

# Caring for Yourself

Communications 101  
Light and Life Sunday June 24, 2012



- Uncaring + no skill = \_\_\_\_\_
- Caring + no skill = \_\_\_\_\_
- Uncaring + skill = \_\_\_\_\_
- Caring + skill = \_\_\_\_\_

## A. Sensory Data (\_\_\_\_\_)

## B. Thoughts (\_\_\_\_\_)

- Beliefs
- Interpretations
- Expectations
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_
  - \_\_\_\_\_

## C. Feelings (\_\_\_\_\_)

- |           |              |               |           |
|-----------|--------------|---------------|-----------|
| happy     | proud        | comfortable   | hesitant  |
| sad       | lonely       | disinterested | irritated |
| satisfied | disappointed | frustrated    | surprised |
| angry     | trusting     | uneasy        | anxious   |
| peaceful  | annoyed      | fascinated    | jealous   |
| fearful   | eager        | excited       | glad      |
| hurt      | confident    | bored         |           |

## D. Wants (\_\_\_\_\_)

## E. Actions (\_\_\_\_\_)

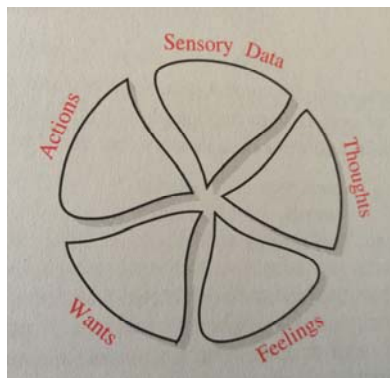
Notice here that I use “\_\_\_\_\_” rather than “\_\_\_\_\_”.

## 1. Caring about Yourself

### Embracing Conflict

*"Do not suppose that I have come to bring peace to the earth. I did not come to bring peace, but a sword. For I have come to turn 'a man against his father, a daughter against her mother, a daughter-in-law against her mother-in-law—a man's enemies will be the members of his own household" (Matthew 10:34—36)*

### The Awareness Wheel



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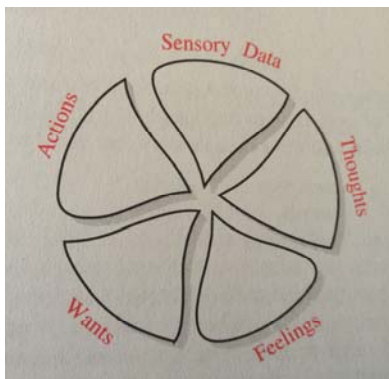
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### The Awareness Wheel



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### 2. Thoughts (\_\_\_\_\_)

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  - \_\_\_\_\_
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### 4. Wants (\_\_\_\_\_)

### 5. Actions (\_\_\_\_\_)

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