

# Emotionally Healthy Relationships Incarnational Listening

Discipleship that changes your relationships with others

Presented by: Pastor and Sis Amy Hedrick

Material by: Peter and Geri Scazzero

# 8 Necessary Skills

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

Each skill must be built upon.



### What we talked about

- The genogram was a visual representation of our family's structure and communication.
- It makes apparent generations habits and curses.

What is one thing you could start today to change an undesired pattern or behavior?

What strengths do you draw from your family?  
What issues do you draw from your family?

A large, white, stylized quotation mark icon consisting of two curved shapes facing each other, positioned on the left side of the blue background.

In the church we are generally not known as being great listeners.

A large, white, stylized quotation mark icon consisting of two curved shapes facing each other, positioned at the top left of the text area.

Many times, in families we generally hear someone, but we don't feel what they are saying.

## Questions to consider:

1. Do my close friends describe me as a responsive listener.
2. When people upset me, I am able to listen to people without being defensive.
3. I am able to validate other people's feelings with empathy.
4. I ask for clarification when listening rather than "filling in the blanks" or make assumptions.
5. I give undivided attention when someone is speaking to me.

# The Life Of Jesus Teaches Us 3 Dynamics:

1. Enter another's world.
2. Hold on to ourselves.
3. Live in the tension between 2 worlds.

**He was fully human and fully God and lived in between the two.**

Incarnational listening is a skill that involves listening with empathy and without judgment. It's a way of listening that helps people feel understood and valued

# In the Family of Jesus we speak:

1. Honestly
2. Respectfully
3. Clearly
4. In a timely fashion



# Unhealthy Togetherness



# Unhealthy Togetherness:

1. We don't respect each other's individuality.
2. We expect people to think and feel the way we do. When they don't, we may feel threatened.
3. No two people are alike. We all have different thoughts, feelings, fears and values.

# Healthy Togetherness

me



you



# Healthy Togetherness:

1. We respect each other's separateness.
2. We allow each person to be an individual.

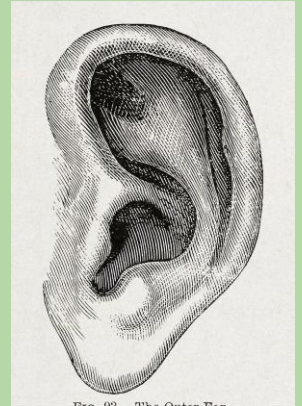


Fig. 42. The Outer Ear.



# Attunement:

Not just listening to words but also:

1. Tone
2. Eyes
3. Facial expressions
4. Posture
5. Intensity of words

When we portray attunement the person “feels felt”.

I’m not just hearing you but I am feeling what you feel.

**The prize is emotional connection...not information.**

Video at 8:22

## **Guidelines for the Listener:**

1. Give the speaker your full attention.
2. Avoid judging or interpreting.
3. Reflect back accurately what you heard.
4. When you think they are done ask, “is there more?”
5. When they are done say, “what is the most important thing you want me to remember?”

## **Guidelines for the Speaker:**

1. Speak in the “I”.
2. Keep your statements brief.
3. Stop to let the listener paraphrase.
4. Be honest, clear, and respectful.
5. It is important that you help people distinguish a thought from a feeling.



A large, white, stylized quotation mark icon consisting of two curved shapes facing each other, positioned at the top left of the text area.

This is a powerful tool of discipleship to mature us into greater character - especially when the other person is saying something difficult to hear.

A large, white, stylized quotation mark icon consisting of two curved shapes facing each other, positioned on the left side of the blue speech bubble.

What is the biggest thing impacting you right now?  
How is it making you feel?

From experience, you know that those who care for you become present to you. When they listen, they listen to you. When they speak, you know they speak to you....Their presence is a healing presence because they accept you on your terms, and they encourage you to take your own life seriously.

Henri Nouwen

