

14 STEP MODEL TO HEAL UNKNOWN HURTS

1. WARM UP-- "I PURPOSE TO ..."

WARM UP	1. To be like Christ as ultimate goal	4. To "Walk in the Spirit by Spiritually Breathing
	2. To seek ways I am not like Christ	5. To "Transfer Rights & Focus on Responsibilities
	3. To apply "Log & Speck Principle"	6. To "Emotionally Respond"

PERSON 1

PERSON 2

SPRIT--GOD

2. **ASK:** "Is there a way I have hurt you that I have not fully resolved?"

4. **DISCERN:** "God, have I failed to show perfect Christlike love?"



5. UNDERSTAND:

1st clarify the **Event**: "Are you referring to the event where ...?"

2nd clarify which of **12 Needs**: "Are you saying your need for _____ was not met?"

3rd clarify which of **49 Character Qualities**: "And you wish I would have shown a little more _____ which means _____?"

6. **VALIDATE:** "I can see how that would have hurt you, I would feel the same way if ..."

3. SPEAK TRUTH IN LOVE

"I felt like my need for ...

(INSERT 1 OF 12 NEEDS)

... was not met .

"... when you ...

(INSERT 1 SPECIFIC / MEMORABLE HURTFUL EVENT)

"... it would have meant a lot to me if you would have shown a little more ...

(INSERT 1 OF 49 CHARACTER QUALITIES)

... which means ...

(QUOTE DEFINITION OF CHARACTER QUALITY.)

12 NEEDS

1. Acceptance
2. Admonition
3. Affection
4. Appreciation
5. Approval
6. Attention
7. Comfort
8. Encouragement
9. Instruction
10. Respect
11. Security
12. Support

49 CHARACTER QUALITIES

- | | | |
|-------------------|------------------|---------------------|
| 1. Alertness | 19. Flexibility | 35. Persuasiveness |
| 2. Attentiveness | 20. Forgiveness | 36. Punctuality |
| 3. Availability | 21. Generosity | 37. Resourcefulness |
| 4. Boldness | 22. Gentleness | 38. Responsibility |
| 5. Cautiousness | 23. Gratefulness | 39. Reverence |
| 6. Compassion | 24. Hospitality | 40. Security |
| 7. Contentment | 25. Humility | 41. Self-control |
| 8. Creativity | 26. Initiative | 42. Sensitivity |
| 9. Decisiveness | 27. Joyfulness | 43. Sincerity |
| 10. Deference | 28. Justice | 44. Thriftiness |
| 11. Dependability | 29. Love | 45. Thoroughness |
| 12. Determination | 30. Loyalty | 46. Tolerance |
| 13. Diligence | 31. Meekness | 47. Truthfulness |
| 14. Discernment | 32. Obedience | 48. Virtue |
| 15. Discretion | 33. Orderliness | 49. Wisdom |
| 16. Endurance | 34. Patience | |
| 17. Enthusiasm | | |
| 18. Faith | | |

MIND--HEAD

EMOTION--HEART

7. **REQUEST THEIR FEELINGS:** "Tell me *more* about how that made you feel?"

9. **EXPRESS MY FEELINGS (FOR PARTNER):** "I feel sad that I hurt you ..."

8. **EXPRESS YOUR FEELINGS:** (Talk about your *feelings* not their *behavior*)

11. **CHOOSE TO FORGIVE:** "Yes I forgive you."

10. **CONFESSION:** "God has helped me to see how wrong I was to _____; would you please forgive me?"

12. **CHANGE / REPENTANCE:** Prioritize change! "In the future I plan to do _____, would that resolve this?"

13. **CHECK RESOLUTION:** "Did I fully resolve this?"

14. **ZIG ZAG:** "Was there anything I did or did not do that influenced you to do that?"

WILL -- HANDS

