

Overcoming Relational Blind Spots

Goal: A Growing Loving Relationship

Key: 1 Peter 3:8, Philippians 2:1-8

- We cannot give relationally what we have not received.
- Relational skills are more caught than taught.
- Relational blind spots – healthy relational building skills are not on a person's radar.

1. Take joy in the person's existence when you are with them.
2. Unconditionally love the person when they fail.
3. Sync with the person emotionally in what are they feeling and why are they feeling it?
4. Meet a person's needs without them asking. What are their needs?
5. Be glad to be with them when they are emotionally upset. Even when they are angry at you!
6. Allow the person to talk about what they think and feel about things that are important to them. This includes sharing both the positive and negative.
7. Assist the person in meeting their goals.
8. Praise the godly characteristics of the person's heart.
9. Give the person genuine affection—love, hugs, touches, etc.
10. Let the person know you are thinking about them when you are apart.

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