



# DISCOVERING RELATIONAL WISDOM

## SIX SKILLS THAT IMPROVE EVERY RELATIONSHIP IN LIFE!

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### Personal Study Notes

### Lesson 7

## READ Yourself Accurately

### Student Information

Name:

Email:

Mailing Address:

Date Course Started:

Date Course Completed:

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## STUDY OVERVIEW AND REQUIREMENTS

- Please save these study notes as a Word document in a folder on your own computer or smartphone and answer the questions using your computer or smartphone rather than writing information in by hand. You may cut and paste or type text directly into this document, which will expand as you proceed.
- We encourage but do not require all students to answer at least **half of the questions** in each section of these Study Notes. If you choose to answer more questions, you will see greater improvement in your relational skills.
- If you are taking this course for academic or continuing education credit, for RW coaching or as part of your training for certification as an RW Instructor or RW Coach, you are **required to answer at least half of the questions** in each section of this document and submit a copy of your notes to your instructor or coach for evaluation at the end of the course.
- If you are **taking this course with a group of friends or co-workers**, you may print out a copy of your study notes and take them with you when your group meets to discuss what you are learning.
- You may **answer these questions with as much or as little detail as you choose**. One or two sentences is fine, but if you like to write more, go for it! If you are taking the course as part of a study group, however, keeping your answers relatively concise will make it easier to share them with your group.

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## RECOGNIZE YOUR EMOTIONS REFLECT AND APPLY 7A

1. Describe one or two insights you gained from this teaching.
2. Describe a common situation in your life where your emotions easily take control of your words or actions.
3. What are some of the physical signs in your body that warn you that intense emotions are building within you?
4. Why is the simple act of recognizing and naming an emotion helpful in managing that emotion?

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## EVALUATE, ANTICIPATE AND DIRECT YOUR EMOTIONS REFLECT AND APPLY 7B

1. Describe one or two insights about relationships you gained from this teaching.
2. James 4:1-2 warns us that our actions are often driven by desires or passions that war within us. Identify one or more desires in your life that have the potential to get so strong they become "idols" take control of your thoughts, words or actions.
3. What is the benefit of developing the discipline of anticipating where emotions may lead you? Give an example of a time when doing this kept you from saying or doing things that you would have otherwise regretted (or when failing to do so led to regrettable words or actions).
4. Give an example of a time when you or someone you know mastered a strong emotion and directed into constructive words or actions.

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## BUY SIX SECONDS AND DO A 180 REFLECT AND APPLY 7C

1. Describe one or two insights about relationships you gained from this teaching.
2. Describe a time when you waited (or wish you had waited) at least six seconds before responding to intense emotions. What was the result?
3. Describe the "Do a 180 principle" and a specific situation in your life where you have practiced it successfully (or wish you had).
4. Identify a person your life with whom you could practice the "180 principle" (i.e., doing just the opposite of what your emotions incline you to do).

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## RW IN ACTION: CINDERELLA MAN (CHAMPION OF MY HEART) REFLECT AND APPLY 7D

1. Describe one or two insights you gained from this video.
2. Describe what might have happened if Mae had not gotten her emotions under control and had either stayed away from the area or had gone there to make one more attempt to talk her husband out of fighting.
3. How do you think Mae felt as she walked from her church to the boxing arena? What emotions may have been swirling within her? What might she have been praying and saying to herself?
4. What spiritual disciplines and passages from the Bible have you found to be most helpful when you are experiencing strong, negative emotions like fear, anxiety, bitterness, self-pity or anger?

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## SEARCH THE SCRIPTURES

**Reflect:** Having read the supporting Scriptures for this lesson, how would you expand or elaborate on one or two of the key principles in this lesson? Feel free to refer to additional passages that support a particular principle.

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## DIGGING DEEPER

The following blog posts illustrate different ways to apply relational wisdom in daily life. We encourage you to read the posts that seem most relevant to your life at this time. If you are taking this course for **credit or certification**, you need to read at least **half** of these posts and answer the associated questions.

[Here's Looking at You Kid](#) (Humphrey Bogart demonstrates the READ concept)

1. To get a full picture of the beauty and power of Jesus' sacrifice on our behalf, read and discuss all of Philippians 2:5-11.

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2. Is there anyone in your life God may be calling you to sacrifice for so that you could imitate Jesus' sacrifice for you?
3. Which elements of the READ principle do the following passages support: Psalm 42:5; Matthew 14:30; Proverbs 20:5; Proverbs 22:3; Proverbs 15:18; Proverbs 15:1; Ephesians 4:26?
4. Describe a recent situation in which emotions triggered a decision you later regretted.

**Manipulative Double Messages** (We all do it ... and it hurts our relationships)

1. Have you ever used double messages to manipulate other people? When do you typically do this?
2. How do you think other people feel about it? What effect does it have on your relationships?
3. What desires (or "idols of the heart") fuel this habit?
4. Has this happened recently enough or often enough that you need to go and ask forgiveness from some specific people? If so, do it right away, before your sense of conviction evaporates.
5. The next time you have the opportunity to send a manipulative double-message, what will you do instead?

**Four Ways to Defeat Hijacking** (A more detailed explanation of the neurology behind the READ concept)

1. Think of a time when you were emotionally hijacked? What triggered your intense feelings? What did they cause you to do? What was the result?

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2. Describe how that situation might have unfolded if you had practiced four steps in the READ principle.
3. Identify a person you know who manages his or her emotions exceptionally well. What benefits has that person seemed to experience because of this ability?
4. Which of the READ disciplines will you focus on developing in the next thirty days? What affect do you hope it will have on your relationships?
5. Which of the READ disciplines will you focus on developing in the next thirty days? Share our goal with a friend who will pray with and support you.

[If Your Enemy Needs Electricity](#) (How an extension cord ended a lawsuit)

1. How does returning goodness for evil reflect the glory of the gospel and the character of God?
2. What are some of the other potential benefits of finding ways to do good to people who have wronged you?
3. Has anyone every treated you with undeserved kindness? How did it make you feel? How did it affect your relationship?
4. Have you seen examples of other people meeting the needs of someone who did not deserve their kindness? What impact did that have?
5. What are some other material, emotional or spiritual needs that people may have that God may be calling you to meet this week?

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[Idols of Heart and "VanityFair"](#) (A brilliant article by David Powlison explaining how good desires can become idols that destroy our relationships)