

Whole-Brain Living

Session 3: Remain Relational

1. Joy & Peace in Scripture

"The LORD bless you and keep you;
the LORD make his **face shine on you** and be gracious to you;
the LORD turn his **face toward** you and give you **peace**." - Numbers 6:24-26

"The fruit of the Spirit is **love, joy, peace**, patience, kindness, goodness, faithfulness, gentleness, and self-control." - Galatians 5:22-23

2. Review: Left Brain / Right Brain

- Left Brain (aka "Narrative Engine")
 - 'Slow Track' - 5x/second
 - Conscious thought
- Right Brain (emotional, relational, Identity center)
 - 'Fast Track' 6x/second
 - Supra-conscious processing
- Habits
 - White Matter - 200x/second

3. Right Brain Habits: The Key to Maturity¹

- **Remain Relational:** Keeps relationships bigger than problems by keeping your relational brain circuits on.
- **Act Like Yourself:** Live from your heart and not from your fear. Help others discover who they are and act like themselves.
- **Return to Joy -** Not feeling better, but getting your relational circuits back on after they have shut down.
- **Endure Hardship Well:** Mature people keep practicing the first three habits, even when things get hard.

4. The Elevator In Your Brain

- Level 1 - Attachment: Who or what is important to me?
- Level 2 - Assessment: Is this Good, Bad, or Scary?
- Level 3 - Attunement: Is someone with me in this?
- Level 4 - Action: What is It like for me and 'my people' to do in this?
- Level 5 - Narrative Engine: Information, Explanations.

5. Remaining Relational

- If my Relational Circuits (RCs, Level 3) go off, Level 3 and Level 4 are bypassed.
- Remaining relational requires keeping my RCs on even under stress.
- When my RCs are off, people become a problem to be solved, or a resource to be used, instead of a person to be **loved**.

¹ This is unpacked more fully in *Rare Leadership*, by Marcus Warner and Jim Wilder. Available at DeeperWalkInternational.org

6. Relational Circuits (RCs) Off Checklist (if one or more of the following are true)

- My fight, flight, or freeze reaction takes over
- I don't want to listen to what others feel or say
- I feel like It Is your fault when I hurt your feelings
- I interrogate, judge, or want to fix others
- I don't want to make eye contact
- I would rather just handle a problem myself
- My cravings Increase significantly

7. What to Do When My RCs are Off:

- Talking won't help
- I need to protect people from myself
- Watch out for BEEPS!
 - Behaviors, Experiences, Events, People, Substances
- I need to take steps to get my RCs back on!

8. Intervention: CAKE

- **C**uriosity
- **A**ppreciation
- **K**indness
- **E**ye-Contact

9. A Physical Intervention: Shalom my Body

- Yawning - 3x each side
- Tapping the Vagus Nerve (below the collarbone)
 - Inhale - tap at the rate of your heartbeat
 - Exhale - rub in circles
- Moro Reflex
- Refrain for each: *"Whenever I'm afraid, I will trust in You, O Lord"* - Psalm 56:3

10. Envelope Conversations

- Relational Foundation - begin with positive history
- Address the Problem - what needs to change?
- Relational Future - express your hope regarding the future of the relationship

11. Relational GodSight (see separate handout)

- Use Interactive Gratitude (RCs on + establish mutual mindstate)
- Ask God for insight on how *the Enemy* wants you to see this person.
- Ask God for insight on what *God* wants you to see about this person.
- Write a prayer in response.

Homework

- Pay attention this week when your RCs are off and try yawning 5-10x
- Take 1-3 minute pause daily this week (e.g., "One Minute Pause" app)
- Use the Immanuel Journaling method or Relational GodSight this week (preferably tomorrow!).