

## Preclass Reading – Week 2



# FEELINGS: YOURS, MINE, AND OURS

Recognize, Accept, Express, Trust

## FULLY FEELING PEOPLE

Jesus wept. When Jesus stood in front of Lazarus's tomb and saw how painful this death was for Lazarus's family and friends, he broke into tears. This is just one example of Jesus, "The author and perfecter of our faith" (Hebrews 12:2) as a man of deep feelings. Jesus felt compassion, cared for his mother from the cross, expressed anger at Peter, and even enjoyed friends and a party. Jesus showed us that feelings are proper and pleasing to God, and He invites us to be fully feeling people.

Fully experiencing our feelings is challenging because while feelings can be delightful, they also can be very painful. When people suffer loss or face other crises, their feelings can overwhelm them. Some people fear their feelings, either knowingly or unknowingly, and try to push them down and hide them.

Care Partners involves ministering to your Care Receiver's feelings. Care Partners listen to Care Receivers as they share painful feelings. At times you may share and help carry some of the most difficult feelings people ever bear. You may walk through the valley of the shadow of death with another person, experiencing with them the deep feelings of sadness, fear, and despair that come with profound grief. You may also share Care Receivers' feelings of joy, hope, and gratitude to God for healing when it seemed that life was over.

## FASCINATING FACTS ABOUT FEELINGS

To minister to people's feelings, it helps to understand what feelings are and aren't and how they work.

### 1. WHAT FEELINGS ARE

Here is a useful definition of feelings:

*"They are internal reactions generated by our interpretation of people, events and life experiences."*

### 2. WHAT FEELINGS ARE NOT

Sometimes people use the word *feel* loosely, often when they are not talking about feelings at all. *Reference Box A* contains some examples.

#### Reference Box A – Not Feelings

1. "I feel the mayor should be reelected."
2. "It's my feeling that Jesus is my Savior."
3. "Don't you feel this is the best essay in the contest?"
4. "I feel like you need to get over here right away."

None of the above actually expresses a feeling. Example 1 is an *opinion*. Example 2 is a *belief*. Example 3 is an *evaluation*. Example 4 is an *instruction* or a *command*.

People commonly use the word *feel* to express many thoughts other than feelings. One step toward

clearly understanding and dealing with feelings is to use the word feel only to describe feelings and not use it to state opinions, beliefs, evaluations, or instructions.

### **3. FEELINGS DEPEND ON PERSONAL PERSPECTIVE**

Feelings come from within us. Someone might say, "That guy really made me angry," but that is not completely accurate. No one can force us to feel a certain way. While others' actions may affect us, how we interpret their actions determines our feelings. This is why people can respond differently to the same event. For example:

- Two people are talking when a third interrupts. One person interprets this as a rude action and becomes angry. The other person notices the interrupter is wearing a hearing aid and concludes they simply didn't realize someone was already speaking.
- Two people learn they have \$100 in the bank. One breathes a sigh of relief. The other is shocked and anxious about having so little.

Since so much depends on interpretation, people need to be careful about blaming their own feelings on others. It is very easy to be mistaken about others' motivations and respond inappropriately by expressing angry or hurt feelings.

While people can't choose what feelings come to them, they can choose how they respond to feelings and sometimes to what extent they continue to feel them. Even if the other person intended to inflict hurt, you can refuse to react or you can choose not to hold on to your initial emotional response. For example, a person might say, "It's been a long day. My friend is having a lot of problems at work – I won't get angry at what he said."

### **4. BENEFITS OF FEELINGS**

Feelings help show what is going on inside us and signal well-being or warning. Feelings of peace and contentment can mean that all is well. Other feelings may warn something is wrong and change is needed. Like physical pain, emotional pain causes people to stop negative thinking or behavior before the pain gets worse.

Feelings are vital for understanding relationships. Affection, loneliness, or compassion motivate people to seek out relationships with others. Happiness and thankfulness can accompany a healthy relationship. Frustration, despair, or jealousy can stimulate people to examine or change the relationship.

Feelings motivate people to react to their surroundings. For example, anger at injustice impels people to work for social change. Love leads to giving oneself for and to others. Even fear is useful when it drives a person to stop dangerous activities, change unhealthy behavior, or seek help in a difficult situation.

### **5. DIFFICULT FEELINGS**

While feelings have many benefits, they can also be difficult and painful. Sometimes people can feel trapped by their painful feelings.

Sometimes people can feel trapped by their painful feelings. The emotional pain of depression can drive people to suicide. Low self-esteem can leave people feeling hopeless and helpless. A person's unreasonable and inappropriate anger can hurt those who care and want to help them.

Similarly, feelings can lead people to act in ways they later regret. Many foolish acts have been committed

by people because they were in love, enraged, depressed, or foolishly optimistic. When people allow themselves to be controlled solely by their feelings, they often end up hurting themselves and others.

Feelings can also prevent people from doing what they need to do. Feelings of helplessness or hopelessness can leave people emotionally paralyzed and unable to care for themselves. Painful shyness can prevent people from acting on their own behalf or for others.

Sometimes, when people can't accept their feelings, they will project them onto others. They think others have the "bad" feelings when, really, they do. They may even blame the other person for having feelings that are really going on inside themselves. Something similar happens when feelings that have been hidden for years come out in unexpected ways. Sometimes people transfer the anger or fear they felt toward a parent or teacher onto another person in authority. Some people may even transfer those feelings onto their caregivers.

The way people feel can even affect their physical health. Long-term difficult feelings, such as worry or anxiety, can contribute to ulcers and high blood pressure. They can also make it more difficult to recover from illnesses or injuries. Enjoyable feelings, however, such as hope, pleasure, and joy, can help people recover physically.

Worst of all, difficult feelings can drive people away from God. For example, parents who experience the terrible grief that accompanies a child's death sometimes may decide that a loving God would not allow such pain. Other people may become so angry at their church or at a particular Christian that they refuse to pay attention to God.

**6. FEELINGS NEED TO BE EXPRESSED**

People reveal feelings in many ways. They may describe them or make inarticulate sounds like chuckles, moans, sighs, sobs, or wails. Feelings are expressed through actions – kicking a water cooler, kissing, crying, or laughing. People express their feelings through writing. The Bible, especially in Psalms, affirms the benefits of expressing feelings and the harm of internalizing them. *Reference Box B* shows this clearly.

Reference Box B – Expressing Feelings to God	
<p>While I kept silence, my body wasted away through my groaning all day long. For day and night your hand was heavy upon me; my strength was dried up as by the heat of summer. <i>Selah</i></p> <p>Then I acknowledged my sin to you, and I did not hide my iniquity; I said, "I will confess my transgressions to the LORD," and you forgave the guilt of my sin. <i>Selah</i></p>	<p>Psalms 32:3-5 NRSV</p>

***Benefits of Expressing Feelings***

Expressing feelings not only benefits individuals, but it also helps relationships become more genuine and caring. Listening to another person's feelings is an excellent way to show care and build a relationship.

***Unexpressed Feelings Cause Harm***

Sometimes people try to hide their feelings or pretend to themselves they aren't experiencing those feelings. They may believe it improper to show feelings or worry that doing so will cause them to lose control. Sometimes it is best not to express one's feelings right away. Yet if people continue to bottle up strong feelings, there are often serious negative consequences.

Those who rarely express feelings of love or gratitude may lose valued relationships. While many assume loved ones know how they feel about them, not expressing feelings of warmth and affection erodes the strength of important relationships.

Feelings sometimes need to be set aside temporarily. For example, if someone is injured and needs assistance, you may set aside feelings of shock or sadness until after you finish helping the person. You may choose not to express anger or sadness to someone you know can't handle it. If a Care Receiver breaks into uncontrollable sobbing, you may keep your deep sadness under control until later.

If you suppress feelings now, you will eventually need to express them in some other way – perhaps by praying, by talking to a trusted friend, or by sharing them in your Supervision Group.

## 7. PEOPLE ARE RESPONSIBLE FOR WHAT THEY DO WITH THEIR FEELINGS

Feelings are not under your conscious control. They come in response to the way you perceive the world around you. No one can feel angry, happy, or sad on command. For this reason, feelings are not right or wrong, they are neutral. People are not responsible for how they feel; however, they are responsible for what they do with their feelings.

Suppose you feel very confused or irritated by your Care Receiver's behavior. You cannot force yourself to stop feeling irritated. You can, however, control your words and actions toward that person. You can consciously remind yourself to treat the person with respect, no matter what your feelings are.

You can also choose whether you feel negative feelings. Even if you are feeling irritated with your Care Receiver you don't have to dwell on that feeling by continually thinking about how irritated you are and how justified you are in feeling that way. Doing that can increase your irritation, which might injure your caring relationship.

Instead, you can acknowledge the feeling and express it to your supervision group, and then let go of it. If the feeling keeps coming back, you can choose to accept it and then let it go.

By consciously controlling your behavior, you are truly loving your neighbor. Being in control of your feelings rather than letting them control you is difficult, but it is extremely satisfying and worthwhile.

## 8. FEELINGS CHANGE

Feelings change over time. Intense feelings of sadness or hurt soften after a while. In normal relationships people's feelings for each other change as years go by.

People can choose to change feelings they have toward others. When people choose to act in positive and caring ways toward others who have hurt them, they find their feelings toward those people change.

Changing negative feelings takes a lot of discipline and willpower. Trying to change such feelings can remind people of how much they need God's help. An important part of changing such feelings is to bring them to God in prayer and ask for the Holy Spirit's constant presence and support. The Psalm in *Reference Box C* provides an example.

### Reference Box C – Bring Feelings to God

Why are you downcast, O my soul? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God. Psalm 42:5

## KINDS OF FEELINGS

Take a moment to look over the *Feelings Word List*. Most describe feelings that are either enjoyable or difficult, although a few, like surprise, could go either way.

### ENJOYABLE FEELINGS

Some feelings are so enjoyable that experiencing them can be a highlight of a person's life. Feelings of love for family or friends or joy at the birth of a child can provide pleasure for a lifetime. Some feelings are so enjoyable that people make great sacrifices to experience them. Sometimes knowing God brings wonderful feelings of hope and peace.

One of the most satisfying parts of your ministry may be sharing your Care Receiver's enjoyable feelings. Be open to such feelings and encourage your Care Receiver to express them. In Romans 12:15, Paul instructs us to

*Rejoice with those who rejoice; mourn with those who mourn.*

It would certainly be a mistake to focus only on sad and painful feelings and never to encourage a Care Receiver to express what they feel good about.

### DIFFICULT FEELINGS

Your Care Receiver may experience more difficult feelings than enjoyable ones. Difficult feelings are often much harder to understand and deal with, so this Preclass Reading will explore them more closely.

### ANGER

Anger is one of the most difficult feelings. Anger is painful to live with, difficult to express well, and hard to accept when others direct it at you. Your Care Receiver may get angry with you and you may not deserve it. Sometimes anger is justified; other times it comes out of nowhere. People can be far angrier than circumstances warrant, which may mean they are expressing anger that has built up over time.

There are several possible causes for anger. Under most anger is hurt. People feel hurt when they have been treated unfairly or because they have expectations of others or themselves that are not being met. Those expectations, as well as a personal perception that they have been treated unfairly, can be realistic or unrealistic.

Some say anger is a learned response, and once people find that getting angry helps them get what they want, they continue to express angry feelings. Another explanation is that people feel angry when they are threatened. According to this idea, anger is a primitive response left over from times when human survival depended on running or fighting when confronted with danger. Still another possible reason for anger is that people feel angry when they believe they aren't meeting others' expectations of them.

People may also react with anger when they see others mistreated or hear them criticized, especially people they care about. In such cases, anger is often called indignation or righteous anger. Common feelings related to anger include:

- Hurt
- Unfairness
- Irritation
- Resentment
- Suspicion

## FEAR

People usually feel fear when they believe they are threatened. They may also be afraid when they believe they have lost control over a situation or when they cannot protect themselves and feel vulnerable.

Fear may be in response to a real or an imaginary threat – when a person misinterprets a situation. The feeling can be real and painful, even when the threat is not real. Feelings related to fear include:

- Pessimism
- Powerlessness
- Anxiety

## SADNESS

Sadness usually results from loss, either real or imagined. For example, when a child leaves home, parents may grieve the loss of regular close contact. Or parents of growing children may feel sad when they think about a child eventually leaving home – a loss that presently exists only in their minds. Nevertheless, the sadness is still real.

Whether a loss is great or small depends on the perspective of the person experiencing it. The death of a pet, for example, may be very serious to a young child who has grown up with the animal or to an elderly person who has depended upon it for companionship. Never make light of someone else's loss, no matter how trivial it may seem to you. It may be more painful than you think, for reasons you are unaware of. Other feelings related to sadness include:

- Loneliness
- Grief
- Misery

## GUILT AND SHAME

People feel guilt when they do something they believe is wrong. If they have indeed done something wrong and recognize the fact and feel remorse over it, then it is *true guilt*. To feel true guilt is simply to be in touch with the negative impact of one's deeds. *False guilt*, however, is unearned. It comes from being overly self-critical, not from actual wrongdoing. It is often motivated by the constant need to live according to rules and to impress others. *Reference Box D* contains questions people can ask to determine whether guilt is earned or unearned.

### Reference Box D – Questions to Differentiate Between Earned and Unearned Guilt

1. Can you say specifically what it is you have done that is sinful or wrong?
2. If you had to ask forgiveness for some particular thought or action, what would that be?
3. If you had to ask forgiveness of a person, from whom would you ask it?

If a person cannot clearly answer any of these questions, they are more likely dealing with false guilt. The person may realize this as they try to answer the above questions, and that may be enough. If, however, you believe they have a serious problem with false guilt – for example, if the sense of guilt doesn't go away and seems to cripple his or her life – then you might refer the person to professional help. Your supervision group can help you make this decision.

Shame is different from guilt, although a person may feel both emotions at the same time. While guilt relates to what people do, shame is in response to who people think they are. When people infringe their own moral code, their consciences condemn their actions and they feel guilt.

People may suffer from shame, however, whether or not they have done something wrong. Their shame is based on the belief that something is fundamentally wrong with their physical appearance, life situation, personality, or character. Such shame may be justified, for example in the case of a habitual criminal who regularly hurts others. Sometimes, however, the shame is an unfortunate result of a characteristic that the person cannot change, such as his or her physical appearance.

Imagine a person who has just been arrested for shoplifting. Guilt says, "I have broken the law and deserve punishment." Now imagine a person laid off as a result of corporate down-sizing. Shame says, "I am incapable of supporting my family. I am a failure. What a terrible person I am."

People suffering from shame may try to hide their true selves. They believe something is terribly wrong with them. They fear others will detect their flaws and reject them. Any hint of their flaws or their feelings becoming public only makes the shame more intense. Shame is the most private feeling. Embarrassment is a milder, related feeling.

### **DESPAIR**

People feel despair when they find their situation unbearable and believe they are powerless to change it. They may feel despair because of actual problems in the present or because of problems they foresee in the future. Related feelings include:

- Discouragement
- Hopelessness
- Anguish
- Gloom

### **CONFUSION**

Confusion arises from problems in the thinking process. People feel confused when they are faced with:

- Unexpected information
- More information than they can make sense of
- Not enough information to understand their current circumstances

Confusion easily leads to other feelings, such as annoyance or fear. Some related feelings are:

- Shock
- Alarm
- Panic

### **PRIMARY AND SECONDARY FEELINGS**

A person may start out with a primary feeling, but over time the primary feeling turns into a related but different secondary feeling. For example, a person who feels deeply hurt by a close friend may find the feeling of hurt soon changes into anger. Disappointment or guilt also can eventually lead to anger.

A person may begin by feeling insecure or afraid in a relationship, and later they feel jealous. The diagram in *Reference Box E* illustrates the movement from primary to secondary feelings.

Reference Box E -- Primary and Secondary Feelings	
Primary Feeling	Secondary Feeling
Hurt	→ Anger
Failure	→ Guilt
Insecurity	→ Jealousy
Worry	→ Fear

Secondary feelings push aside and overshadow primary feelings. The primary feelings did not vanish, but the person does not express them and may deny they exist. For example, a person suffering from the primary feeling of hurt may say, "It's not that you hurt me when you didn't answer my letter, I'm just angry because you're not meeting your obligations." But, in fact, the person is deeply and personally hurt. Caregiving that doesn't address that fact is not likely to get very far.

It's important to acknowledge and care for a Care Receiver's secondary feelings and help them understand the primary feeling behind it. Although a secondary feeling is certainly important, Care Receivers need to recognize, accept, and express the primary feeling to avoid problems arising from unexpressed feelings.

### COVER-OPPOSITES

Two opposite feelings can exist simultaneously. A person may choose one feeling to cover or hide its opposite. This is illustrated in *Reference Box F*.

Reference Box F – Cover-Opposites
<p><b>Cover Feeling:</b> A feeling expressed and visible on the surface <i>that hides</i></p> <p><b>Opposite Feeling:</b> A difficult feeling lurking below the surface</p>

For example, a person who outwardly seems to be gruff, cold, and uncaring may inwardly have sensitive, vulnerable feelings. They camouflage the deeper, more tender feelings with a crusty exterior to avoid embarrassment or rejection.

A person may feel friendly and pleasant, and may even seem too friendly, to the point of being syrupy sweet. But there may be bitterness and hostility underneath, which the person can't face. Or a grieving person at a funeral may feel quite concerned about others' needs, but that concern may actually cover their own pain, which they are not yet ready to face.

Acknowledge and care for your Care Receiver's cover feelings, but also help them see and accept the hidden feelings underneath.

### GETTING READY FOR THE TRAINING CLASS SESSION

In order to get the most out of the training class session, do the following:

1. Study the *Feelings Word List* and add 5-6 new words.
2. Think about a time when you benefited from sharing feelings or suffered from not sharing feelings. Be prepared to share your memories.

3. Think about one or more times when you did or did not feel safe sharing your feelings. Be prepared to share your story.

## APPENDIX A

### FEELINGS WORD LIST

#### PHYSICALLY ORIENTED

alert	alive	aroused	beat	breathless
burned out	charged	cold	comfortable	edgy
energetic	enervated	enlivened	excited	exhausted
exhilarated	famished	fatigued	full	gorged
hot	hungry	hurt	ill	invigorated
jittery	keyed up	lethargic	listless	loose
nervous	on edge	refreshed	relaxed	restless
run-down	rushed	shaky	sick	sleepy
spent	steady	stiff	strong	tense
tired	titillated	uncomfortable	unsteady	warm
weak	weary	well	wide-awake	worn
under the weather				

#### EMOTIONALLY ORIENTED

afraid	aggravated	agitated	alarmed	amused
angry	annoyed	anxious	apprehensive	aroused
astonished	bad	bitter	blue	broken-hearted
calm	comfortable	concerned	confused	contented
cross	dejected	delighted	depressed	disappointed
discouraged	disgruntled	disgusted	dismayed	displeased
distraught	distressed	disturbed	down	downcast
downhearted	ecstatic	elated	electrified	embarrassed
enthralled	exhilarated	frightened	frustrated	furious
glad	grateful	grieved	happy	horrified
hurt	infuriated	irked	irritated	jealous
jittery	joyful	joyous	jubilant	lonely
mad	melancholic	merry	miffed	miserable
mortified	nettled	overjoyed	pleased	rancorous
relieved	resentful	sad	scared	shocked
sorrowful	spellbound	splendid	surprised	taken aback
tense	terrified	touched	tranquil	troubled
undone	uneasy	unhappy	unhinged	upset
vexed				

**COGNITIVELY ORIENTED**

absorbed	alert	amazed	ambivalent	appreciative
complacent	composed	concerned	confused	curious
engrossed	fascinated	hesitant	inquisitive	interested
intrigued	involved	optimistic	out of touch	perplexed
puzzled	reluctant	skeptical	stimulated	suspicious
unconcerned	uninterested	unnerved		

**SLANG**

blah	grossed out	hacked-off	hopped up	high
hot	mellow	mopey	off	out of it
pooped	psyched	psyched up	shot	teed off
ticked off	tight	together	turned off	turned on
unglued	uptight	wasted	whipped	wiped out
wired	with it	whupped	zapped	zonked

**SPIRITUALLY ORIENTED**

alive	apathetic	awakened	bad	bored
bound	confident	committed	complacent	courageous
dead	defeated	despairing	detached	discouraged
disheartened	dissatisfied	downhearted	empty	enlightened
enlivened	fearful	free	fulfilled	full
good	guilty	helpless	hopeful	hopeless
indifferent	insecure	inspired	joyful	joyous
jubilant	lonely	lost	loving	moved
optimistic	overwhelmed	peaceful	penitent	pessimistic
powerful	powerless	proud	redeemed	renewed
repentant	satisfied	strong	sure	thankful
touched	trustful	unsure	whole	

The 5-6 words I would add to this list are:

- 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
- 4. \_\_\_\_\_ 5. \_\_\_\_\_ 6. \_\_\_\_\_

The time when I benefited by sharing my feelings or suffered for sharing my feelings...

I did/didn't feel safe sharing my feelings when...

Training Class Notes – Week 2



# FEELINGS: YOURS, MINE, OURS

Recognize, Accept, Express, Trust

*Rejoice with those who rejoice; mourn with those who mourn. Romans 12:15*

## I. REJOICING AND MOURNING

### NOTES:

- How can you help people find the **courage** they need to face their **feelings**?

### NOTES:

## II. OUR OWN FEELINGS

### NOTES:

## III. LIFE – WHY FEELINGS NEED TO BE EXPRESSED

### Focus Note 1 – Instructions For LIFE Exercise

Choose to respond to one of the following scenarios:

- Tell your partner about a time when you benefited from sharing your feelings.
- Tell your partner about a time when you didn't share your feelings and it caused problems.

#### Sharing or Not Sharing Feelings

<u>Benefits</u>	<u>Problems</u>
-----------------	-----------------

1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____



## B. ACCEPT FEELINGS

- *By accepting others' feelings, you give them permission to accept their feelings.*

NOTES:

## C. EXPRESS FEELINGS

### Focus Note 4 – Expressing Feelings

- Assure your care receiver “it’s okay to cry.”
- Invite your care receiver to tell you more about their feelings and then listen carefully.
- Suggest your care receiver keep a diary or a journal as they write about their feelings.

## D. TRUST (THE PROCESS) FEELINGS

NOTES:

## V. SHARING AND LISTENING TO FEELINGS

### Focus Note 5 – Sharing Feelings

1. Talk about an *event* in your past you have strong feelings about.
2. Talk about a *present concern* you have strong feelings about.
3. Talk about a *political, moral, or values issue* you have strong feelings about.
4. Talk about a *particular relationship* you feel very happy or very sad about.
5. Talk about a *strong fear or great hope* you have for the future.

### Focus Note 6 – Discussion Questions

1. How comfortable did the speaker feel about sharing his or her feelings?
2. How comfortable did the listener feel in his or her role?
3. What feelings did the listener identify?
4. Does the speaker agree that these feelings were present?
5. What additional feelings did the speaker express?
6. How did the speaker express them?

## VI. THE MUD HOLE

### NOTES:

### A. SYMPATHY

#### Focus Note 7 – Definition of Sympathy

**Sympathy** is feeling concern for someone else without becoming involved in their life.

### NOTES:

### B. OVER-IDENTIFICATION

#### Focus Note 8 – Definition of Over-Identification

**Over-Identification** means taking on the care receiver's feelings and characteristics to the point that the caregiver is just as overwhelmed as the care receiver is.

### NOTES:

## C. EMPATHY

### Focus Note 9 – Definition of Empathy

**Empathy** is feeling another's problems as if they were your own without actually taking them on yourself. It is the ability "to sense a person's private world as if it were your own, but without ever losing the 'as if' quality."

NOTES:

### Focus Note 10 – The True Identity of the Tree

He himself bore our sins in his body on the tree, so that we might die to sins and live for righteousness; by his wounds you have been healed. (1 Peter 2:24)

NOTES:

## VII. CREATING A SAFE PLACE TO RECOGNIZE, ACCEPT, AND EXPRESS FEELINGS

### A. COMFORT OR DISCOMFORT

#### Focus Note 11 – Group Activity Instructions

Take turns sharing brief stories about times when you felt comfortable expressing feelings or times when you felt uncomfortable talking about your feelings.

#### Comfortable or Not Comfortable

Made Me Feel Comfortable

Made Me Feel Uncomfortable

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

4. \_\_\_\_\_

## B. THE SAFE HOUSE

# The Safe House

### 1. THE FOUNDATION: GRACE-BASED ACCEPTANCE

- a. *Being patient*
- b. *Being non judgmental*
- c. *Unconditional positive regard*



### Focus Note 12 – Rogers’ Condition for Growth and Change

A therapist experiences “unconditional positive regard” for a client.

### 2. ONE WALL: LISTENING

NOTES:

- a. *Not giving advice*
- b. *Not playing amateur psychotherapist*
- c. *Not ignoring your Care Receiver*

### 3. ANOTHER WALL: EMPATHY

- a. *Connect at a deep level*
- b. *Communicate to others they are loved, forgiven, and acceptable*

NOTES:

4. THE ROOF: CONFIDENTIALITY

NOTES:

5. THE DOOR: TRUST

VIII. THE CAREGIVER’S GUIDE

For each of the four points and center of the *Caregiver’s Guide*, write words or sentences to summarize what you learned about how to help a Care Receiver deal with their feelings. How can you demonstrate the character and skills of a caregiver?

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## IX. LOOKING AHEAD

### NOTES:

### READING ASSIGNMENT FOR WEEK 3

- *Care Partners Training Manual* – “The Art of Listening” Preclass Reading

## X. CLOSING PRAYER

### PRAYER SUGGESTIONS FOR THIS WEEK

My Prayer Partner is \_\_\_\_\_

Prayer partners can do together as much or as little as they desire. Here are some possibilities.

- Pray privately for each other.
- Share prayer concerns (in person or over the telephone) once a week and pray for each other (privately).
- Meet regularly in person to share prayer concerns and pray for each other.
- Talk regularly by telephone to share prayer concerns and pray for each other over the telephone.
- Practice a spiritual discipline, such as Bible study, together.

Prayer requests and testimonies to share with my prayer partner

\_\_\_\_\_  
\_\_\_\_\_

Prayer requests and testimonies shared by my prayer partner

\_\_\_\_\_  
\_\_\_\_\_

### THE MUD HOLE

