

# The Power of a Pause



For Christian Couples

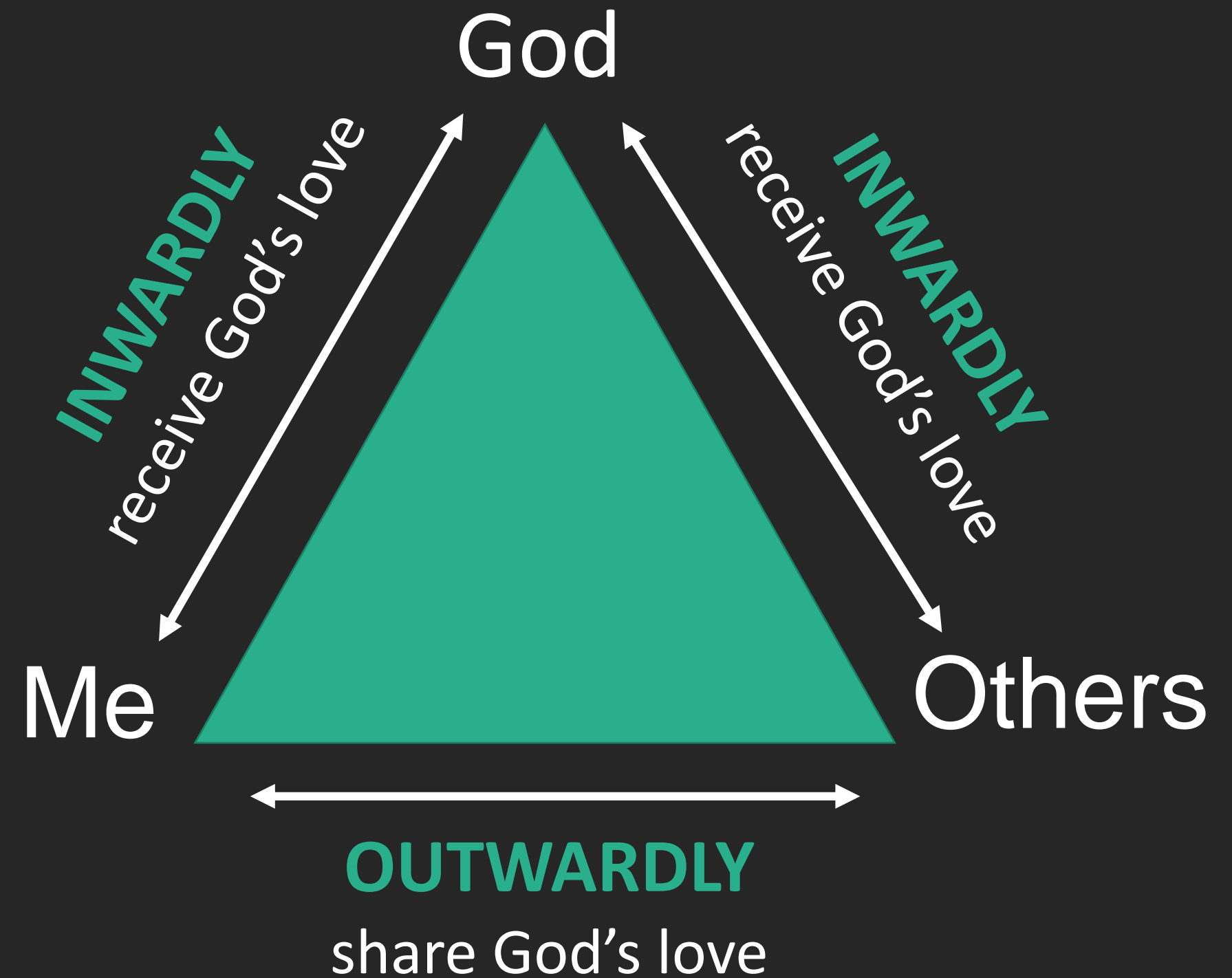
Our Narrative ...



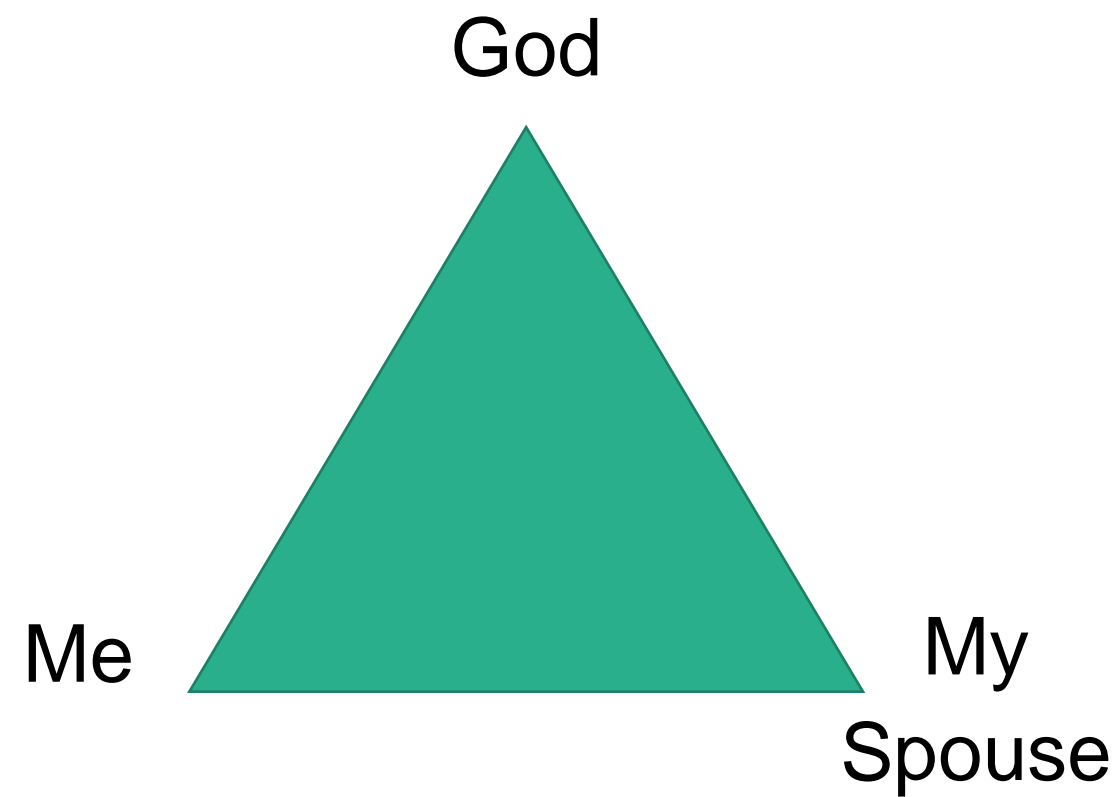
Impacts our  
Relationships

At our BEST, we both ...

“A new command I give you:  
Love one another. As I have  
loved you, so you must love  
one another. John 13:34

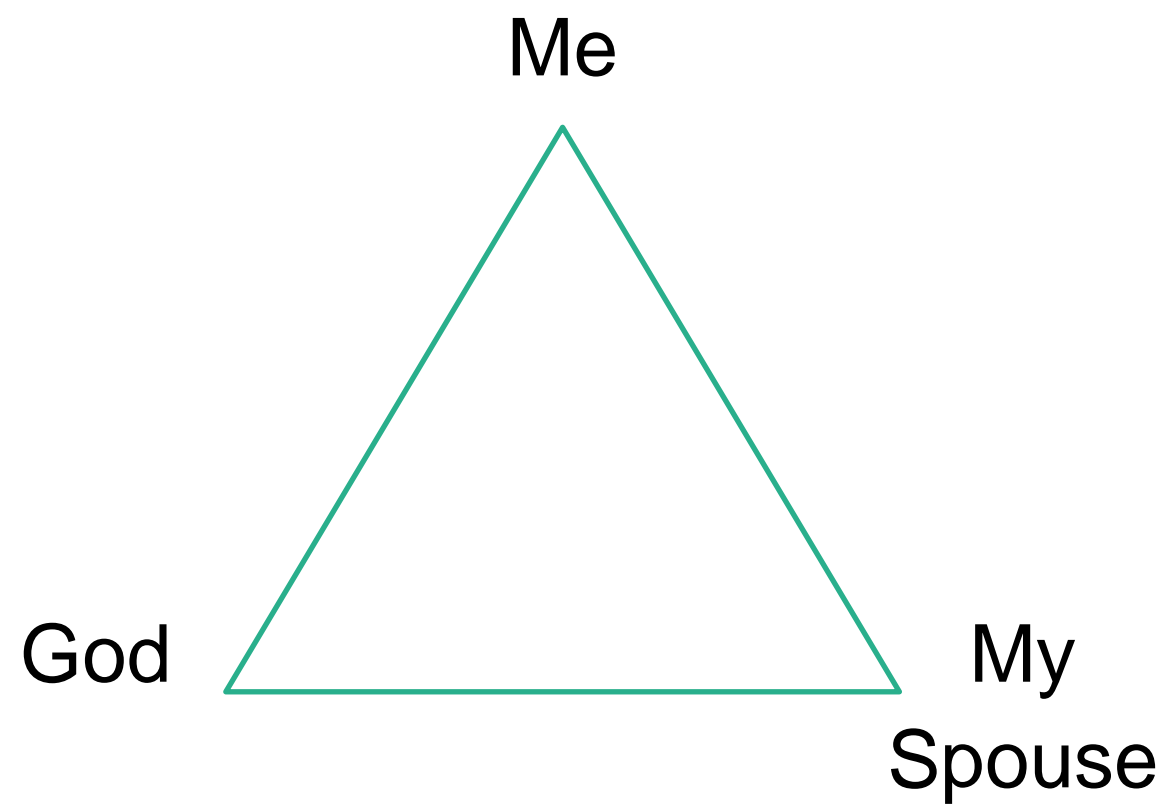


## Trusting



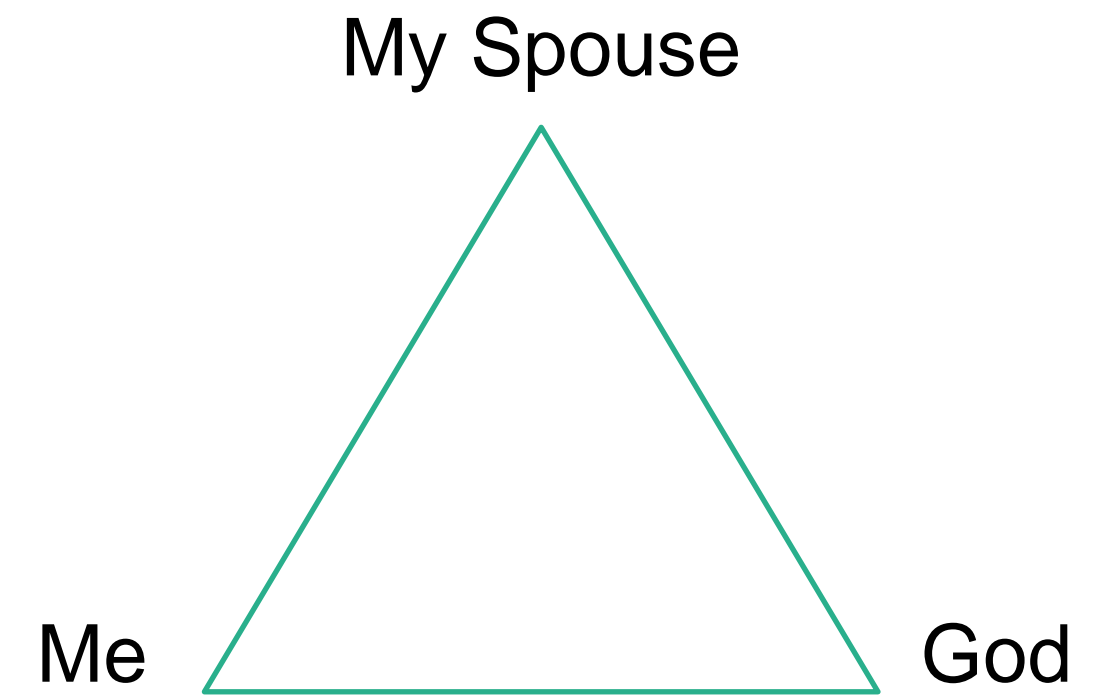
Trusting God's love, we are empowered to share God's love.

## Self-Centered



Elevating ourselves, we want our way.

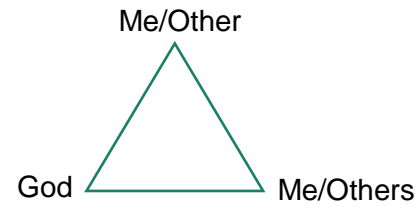
## Co-Dependent



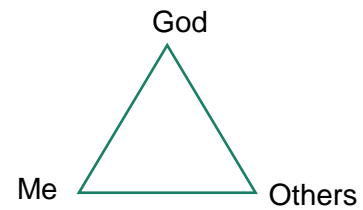
Elevating our spouse, we conform.

# Our Focus Matters

Self-Centered/Co-Dependent

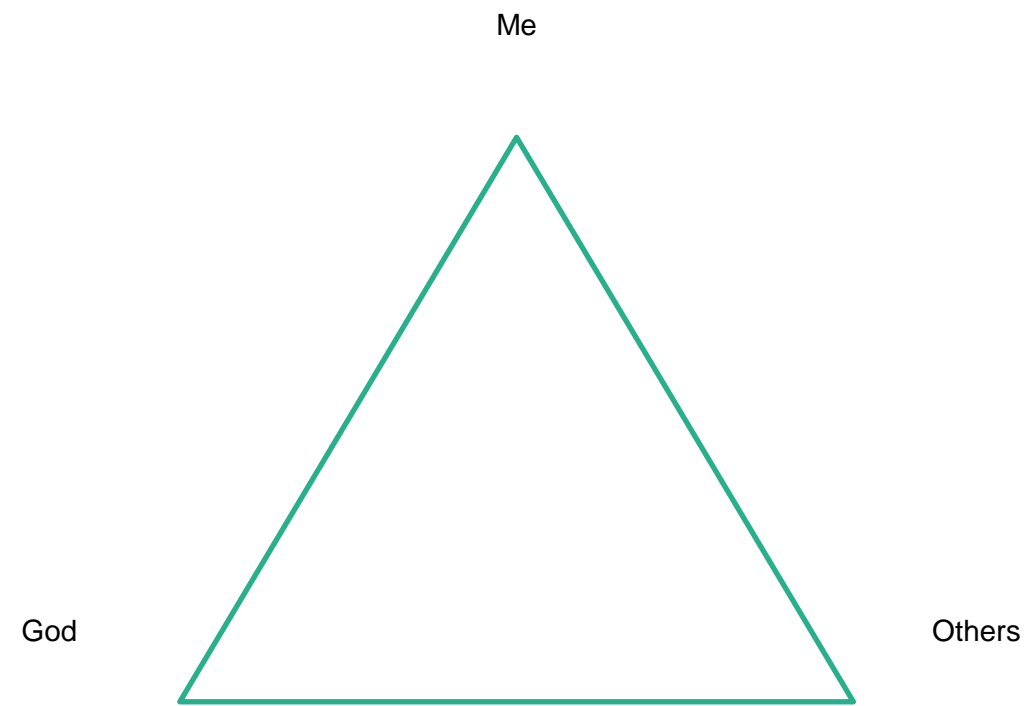


Trusting



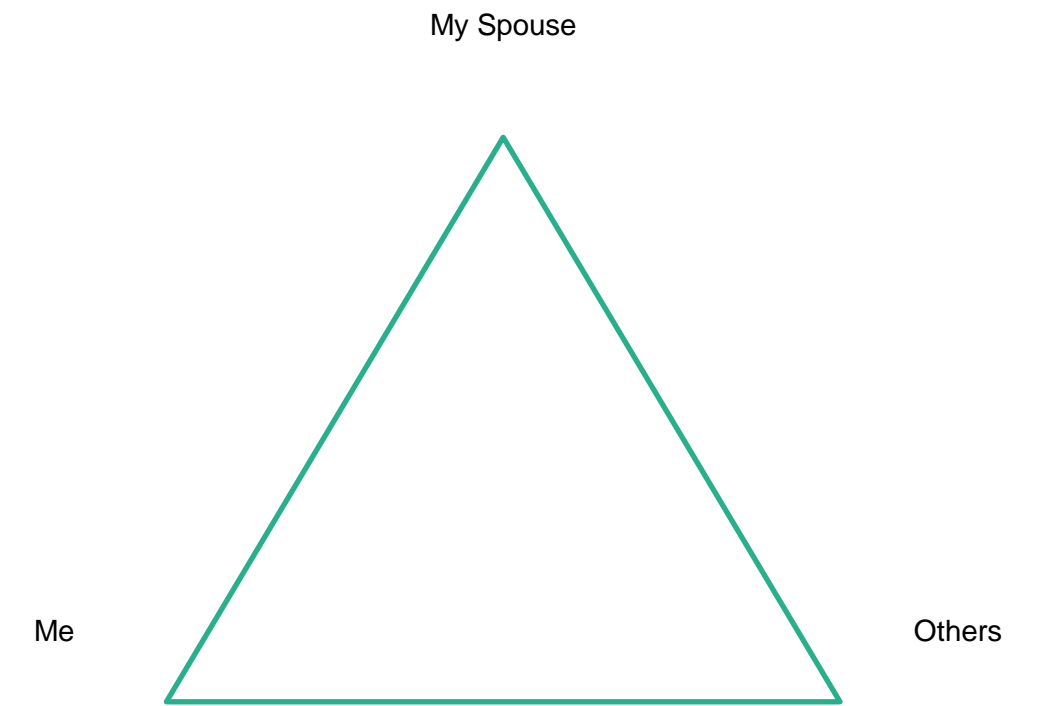
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Self-Centered



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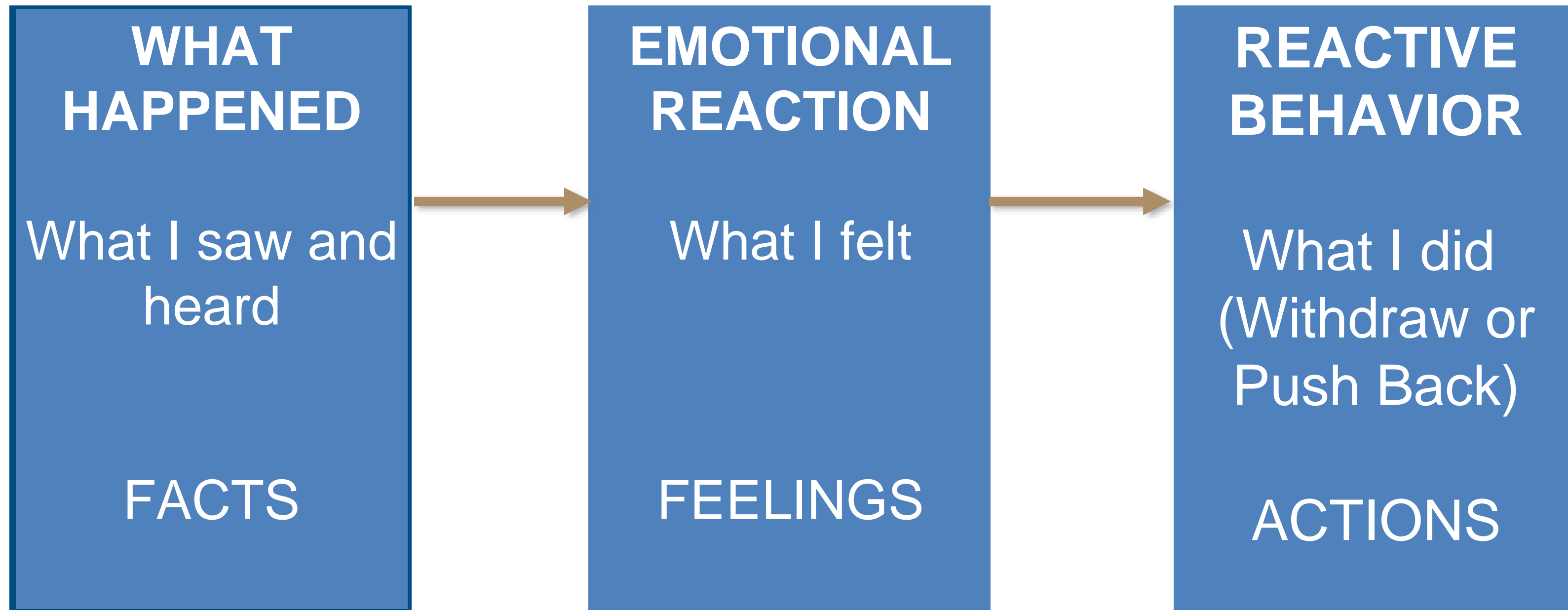
Co-Dependent



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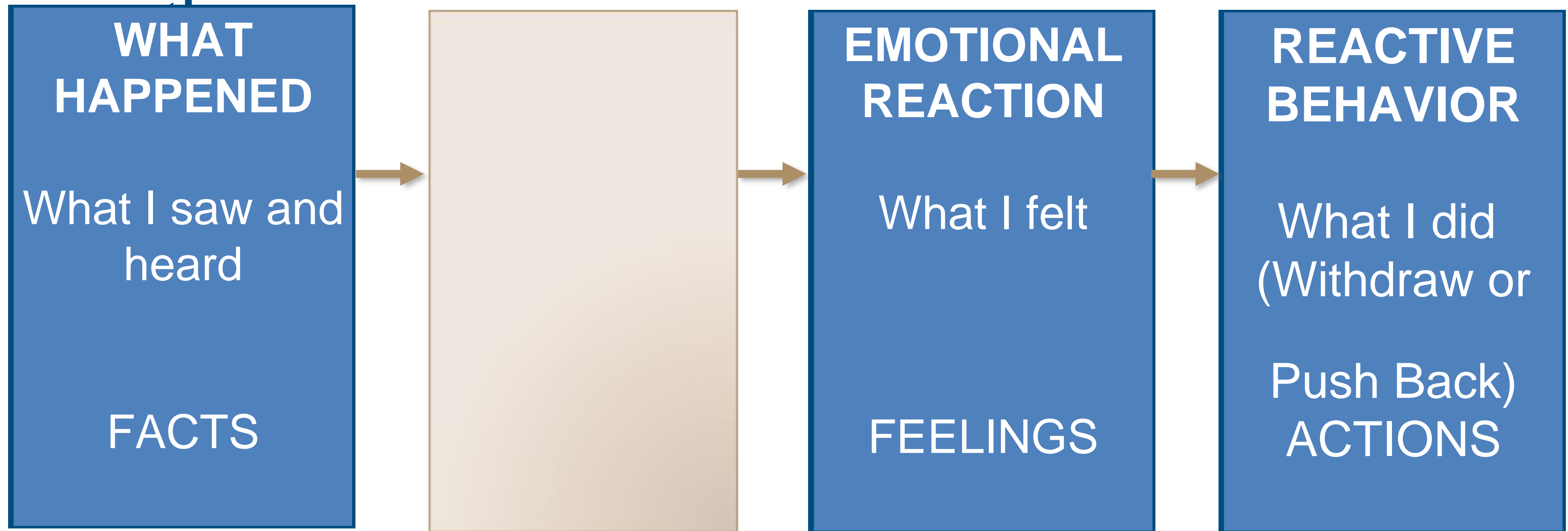
# Our Focus Matters

We see or HEAR or SEE something, FEEL an emotional reaction, and then ACT on those feelings.



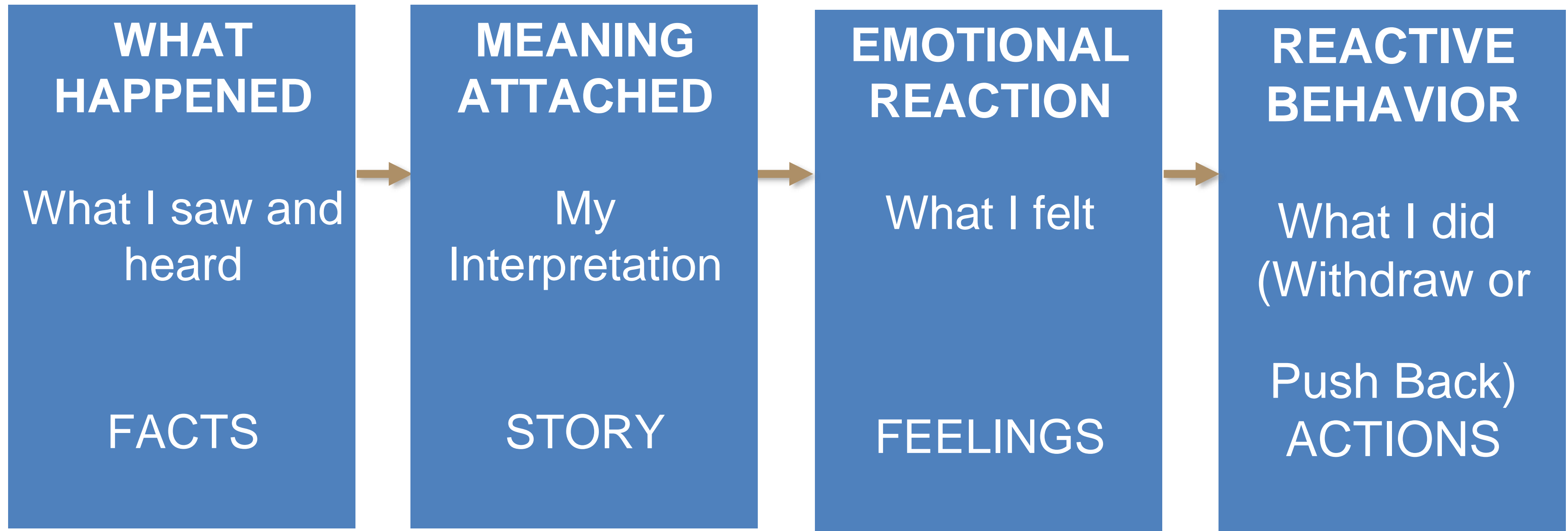
*“When you rolled your eyes at me when I was struggling with my phone I felt angry and blew up at you in front of our friends.”*

# We don't realize something going on *between* what happened and our emotional



*“When you rolled your eyes at me when I was struggling with my phone...I felt angry and blew up at you in front of our friends.”*

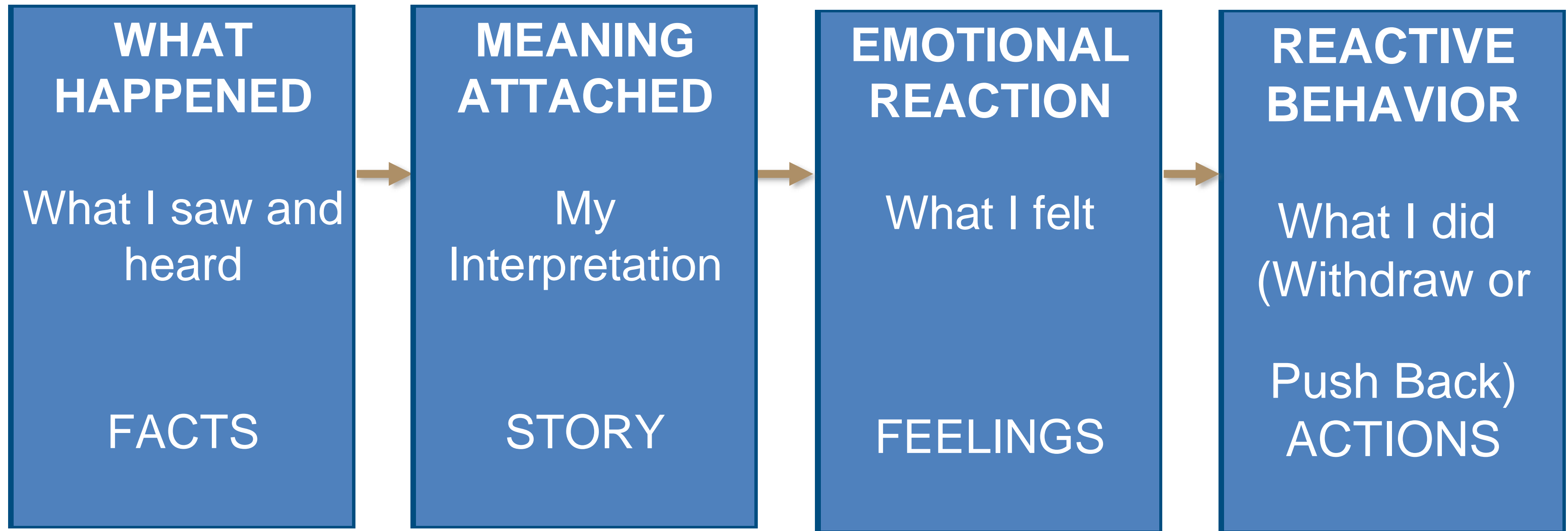
# Before our emotional response we tell a **STORY** about what happened.



*Our emotional reaction is not because of what happened, but by the meaning we attach to what happened – the story we tell about it.*



# Ten people in the room can tell ten different stories about what happened.



*If we can change our story we can change our emotions. If we can hold our story tentatively we can control our emotions.*

# First, you see or hear.

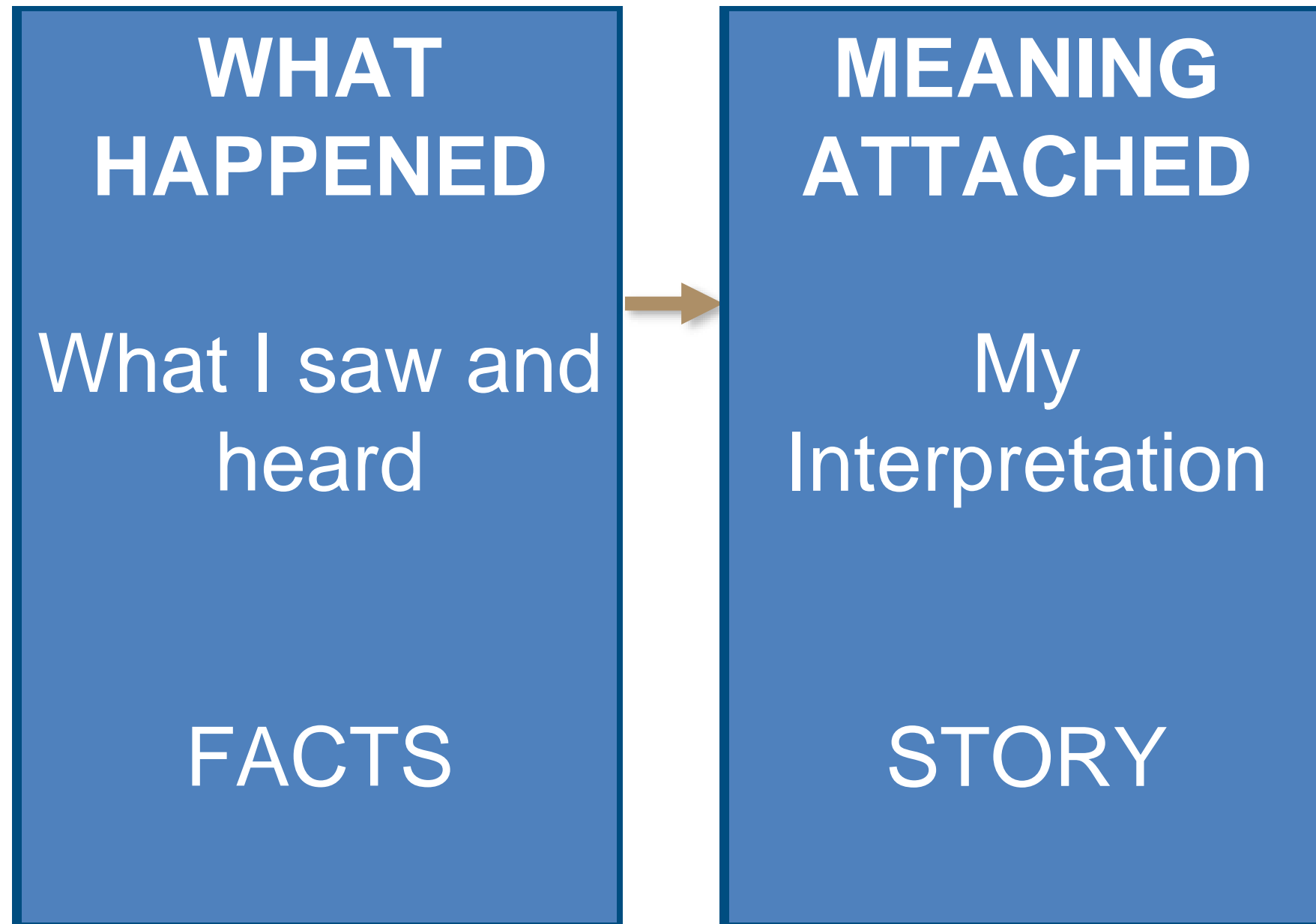
**WHAT  
HAPPENED**

What I saw and  
heard

**FACTS**

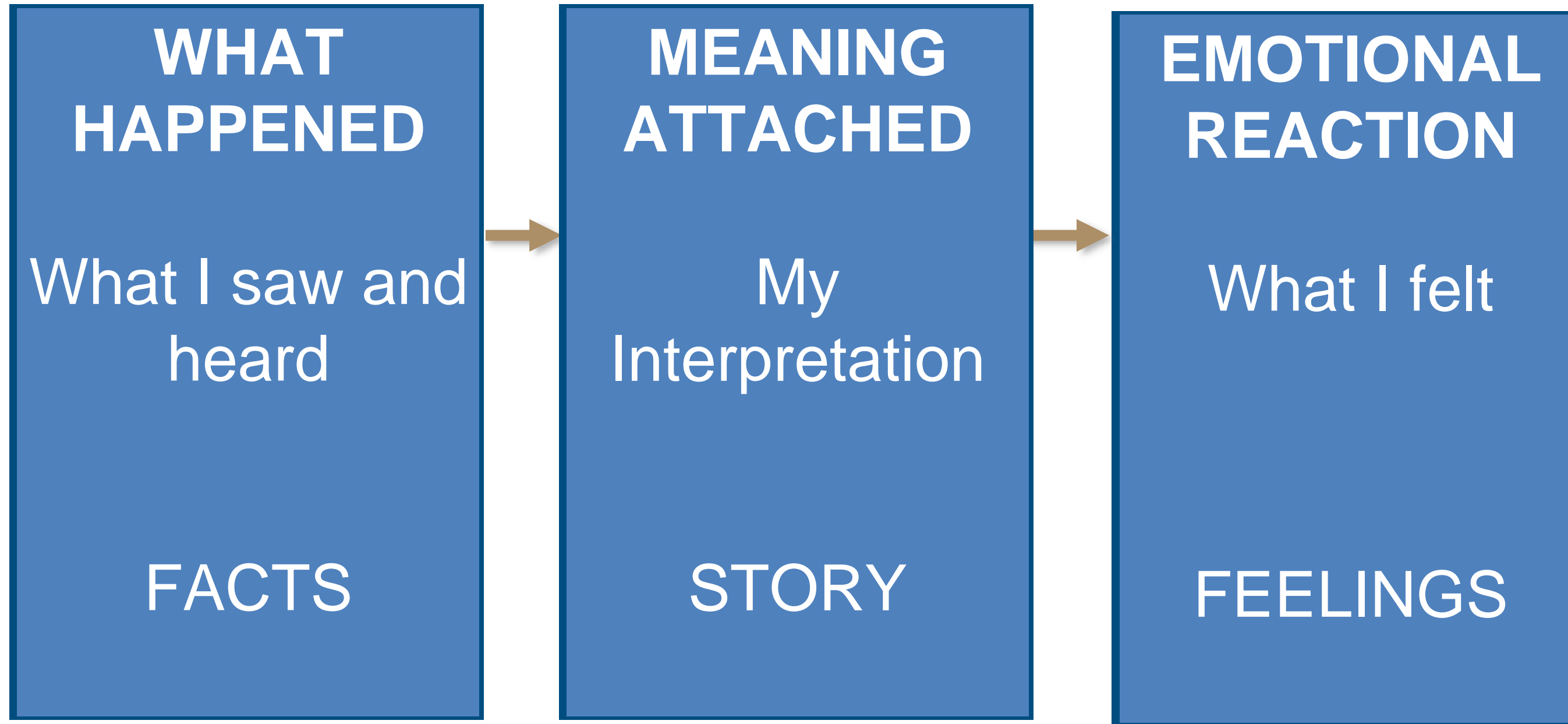
*“When you rolled your eyes at me when I was struggling with my phone...” What story might you tell yourself?*

# Second, you tell a story.



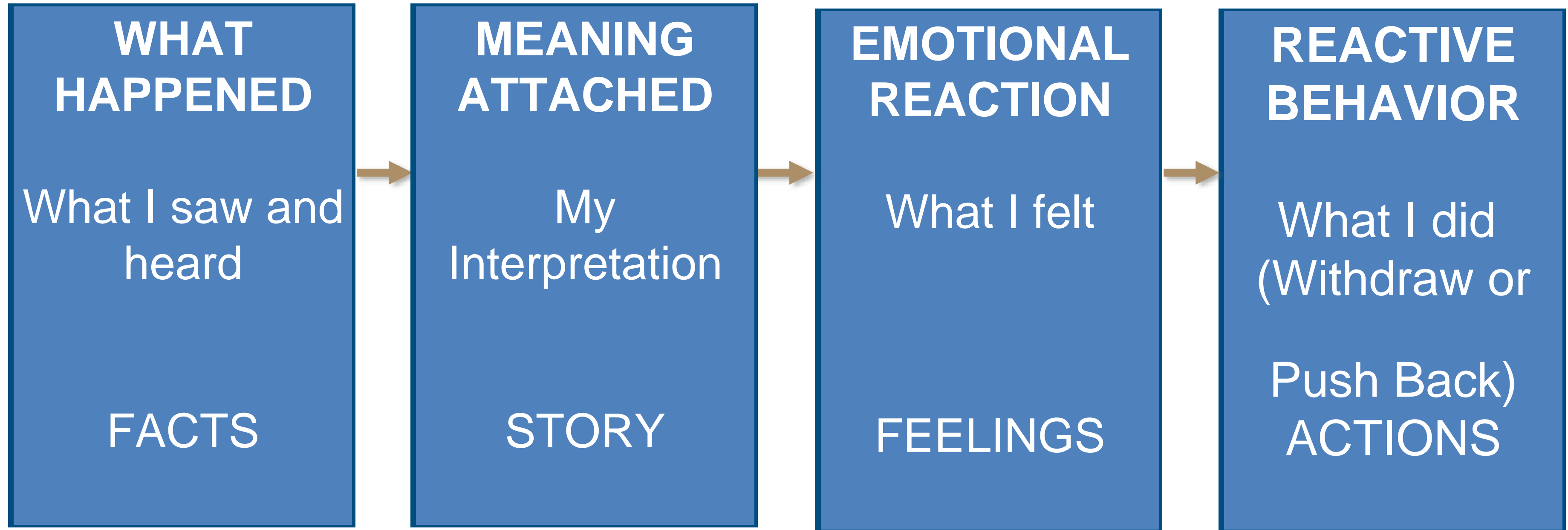
*“He’s trying to make me feel stupid!”*

# Third, you generate a feeling.



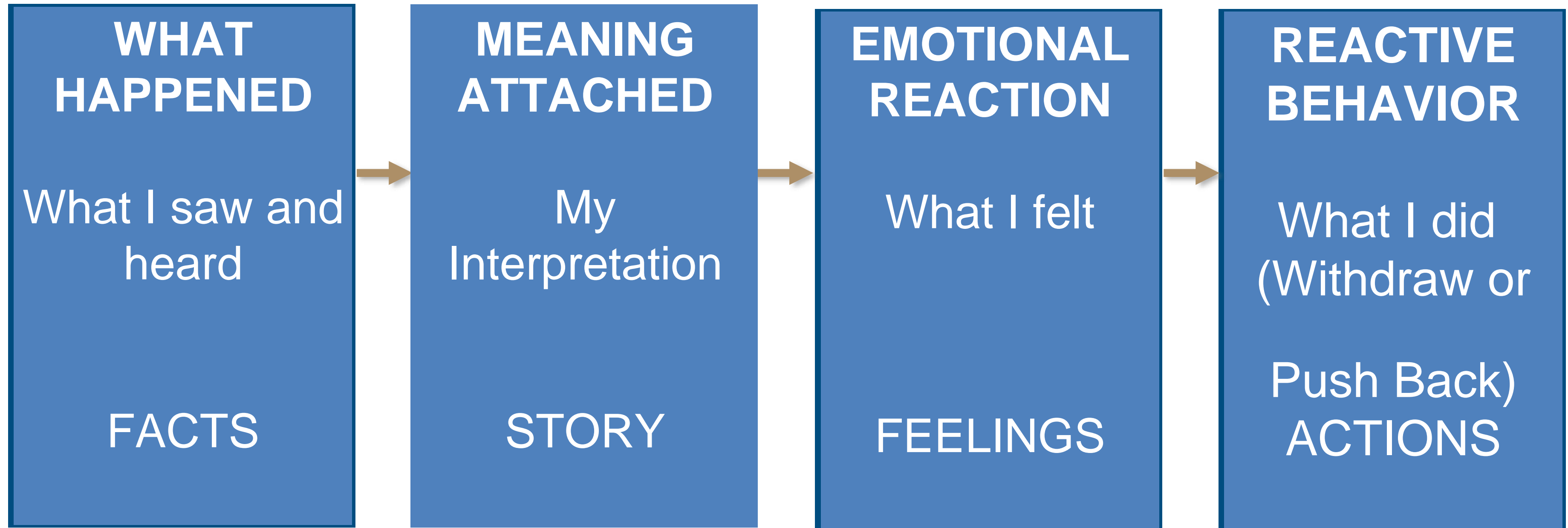
*You feel hurt, angry and defensive. You feel disrespected because he's making you feel not as smart as he is. What might these feelings lead you to do?*

# Fourth, you act.



*You blow up in front of your friends.*

How you are *acting* depends on how you are *feeling*.  
And how you're *feeling* depends upon the *story* you told yourself.



# SEPARATE FACTS FROM STORIES

**What is a fact?** An actual occurrence; something that can be proven through observation (what you saw vs. what you thought about what you saw)

# SEPARATE FACTS FROM STORIES

How are stories different from facts?

Stories are *judgments, conclusions* and *attributions* that we make from facts.

- Judgments determine whether facts are good or bad.
- Conclusions help us fit the elements together.
- Attributions tell us why people do what they do.



# FACT OR STORY?

- He was really disrespectful.
- She went to her office & pouted like a child.
- She scowled at me.
- He was very controlling.
- He jumped down my throat.
- She was afraid of where the conversation was going.
- He became very aggressive.
- She abandoned me in the middle of the discussion.

**All  
Stories**

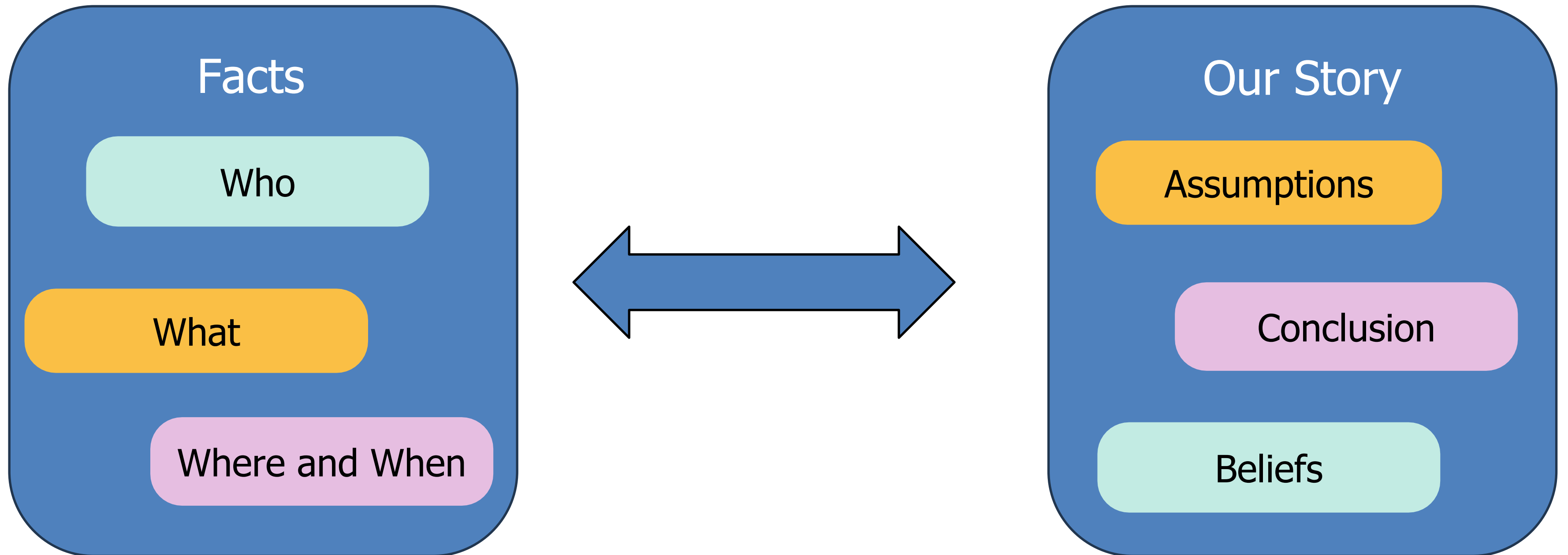
## **FACTS:**

- Her face turned red.
- He raised his finger.
- He looked away and never spoke up again.
- She raise her voice.

## **STORIES:**

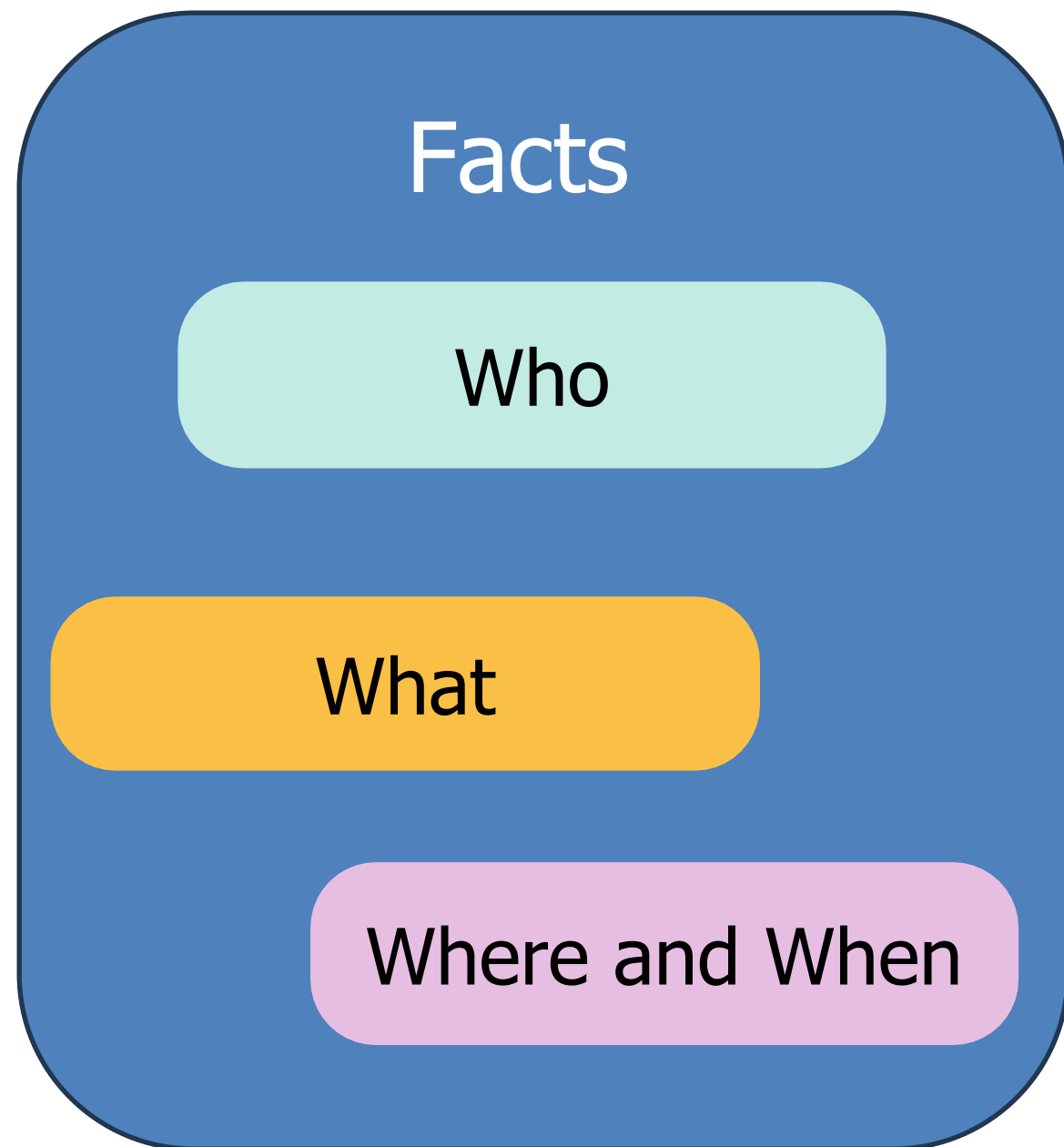
- That person is dishonest.
- She is really needy.
- He was being impatient with me.
- My coworker is unreliable.

The Idea is to be able to Separate Fact from Stories.



So that we can hold our story tentatively and remain curious.

# The same facts can tell an infinite number of stories.



Problem: We believe that the stories we tell are fact.



Better Choice: Separate stories from facts, suspend judgment and open our minds to alternative stories.

Bottom Line: That creates emotion that are different.







# Talk About It

1. Work together to create a list of the ways a Big Picture Narrative can help us grow through challenges.
2. Work together to create a list of the ways a Scarcity Narrative can hinder us from growing through challenges.
3. How are you feeling about the challenge you described right now? What connection do you see between how you feel and your narrative?
4. What is one thing you can do this week to cultivate a Big Picture Narrative about your challenge?
5. What support would you like?