

# Emotionally Healthy Relationships

## Stop Mind Reading and Clarify Expectations

Discipleship that changes your relationships with others

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By the end of this course, we hope you can:

1. Develop awareness of God's depth of love for you and increase ways to share that love with others
2. Assess and grow your own emotional maturity
3. Apply the skills you have learned to facilitate emotionally mature relationships



“

Emotional Maturity:

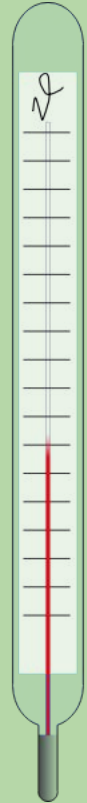
“the ability to understand and manage one’s emotions in a healthy way”

# Review

## Community Temperature Reading

The Goal is to bring the “temperature down” in the relationship.

1. Show an appreciation
2. Puzzles - “I’m puzzled...”
3. Complaints with possible solutions - “I noticed...I’d prefer”
4. Sharing new information- “I’m working on...”
5. Sharing hopes and wishes - “It is my hope...”



## 8 Necessary Skills

1. Clean Fighting
2. Ladder of Integrity
3. Incarnational Listening
4. Explore the Iceberg
5. Genogram Your Family
6. Stop Mind Reading
7. Clarify Expectations
- ~~8. Community Temperature Reading~~

Each skill must be built upon.



Mind Reading:  
“assuming you know  
what another is  
thinking or feeling”

Exodus 20:16

Thou shalt not bear false witness  
against thy neighbor

How might this scripture apply to  
mind reading?

## The Danger of Mindreading:

Every time we make an assumption about someone who has hurt or disappointed us, without confirming it, we believe a lie about this person in our head. Because we haven't checked it, it is very possible we are believing something that is not true. It is also likely we will pass this false assumption to others.

Hidden assumption: mental creations not based on reality





# Stop Mind Reading Clarify Expectations

What are we supposed to do?

Role Play Video: Stop mind reading the wrong and right way (7:08)

## STOP MIND READING

- 1 PICK a specific relationship area of your life where you might be "mind reading" or making an assumption**

*(e.g. work, church, family, marriage, parents, friendships).*

- 2 ASK PERMISSION**

"May I have permission to read your mind?"

**OR**

"Can I check out an assumption I have?"

- 3 ASK**

"I think that you think.... Is that correct?"

**OR**

"I am wondering.....is that correct?"

### Dangers of Mind Reading

- Telling ourselves stories about others that aren't true
- Making assumptions without checking them out damages relationships

Activity:

**Key Principle: Never assume you know what a person is thinking or feeling.**

1. Pick a relationship or situation
2. Write down name and assumption
3. Pick a time this week to clarify

ex: NC SS Teacher Train-up

Come from many places: growing up, fairy tales, love songs, society, personal preferences

What expectations about marriage did you receive growing up?

What expectations about finances do you have? Where did they come from?

# Expectations

What expectations exist around the workplace environment?

Neighbors?

What do we expect from churches? Why?

Do we have a right to our expectations? Why or why not?

# Clarifying Expectations



The purpose: To recognize whether certain expectations are valid or not, and to clarify our expectations with others

The problem with our expectations:

- Unconscious:**  
We have expectations of others that we don't even know we have. We often don't know until we are disappointed.
- Unrealistic:**  
We have expectations that are not reasonable; we don't have any evidence to support that it can or will happen
- Unspoken:**  
We're conscious of them, and they may be realistic, but they have not been effectively communicated or left unspoken
- Un-agreed upon:**  
We have expectations of others that they did not agree to, or others have expectations of us we did not agree to
- Note:**
  - If someone feels as if they can't tell us know; it's not an expectation, it's a demand
  - If we say, "They should know..." we might need to check our clarifications. We can't expect people to read our minds.

## CLARIFY EXPECTATIONS

### **PRINCIPLE:**

**Expectations are only valid when they have been mutually agreed upon.**

### **4 CRITERIA FOR VALID EXPECTATIONS**

#### **1 CONSCIOUS:**

Were you aware you had this expectation?

#### **2 REALISTIC:**

What is the specific evidence this person(s) can, or will, do this?

#### **3 SPOKEN:**

Have you clearly spoken the expectation or do you just think “they should know”?

#### **4 AGREED UPON:**

Has the other person agreed to the expectation?

Million-Dollar Question: What expectations do we have a right to have and what expectations do we not have a right to? In other words what are **valid expectations**?

Role Play Video: The wrong way and the right way to clarify expectations (19:41)

## Practice Clarifying Expectations:

1. Think of a recent expectation that went unmet and caused pain or disappointment; briefly write it down

2. Analyze the situation with the following checklist:

- Was the expectation conscious?
- Was it realistic?
- What evidence is there to support?
- Was it spoken?
- Was it agreed upon?

# ACTIVITY



Addressing expectations:

I'd like to clarify an expectation I have of you...Is this correct?  
I expect...because...Can we agree to that?  
I wonder...Are you willing?  
I'd like to check an assumption I've made....Is this true?



Question: What do I do when someone cannot meet my expectations?



Question: What do I do if I have an agreed upon expectation and the person doesn't do it?





Question: What do I  
do if God doesn't  
meet my  
expectations?



## What we did

- Reviewed CTR
- Learned 2 new skills: Stop Mind Reading; Clarifying Expectations
- Watched video examples
- Analyzed expectations

## What we learned

- Why mind reading is dangerous
- How to check assumptions
- 4 problems of expectations
- 4 criteria for valid expectations

Next week: Pastor Hedrick

Explore the Iceberg : what lies beneath the surface