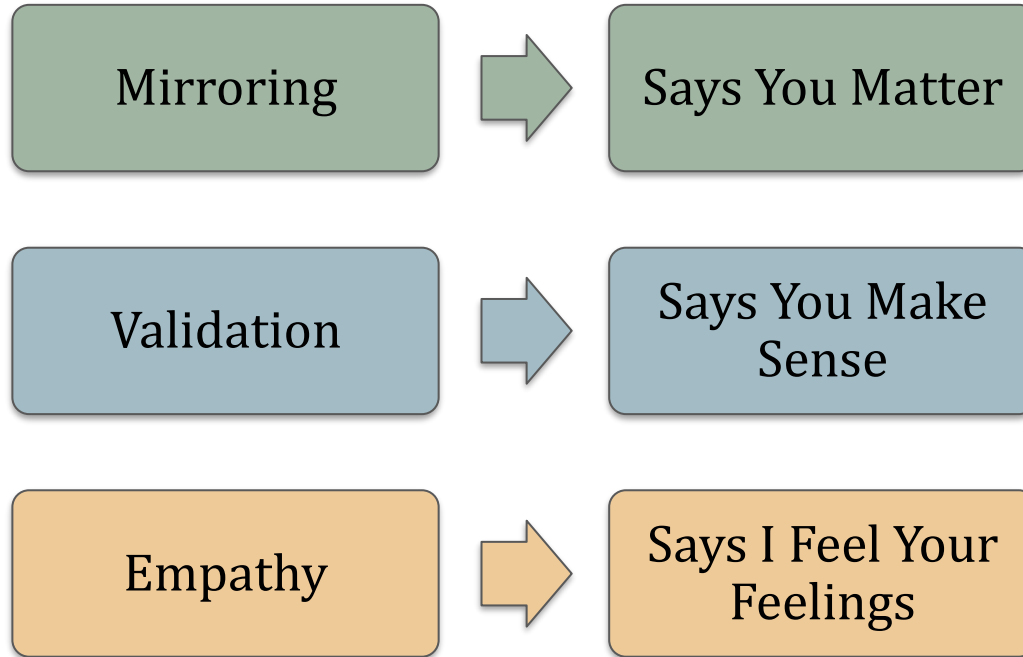
Write a few  
emotions  
down.



## Talk About It

- What did you learn about yourself using the Best Worst Tool?
- Share with your spouse how they can bring out your BEST.
- Gently share with your spouse how they can bring out your WORST.
- What is one thing you can do this week grow INWARD- OUTWARD- TOGETHER.
- What support would you like from each other?

# The Value of Listening



## Appreciation Dialog Template

### SENDER

Ask for appointment. "Is this a good time to share something I appreciate about you?"  
Make eye contact

#### APPRECIATION

"One thing I appreciate about you is..."

#### Feeling

"And what that makes me feel is..."

#### Further Description

Childhood memory  
Shared Memory  
Word Picture

### RECEIVER

Grant appointment  
Make eye contact  
Listen and then say:

#### MIRROR

"What I hear you saying is..."  
"Did I get that right?"  
"Is there more about that?"

#### MIRROR

"What I hear you saying is..."  
"Did I get that right?"  
"Is there more about that?"

#### MIRROR

"What I hear you saying is..."  
"Did I get that right?"  
"Is there more about that?"

#### VALIDATE

"You make sense, and what makes sense is..."

**Thank you for sharing that.**