

WALKING WITH YOUR CONGREGATION (WITHOUT LOSING YOURSELF)

January 2023

SESSION 1

HEALTHY INDIVIDUALS RESPONSIBILITIES AND BOUNDARIES



Sana Lynema, PsyD
Rooted Integrity TOS LLC

SESSION 1 - HEALTHY IND. - RESPONSIBILITIES AND BOUNDARIES

Emotional
Spiritual
Mental
Physical



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SESSION 1 - HEALTHY IND. - RESPONSIBILITIES AND BOUNDARIES

A human's first job is to take responsibility and care for their own yard. We need to use all of our information:

Heart – Emotional Health – Feelings
Soul – Spiritual Health – Beliefs
Mind – Mental Health – Thoughts
Strength – Physical Health – Behaviors

Integrity = ~~Doing the right thing~~ Being Integrated = Wholeness



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Integrity – Finding Wholeness in Your Yard - What is Being Integrated?
Value and Vulnerability with Responsibility

Value (part 1) – Identity as Image Bearers and Stewards

You do not get to decide your own value or worth (boy and bubblegum)
Your design and wants are worth attending to and cultivating – what are your superpowers? What has been entrusted to you? (parable of talents)

Vulnerability – Living in a broken world impacted by sin

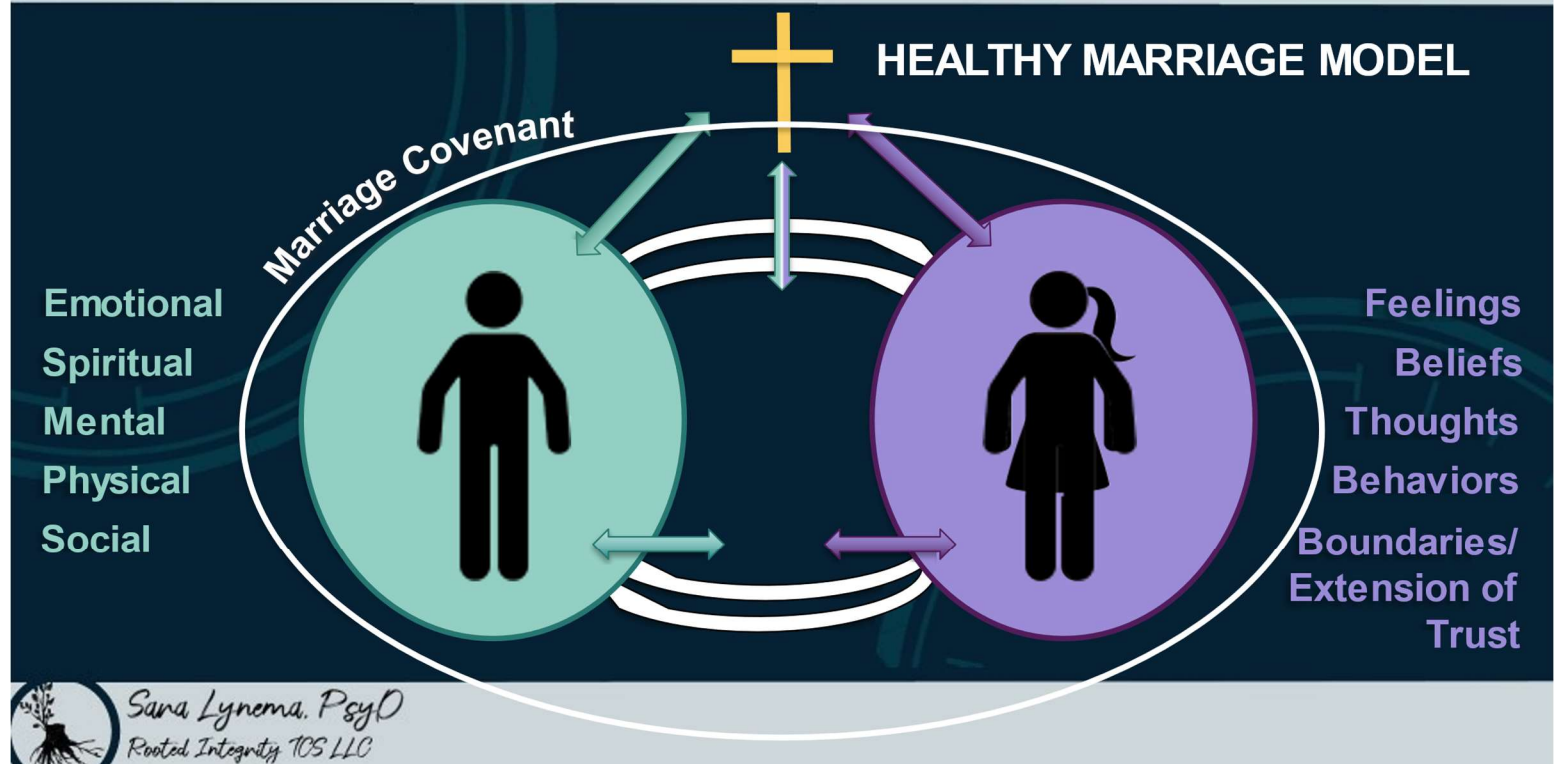
Requires appropriate humility, grieving, and guarding (more in session 2 and 3)

Personal Responsibility – You must care for what has been entrusted to you by the Creator (how? more in session 2)

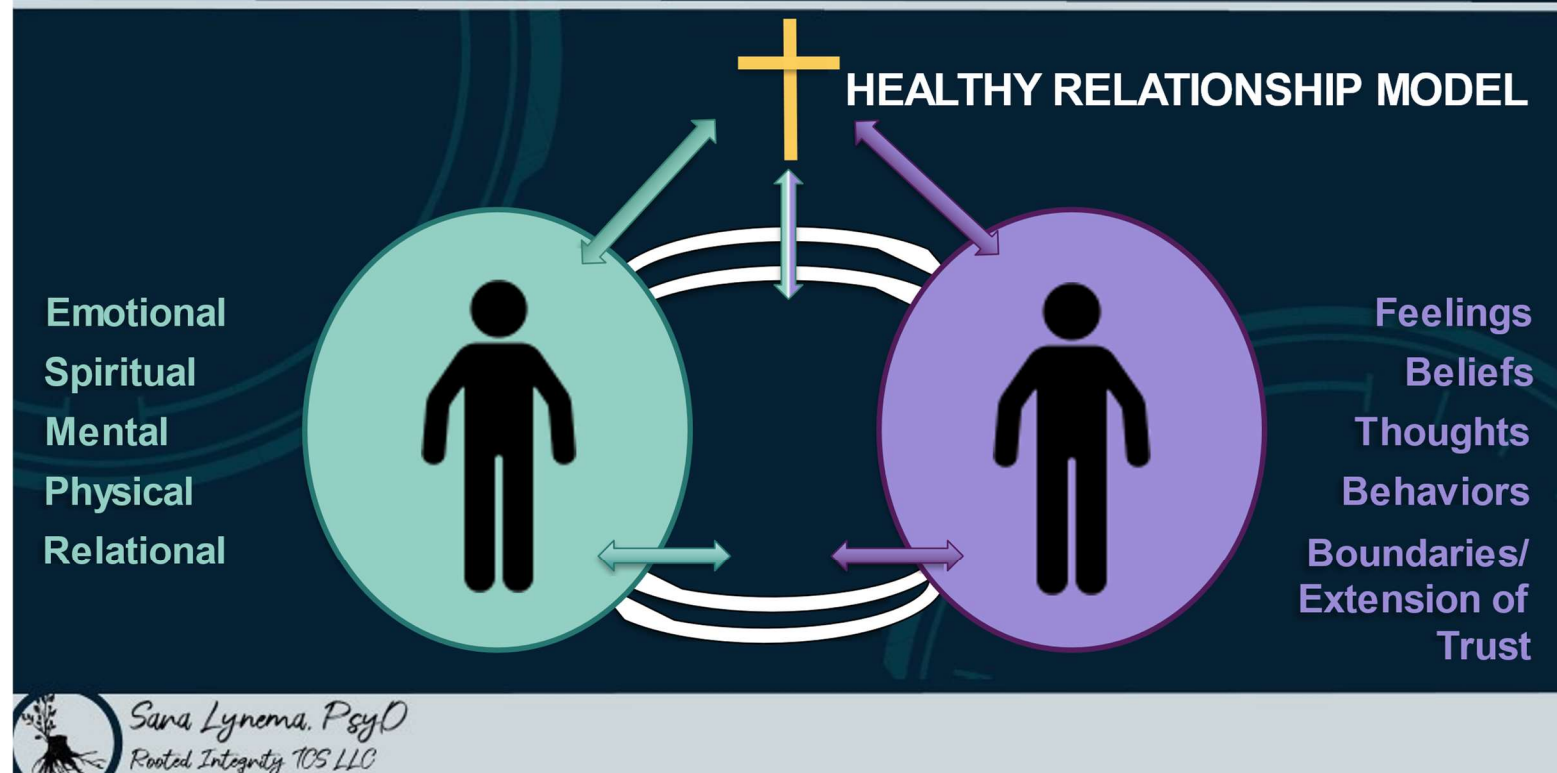


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A human's second job is to care about their neighbor's yard, as they have cared for themselves

Value (part 2) – Connection

You are not responsible for, but get to care about other people. I can care, resource, support, equip, etc., but I do not determine anyone else's journey



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Getting the “yard” boundaries, misappropriation of responsibility or having the order of care wrong leads to enmeshment or co-dependency

Parent
Savior
Manipulator



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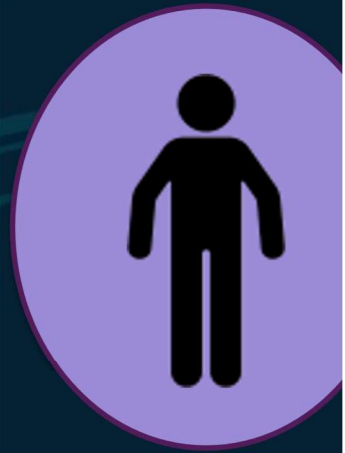
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UNHEALTHY RELATIONSHIP CONTINUUM

**“UNITY” – SAMENESS
ENMESHED/CODEPENDENT**



DISCONNECTED/DISENGAGED



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Emotional
Spiritual
Mental
Physical
Social



Emotional
Information
Feelings
Fears/Avoid
Wants



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If we do not attend to that valuable information, emotional information often stays hidden, but still runs a great deal of our interactions outside of our awareness, which increases our vulnerability and reactivity to one another

Properties of Heart/Emotional Information

Not attached to reality in the same way

Not attached to time in the same way

No automatic healing system

It transfers to and influences others



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Reactive Cycle - Quick Identification List

Section 1		Section 2		Section 3	
Feelings/Fears/ Buttons/Wounds		Reactions	Reactions (cont.)		“I want... or I want to be...”
Abandoned		Abdicate	Mind read		Acceptance
Alone		Act-out	Minimize		Accurately portrayed
Betrayed		Anger or rage	Nag		Adequate
Controlled		Arrogance	Negative beliefs		Affection
Deceived		Avoidance	Negative body language		Appreciation
Defective		Belittle	Pacify		Approval
Disappointment		Blame	Passive-aggressive behavior		Assistance
Disconnected		Broadcast	Personalize		Attention
Disrespected		Care take	Pessimism		Care
Failure		Catastrophize	Provoke		Comfort
Helpless/ Powerless		Clinginess	Rationalize		Commitment
Humiliated		Complain	Repeat yourself		Companionship
Ignored		Control	Replay		Competence
Inadequate		Criticize	Rewrite history		Connection
Inferior		Cross-complain	Right/wrong		Grace
Insignificant		Defensiveness	Righteous indignation		Hero
Intimacy		Demand	Righteousness		Hope
Invalidated		Denial	Sarcasm		Important
Judged		Dishonesty	Self-abandon		Intimacy
Misportrayed		Earn-it Mode	Self-deprecate		Joy
Misunderstood		Escalate	Selfishness		Love
Not good enough		Exaggerate	Shut down		Nurturing
Phony		Fact find	Stonewall		Partnership
Rejected		Fix-it mode	Strike-out		Passion
Taken advantage of		Gratify	Stubborn		Peacefulness
Unaware		Humor	Tantrums		Power
Unfair		Independence	Vent		Respect
Unimportant		Innocent victim	Withdraw		Safety
Unknown		Invalidate	Withhold		Self-determination
Unloved		Isolate	Yes, but...		Significance
Unwanted		Judge			Success
Worthless		Lecture			Support
		Manipulation			Trust
					Understanding
					Useful
					Validation
					Wanted

Identifying Your Reactive Cycle

Adapted from Focus on the Family by Mike Harris, MA LPC and Sara Lynema, Psy.D.

Take a moment to reflect on times in your relationships when you experienced conflict, tension, and/or disharmony. Consider thinking about recent circumstances and your relationships over time. Allow your reflection to help you answer the following questions:

1. What are the fears or “buttons/reactions” that get pushed during conflict, tension or disharmony? What feelings do you experience? **Check all that apply, and then star the top five feelings.**

✓	Feelings	“As a result of conflict, tension or disharmony, I’m concerned...”
	Abandoned	People will ultimately leave me, and I will be alone.
	Alone	I will be by myself or on my own; I will be without help or assistance; I will be lonely and isolated.
	Betrayed	People will be disloyal or unfaithful; Those close to me have given up on our relationship; people will share or reveal private information with others.
	Controlled	I will be dominated; I will be made to submit; I will be treated like a child and what others say goes.
	Deceived	My relationships will lack truth, honesty, or trustworthiness; Truth will be perverted in order to cheat or defraud me; I will be misled or given false appearances.
	Defective	Something is wrong with me; I’m the problem; I am broken and unlovable.
	Disappointment	I will let others down; I will disappoint others; Others will be disillusioned by me.
	Disconnected	We will become emotionally detached or separated; There are walls or barriers between me and those close to me.
	Disrespected	I will be treated rudely; My thoughts and opinions will be disregarded; Others do not respect or admire me; They have a low opinion of me.
	Failure	I am not successful as a person; I will fall short in my relationships; I won’t make the grade.
	Helpless/ Powerless	I am unable to do anything to change my situation; I am at the end of my power, resources, capacity, or ability to get what I want; Things are unmanageable and beyond my control.
	Humiliated	I will be shamed, degraded, and embarrassed; My dignity and self-respect are attacked; I will be made the fool.
	Ignored	People will not pay attention to me; I feel neglected and invisible.
	Inadequate	Others are more competent than me; I am incapable and ineffective.
	Inferior	Everyone else is better than I am; I am less valuable or important than others.
	Insignificant	I don’t matter to those close to me; I will be of no consequence to others; I am immaterial, not worth mentioning, trivial in the eyes of others.
	Intimacy	I am afraid of opening up emotionally to others; I will be hurt if I allow others past my “walls;” It is uncomfortable to open up the deepest, most essential parts of who I am.
	Invalidated	Who I am, what I think, what I do, or how I feel doesn’t matter.

Judged	I am always being unfairly criticized or misjudged; Others form faulty or negative opinions about me; I am always being evaluated.
Misportrayed	I will be portrayed inaccurately; I am described in a negative or untrue manner; others paint a wrong picture of me.
Misunderstood	Others will fail to understand me correctly; They will get the wrong idea or impression about me; I will be misperceived or misread.
Not good enough	Nothing I do is ever acceptable, satisfactory, or sufficient; There will always be more “hoops” to jump through; I won’t measure up to other’s expectations of me.
Phony	I strongly desire to act in accord with who I say I am, yet I don’t know how to reconcile the contradictions that lie within me; Others will discover those contradictions within me and believe the worst.
Rejected	Those closest to me don’t want to be with me and do not accept me; I will be pushed away and discarded.
Taken advantage of	I will be cheated by others; I will feel like a “door mat;” My good will is exploited.
Unaware	I do not know what is going on in my relationships; I do not have the necessary information; I’m in the dark; I’m clueless; Things feel secretive, hidden or undisclosed.
Unfair	I will be treated unfairly; I will be asked to do things others are unwilling to do (double standard); I will be asked to do things that are unreasonable or excessive; I will be treated differently than others.
Unimportant	I am not important to others; I am of little or no priority to those close to me.
Unknown	I’m afraid to move forward because the outcome is uncertain; If I am not prepared then I won’t feel secure.
Unloved	Those close to me don’t love me anymore; They have no affection, care or desire for me.
Unwanted	I am not desirable; Those close to me are with me out of duty, obligation, or because it’s the “right” thing to do.
Worthless	My value and worth are not recognized; I feel cheapened, less than, or devalued by others; I have little or no value to those close to me; They do not see me as worth it.
Other	

2. What do you do when your “buttons” get pushed? What are the common ways you react when you feel what you indicated above? **Check all that apply, and “star” the five most important reactions or coping behaviors.**

✓	Reactions	Explanation
	Abdicate	You give away or deny your authority and/or responsibility.
	Act-out	You engage in risky behaviors (eg. drug or alcohol abuse, self-harm, inappropriate sexual behavior, reckless driving, etc)
	Anger or rage	You display strong feelings of displeasure or violent and uncontrolled emotions.
	Arrogance	You posture yourself as superior, better than, or wiser than others.
	Avoidance	You get involved in activities to avoid others or certain topics.

Belittle	You devalue or dishonor someone with words or actions; you call people names, use insults, ridicule, take potshots, or mock them.
Blame	You place responsibility on others, not accepting fault; You're convinced the problem is their fault.
Broadcast	You share your problems and concerns with people outside of close relationships.
Care take	You regularly take on the burdens of others; You find it hard to rest until everyone around you is provided for; You "over function" by taking on the details, tasks and responsibilities of others.
Catastrophize	You use dramatic, exaggerated expressions to depict that the relationship is in danger or that it has failed.
Clinginess	You develop a strong emotional attachment or dependence on others; You hold tight to them.
Complain	You readily express unhappiness or make accusations.
Control	You hold back, restrain, oppress, or dominate others; You "rule over" others; You talk over or prevent others from having a chance to explain their position, opinions, or feelings.
Criticize	You find and verbalize fault in others; You bring up what is wrong and focus on negative aspects of others or your relationship with them.
Cross-complain	You often meet complaint (criticism) from others with an immediate complaint of your own.
Defensiveness	Instead of listening, you defend yourself by providing an explanation; You make excuses of your actions.
Demand	You try to force others to do something, usually with implied threat of punishment if they refuse.
Denial	You refuse to admit, or you ignore the truth or reality.
Dishonesty	You lie about, fail to reveal, give out false impressions, or you falsify your thoughts, feelings, habits, dislikes, personal history, daily activities, or plans for the future.
Earn-it Mode	You try to do more to earn people's love and care.
Escalate	Your emotions spiral out of control; You argue, raise your voice, or fly into a rage.
Exaggerate	You make overstatements or enlarge your words beyond bounds or the truth; You make statements like: "You always..." or "You never..."
Fact find	You actively seek the facts and details to determine what really happened. You pursue evidence to prove your point.
Fix-it mode	You focus almost exclusively on what is needed to solve or fix the problem.
Gratify	You seek out and indulge in a desire in an unhealthy way (eg. sexual activity/porn, excessive shopping, or overeating, etc.)
Humor	You use humor as a way of not dealing with the issue at hand.
Independence	You become independent (separate from others) in your attitude, behavior and/or decision-making.
Innocent victim	You see others as attacking monsters and yourself as put upon, unfairly accused, mistreated, or unappreciated.
Invalidate	You discredit other's thoughts, feeling, and actions; You give no weight to other's opinions and seek to nullify and refute them.
Isolate	You shut down and go into seclusion or into your "cave."

Judge	You negatively critique, evaluate, form an opinion, or conclude something about others.
Lecture	You sermonize, talk down to, scold, or reprimand others.
Manipulation	You control, influence, or maneuver others for your own advantage.
Mind read	You make assumptions about other's private feelings, behaviors, or motives.
Minimize	You assert that others are overreacting to an issue; You intentionally underestimate, downplay, or soft-pedal the issue or how they feel.
Nag	You badger, pester, or harass others to do something you want.
Negative beliefs	You believe people are far worse than is really the case; You see them in a negative light or attribute negative motives to them; You see them through a negative lens.
Negative body language	Your feelings are expressed through non-verbal cues (facial expressions, tone of voice, posture, etc.) that are noticeable to all.
Pacify	You try to soothe, calm down or placate others; you try to get them to not feel negative emotions.
Passive-aggressive behavior	You display negative emotions, resentment, and aggression in passive ways, such as procrastination, forgetfulness, and stubbornness.
Personalize	You make the actions or inactions of others about yourself; You interpret comments and actions as critical messages directed at you even if you are not specifically mentioned.
Pessimism	You become negative, distrustful, cynical, and skeptical in your view of others and circumstances involving you.
Provoke	You intentionally aggravate, hassle, goad, or irritate others.
Rationalize	You attempt to make your actions seem reasonable; You try to attribute your behavior to credible motives; You try to provide believable but untrue reasons for your conduct.
Repeat yourself	You state your own position again and again instead of understanding the position of others.
Replay	You rewind and replay the argument over and over; You ruminate about what others do or don't do that frustrates or hurts you.
Rewrite history	You recast your earlier times together in a negative light; Your recall of previous disappointments and slights becomes dramatically enhanced.
Right/wrong	You argue about who is right and who is wrong; You debate whose position is the correct or right one.
Righteous indignation	You believe that you deserve to be angry, resentful, or annoyed with others because of what they did.
Righteousness	You make it a moral issue by arguing about issues of morality or righteousness.
Sarcasm	You use negative or hostile humor, hurtful words, belittling comments, cutting remarks, or demeaning statements.
Self-abandon	You desert yourself; You neglect you; You take care of everyone except you.
Self-deprecate	You run yourself down or become very critical of yourself.
Selfishness	You are concerned with you and your interests, feelings, wants, or desires while disregarding or paying little heed to those of others.

	Shut down	You detach emotionally and close your heart towards others; You numb out; You become devoid of emotion.
	Stonewall	You put up walls by and stop responding to others; You refuse to share or show any emotion.
	Strike-out	You lash out in anger, become verbally, or physically aggressive or abusive.
	Stubborn	You will not budge from your position; You become inflexible or persistent.
	Tantrums	You have a fit or bad temper; You become irritable, crabby, or grumpy.
	Vent	You emotionally “vomit,” unload, or dump on others.
	Withdraw	You pull out of arguments when they become too much; Once you pull out, you rarely if ever revisit the conflict; You get distance, sulk or use the silent treatment.
	Withhold	You hold back your affections, feelings, or love from others.
	Yes, but...	You start out agreeing (yes) then you end up disagreeing (but).
	Other	

3. What do you truly desire or want to experience in your relationships? **Check all that apply, and “star” the five most important wants/desires.**

✓	“I want... or I want to be...”	What That Feeling Sounds Like:
	Acceptance	I want to be warmly received for who I am without condition.
	Accurately portrayed	I want to be seen correctly; I want others to represent me in a true and accurate manner.
	Adequate	I want to feel like I measure up and am good enough.
	Affection	I want to feel fondness and warmth.
	Appreciation	I want what I do to be noticed, valued, and acknowledged.
	Approval	I want to be liked and accepted.
	Assistance	I want help, support, backing and assistance from others.
	Attention	I want to be noticed and attended to.
	Care	I want to know that others care about me and are interested in my well-being.
	Comfort	I want to feel a sense of well-being.
	Commitment	I want to have unconditional security in relationships.
	Companionship	I want to enjoy spending time with those close to me and them with me.
	Competence	I want to have skills and ability that bring success.
	Connection	I want to feel close to others.

	Grace	I want something good (i.e. forgiveness) that I don't deserve.
	Hero	I want to be the knight in shining armor; To be someone's champion.
	Hope	I want confidence that I will get what I love and desire.
	Important	I want to feel relevant, significant and of high priority to others.
	Intimacy	I want to open my heart and not have walls in my relationships; I want to feel a deep closeness and connection with others.
	Joy	I want to feel lasting satisfaction and happiness.
	Love	I want to be loved deeply; I want to know that others experience me as lovable.
	Nurturing	I want care that encourages my growth and well being
	Partnership	I want to feel like I have a say and equal responsibility for things concerning me and those close to me.
	Passion	I want excitement, fascination, intrigue, romance, and adventure.
	Peacefulness	I want calmness, serenity, and tranquility; I want to feel relaxed with those close to me.
	Power	I want to impact and influence my life and others; I want to know that what I do makes a difference.
	Respect	I want to be admired and esteemed.
	Safety	I want to feel protected and secure.
	Self-determination	I want to have independence and freewill.
	Significance	I want to have meaning and purpose.
	Success	I want to experience a sense of achievement and accomplishment.
	Support	I want others to be on my side; I want someone to be beside me through thick and thin.
	Trust	I want to have faith in others and know they are reliable.
	Understanding	I want to be known and understood at a deep level.
	Useful	I want to contribute something valuable to my relationships.
	Validation	I want to feel valued for who I am, what I think, and what I feel.
	Wanted	I want to be sought after; I want to be desirable to others.
	Other	

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SESSION 2

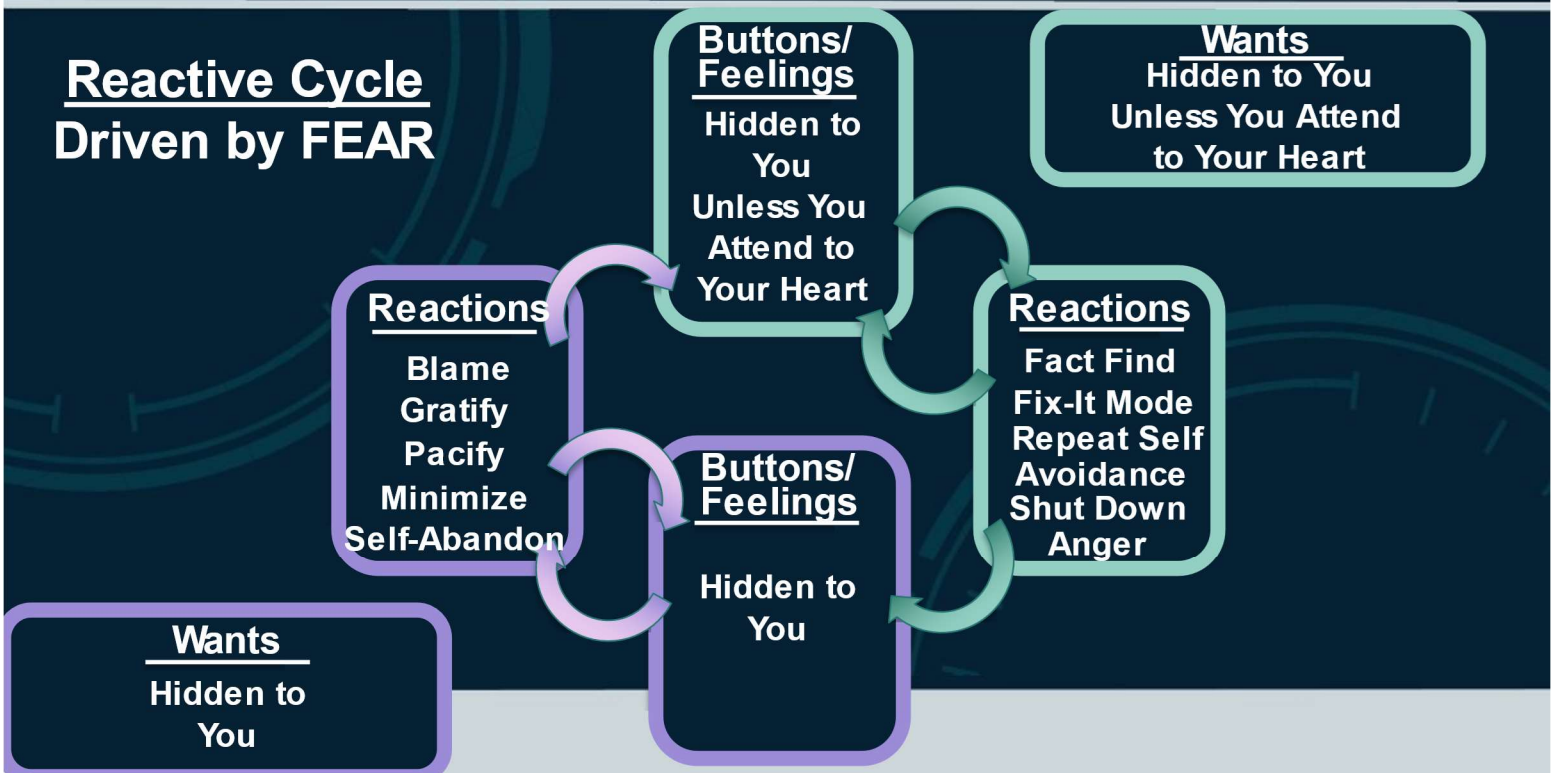
EMOTIONAL REACTIVITY AND SELF-CARE



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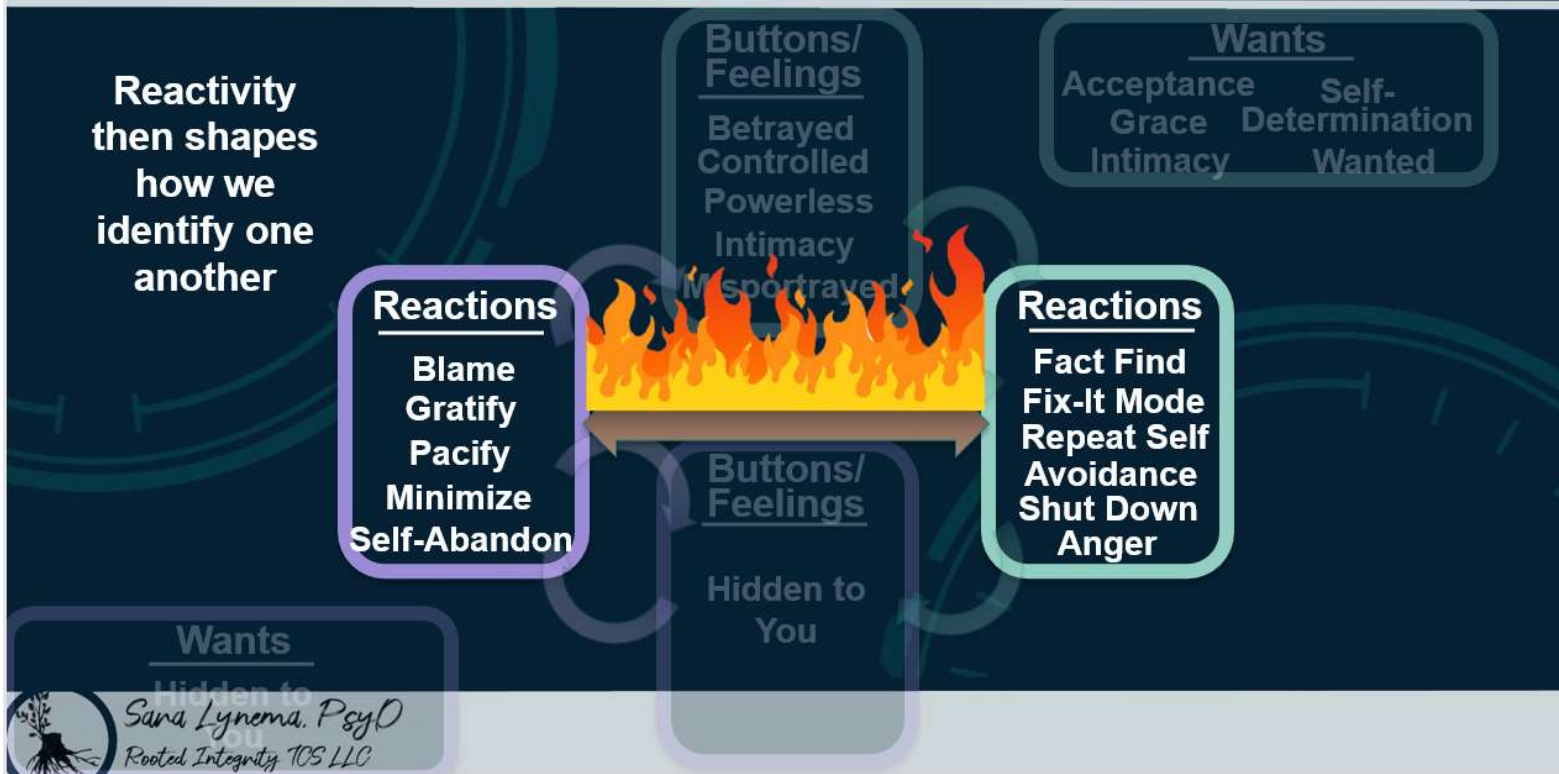
SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Reactive Cycle Driven by FEAR



SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Reactivity
then shapes
how we
identify one
another



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Vulnerability

Want – Value in Design and Connection

Button/Wound

Safety

Pain/Fear

Openness/Vulnerability

Reaction (Lie)

Intimacy (Knowing and Being Known)

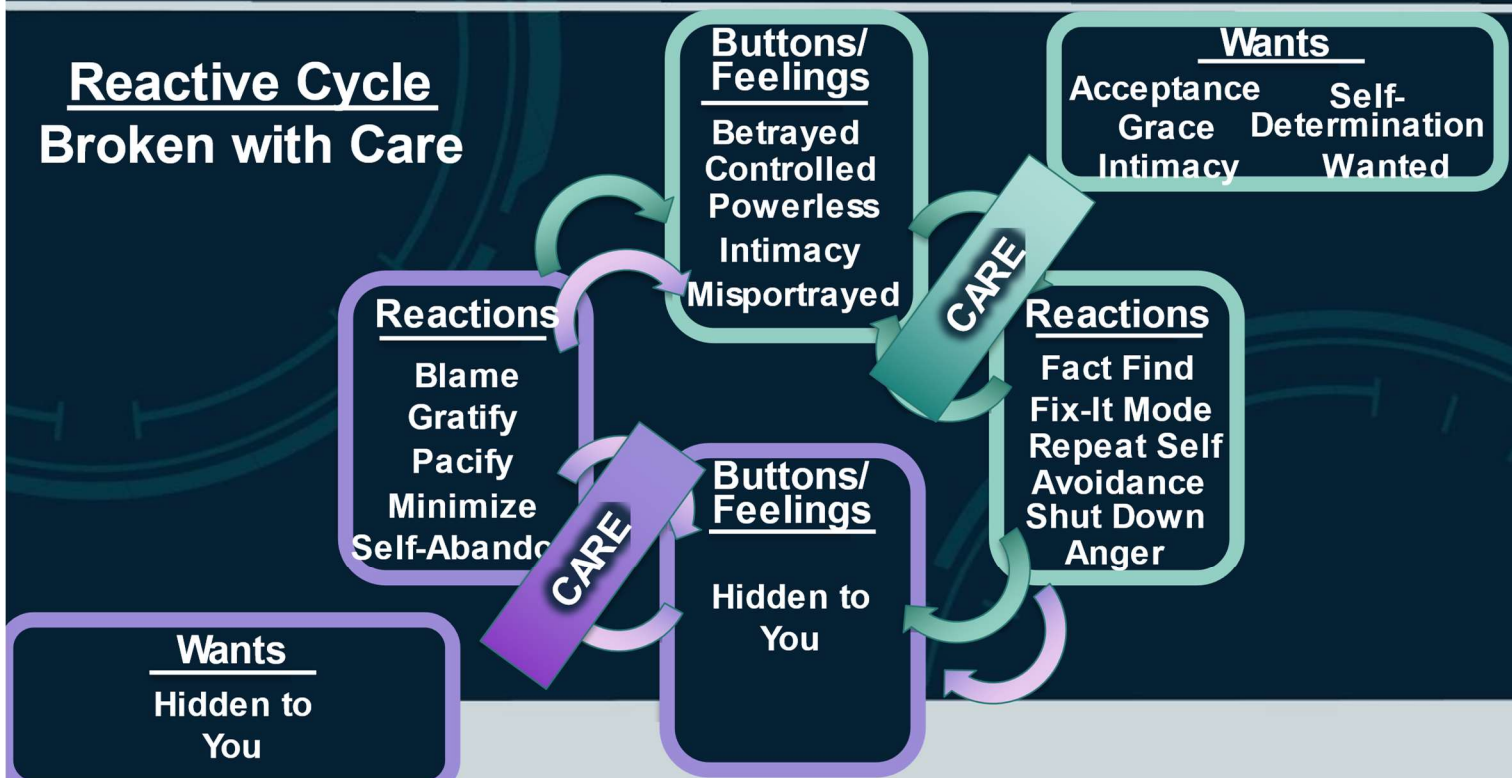
Personal Responsibility – You must care for what has been entrusted to you by the Creator (how? more in session 2)



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Reactive Cycle
Broken with Care



SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Care Cycle



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF -CARE

You are not responsible for the care of any other capable adult's journey.
You cannot control or determine, what they feel, believe, think, or do.

Where invited, you can – God helping you – influence, equip, invite
someone to join you in finding the care God has for them

You are in a position to be part of their Allow and walk with them through
their Care Cycle



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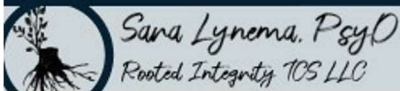
SESSION 2 - EMOTIONAL REACTIVITY AND SELF- CARE

Guideposts to Being a Safe “Allow”

Be honest if you cannot be in this role well in this moment
It's okay to be human. “Not yet” –Do the work to come back to them

Don't go in if you need something, or some particular outcome from them. Go to your own Allow for that.

Pray – For His Vision, for appropriate using (by Him, not by them) of your presence and design



SESSION 2 - EMOTIONAL REACTIVITY AND SELF- CARE

Guideposts to Being a Safe “Allow”

Recognize you are a visitor in their yard
Acknowledge you don't know - yet - and stay curious.
Be willing to be surprised by what the Lord has for them

If you need to share about your thoughts, feelings, beliefs, etc., pause the conversation and make it explicit that you are talking about you

Don't speculate about anyone else

Avoid running to the “do” and stay “with”



SESSION 2 - EMOTIONAL REACTIVITY AND SELF -CARE

Aware

- Body Responses
- Reactions (section 2)
 - Own – Others

Suggested Prompts and Questions

- I see (body response or reaction), can I ask about that?
- That is not what I know about who you are (or who they are), can we look at what was going on there for you?
- I get that what they did is not okay. Before we figure out what to do, can I check in with you?



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF- CARE

Accept / Acknowledge

Denial

- There is valuable heart information here, worth paying attention to
- #### Powerlessness
- Personal responsibility. My heart, my job

Suggested Prompts and Questions

- There is important information here, I don't want to miss it
- I would like to understand what is driving this for you
- Your heart matters enough to have care before we look at what to do next
- Can we slow down and take care of your heart?



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF -CARE

Allow

Lord, be with me

Suggested Prompts and Questions

- Can we pause and invite the Lord into this?
- For those in a reactive place with the Lord, knowing you are bringing Him in and asking if you can help them explore can be safer
 - Can I walk through some questions and explore with you?



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Attend / Assess

- What am I feeling? (section 1)
- Is it familiar? Recognize roots.

Suggested Prompts and Questions

- Use the list
- What feelings/fears come up for you?
- What are you trying to protect? Provide? Create? Avoid?
- Is that something you feel often?



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Attend / Assess

- Am I turning up the volume?
- What is the truth?
- What is the Truth
 - Can I let that in?

Suggested Prompts and Questions

- Notice enmeshment/disconnection; pause the other person
- Notice judgement and offer curiosity
- What else do you think might be going on?
- Brainstorm with them
- Bring it all before the Lord – allow for the experience



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Attend / Assess

- What do I want? (section 3)
 - What gives me the best chance?

Suggested Prompts and Questions

- Use the list
- What are you hoping to experience?
- What would you rather feel?
 - What can you do that would help you move towards that?
- Celebrate healthy plans



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SESSION 2 - EMOTIONAL REACTIVITY AND SELF-CARE

Act

- Integrity
 - Honoring my value
 - Guarding my vulnerability
- Gives me the best chance at what I want

Suggested Prompts and Questions

- Watch for plans that move people towards the best version of who God has called and created them to be
- And, that have realistic protections in place for a broken world
- Offer resourcing consistent with your own integrity (more in Session 3)



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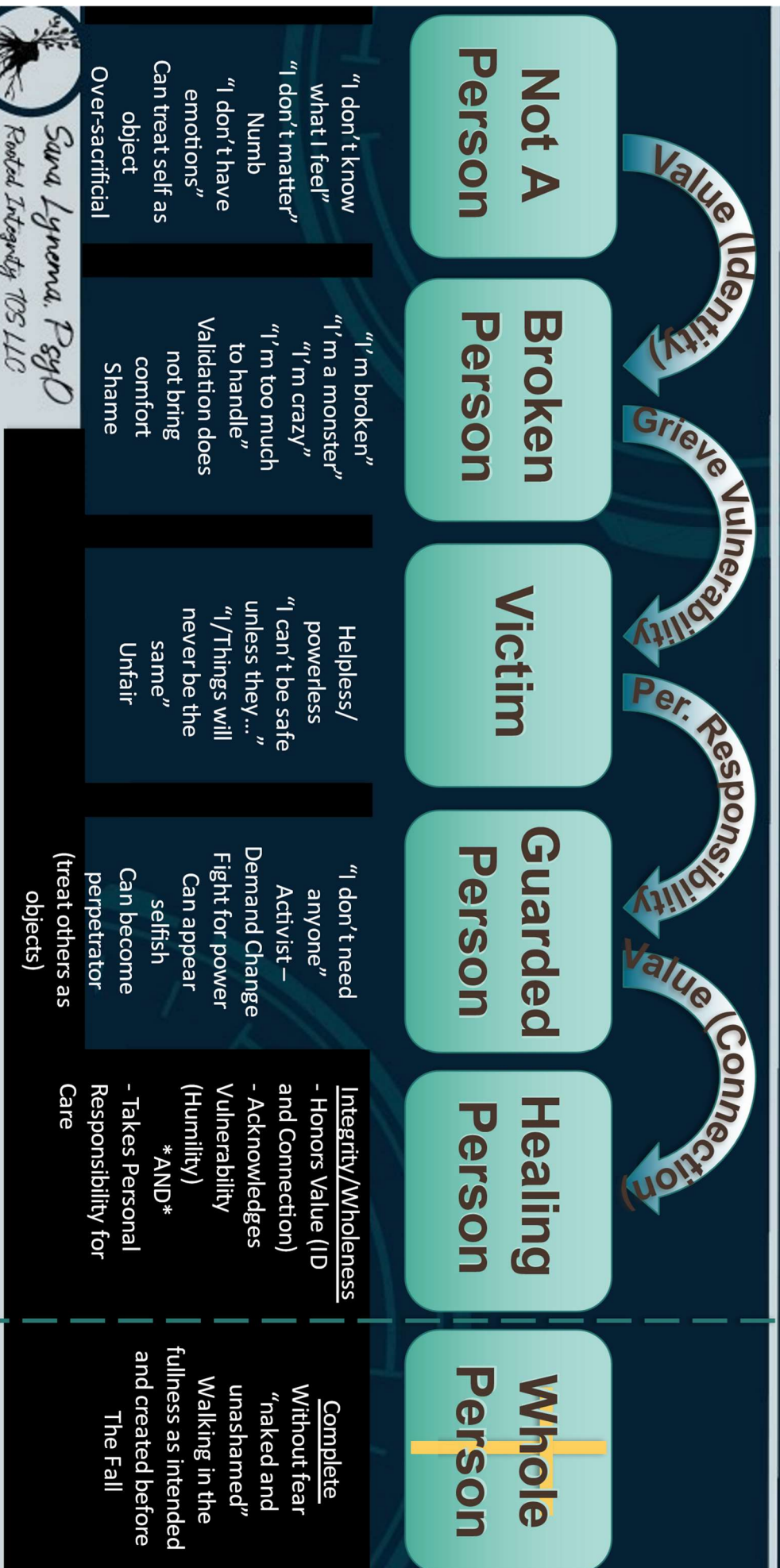
SESSION 3

UNDERSTANDING TRAUMA– PATHS AND PITS TO PERSONAL HEALING



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SESSION 3 UNDERSTANDING TRAUMA – PATHS AND PITS



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Rooted Integrity TOS LLC

SESSION 3 UNDERSTANDING TRAUMA – PATHS AND PITS

You are not responsible for being their therapist (or medical doctor)
When you do not know, or you find you are working with an outlier who needs more specialized care, refer out

Get a list of healthy community resources who can also be part of their “Allow”

**Get ready to brainstorm a plan for resourcing
– live stream – email to info.redeemerevent@gmail.com**

Know there are times to not engage
Discern timing and differentiate relational experiences following rupture
– More in Session 4



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SESSION 3 UNDERSTANDING TRAUMA – PATHS AND PITS

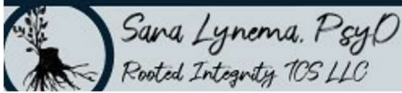
Making a Plan

1. Commit to finding unity

2. If you were to have a good plan in place, what are you trying to provide/protect/create/avoid? For you? Family (ask them)? Counsel? Those you serve? (Gather Heart Info)

3. Pray

4. Brainstorm (next slide starts)



Brainstorm items from Session 3 on developing a care/resource plan for yourself (step 4 - be sure to do first three before coming here to add or choose):

Get a list of healthy community resources who can also be part of their “Allow”

Know the gifting of your congregational team

Ask and invite with clarity

Get a list of safe and healthy community resources – ask your congregants

Know it doesn't all have to fall on you

Have a plan for your own care to replenish what you give out

pray

exercise

travel to St. Thomas

walk

sleep

take the time to listen

use the care cycle

memorize feelings list

find app for feelings

call a friend inside the church

call a friend outside the church

set boundaries

discover hobbies

introspection

talk to spouse

talk to family members

talk to therapist

talk to spiritual advisor

get spiritual advisor for spouse who isn't you

take an actual day off

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5. Choose the one(s) that you - in integrity – are okay with

- If you cannot find a solution, there may be more hidden heart info to address and honor or guard
- It may also be a place to wait for more information or timing with the Lord

6. Try out your plan

7. After a reasonable amount of time, check in and pay attention to how the plan is working for you. Adjust if needed.



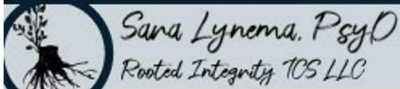
Sana Lynema, PsyD
Rooted Integrity TOS LLC

WALKING WITH YOUR CONGREGATION (WITHOUT LOSING YOURSELF)

January 2023

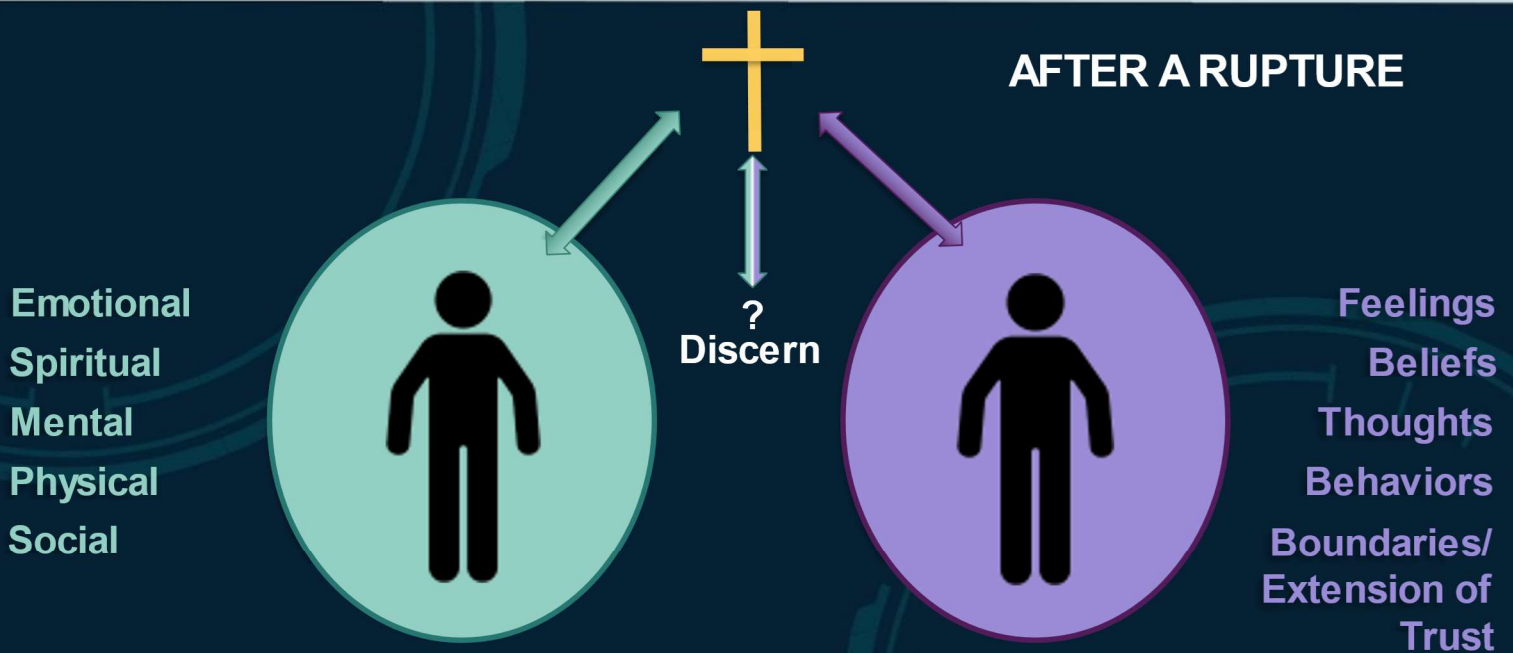
SESSION 4

GRACE VS. SHAME VS. ENABLING



What do we do when there is a relational betrayal or a rupture in the interactive space?

SESSION 1 - HEALTHY IND. - RESPONSIBILITIES AND BOUNDARIES



SESSION 4 GRACE VS. SHAME VS. ENABLING

Reconnecting is Risky

Because all the people involved have free will, you cannot control any relational interaction.

Where on the model do these live?

Trust – Extension of Trust Trustworthiness

Intent Impact

Forgiveness Reconciliation

SESSION 4 GRACE VS. SHAME VS. ENABLING

Acknowledge and Grieve the Loss

Denial

“That can’t be”

Bargaining

“If only...”

Sadness

Sadness

Anger

Protective

Acceptance

Planning



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Encourage Stepping Back

Reduce reactivity by doing your own care and encouraging others to do the same (gather heart info)

Guard against fear of disconnection by noting this is to discern a path for healthy reconnection if possible



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Forgiveness

Releasing the identity frame based on reactions

R – Remember

E – Empathy

A – Altruistic Gift

C – Commit

H – Hold On



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Discerning the Possibility of Reconciliation

Timing – Expect that people will not get to the interaction point at the same exact moment

Leadership – A call to bring safety and pacing vs “making” something happen.

Walk where you are called – moment by moment – or wait.



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Healthy Protection – Discerning when to “shake the dust off our feet” and move on

Which of the 3 journeys is not eternal?

Consider the safety of the individual(s)

Following the Lord’s leading when called to “armor up”



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Care after rupture – Confidence in an interactive space is built one interaction at a time. One risk of extension of trust and one safe interaction at a time.

New boundaries

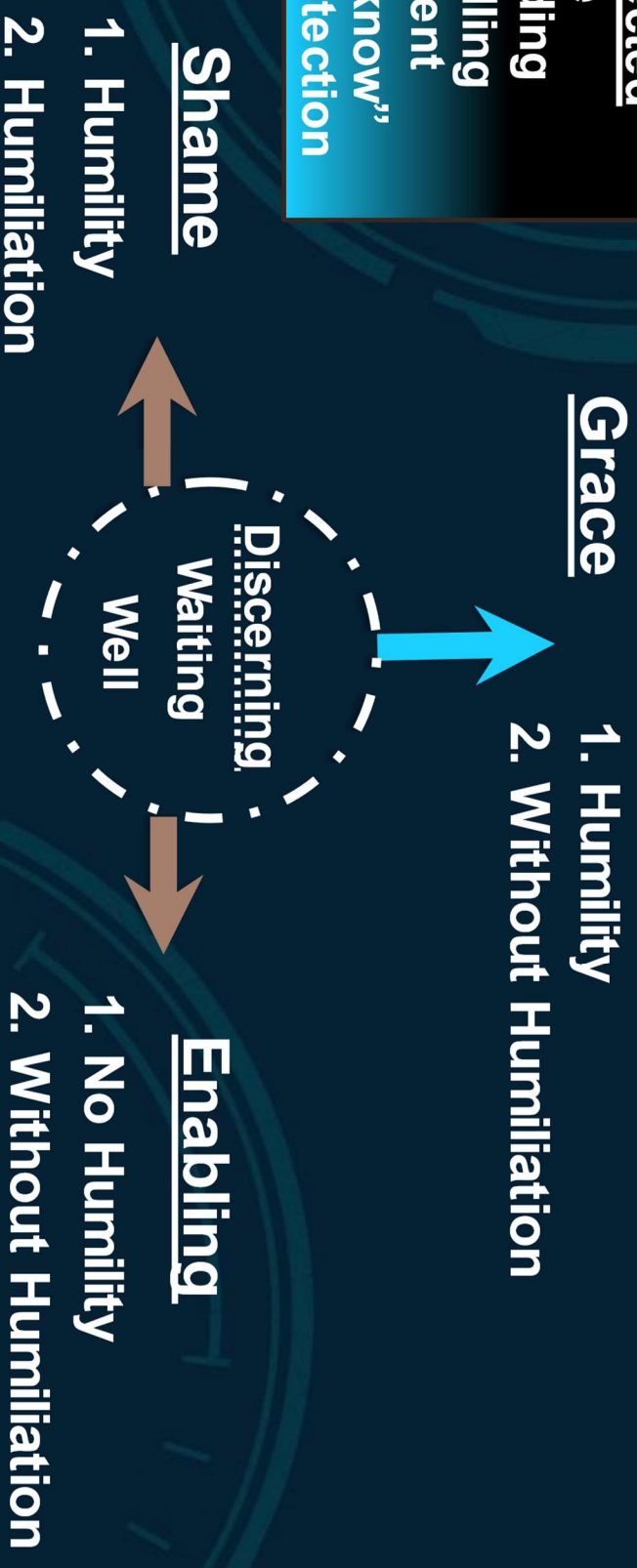
- Only set those over which you have responsibility and control
- Only agree to those that you can reasonably honor
- May need 7 steps to come up with a plan for unity

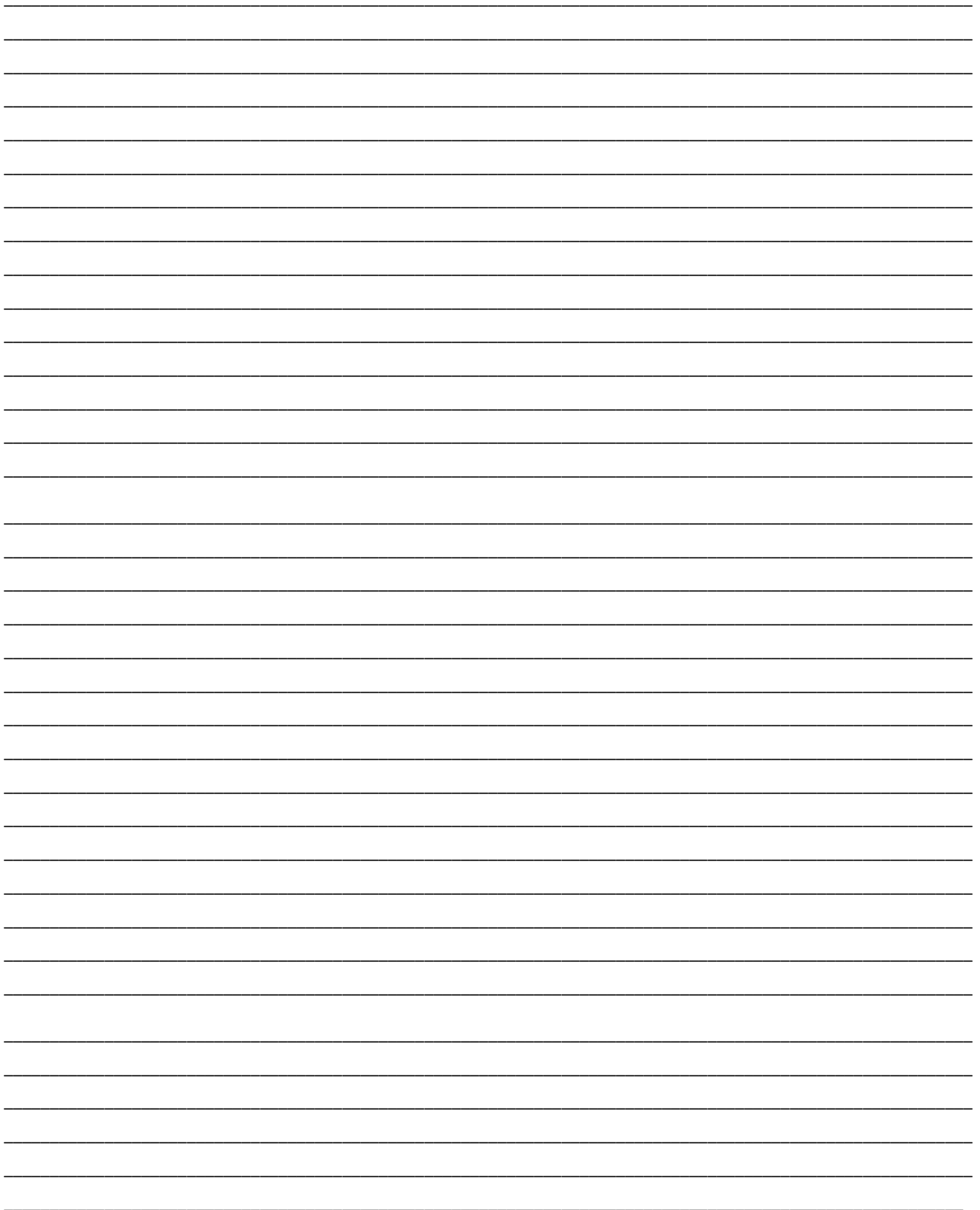


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SESSION 4 GRACE VS. SHAME VS. ENABLING

Disconnected
Pride
Withholding
Stonewalling
Judgement
“I already know”
Healthy Protection





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The above slides and presentation information were created by Sara Lynema, Psy.D. for the presentation Walking With Your Congregation (Without Losing Yourself) given on 1/23/23.

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Focus on the Family

Hope Restored Intensive Reference Manual

9 Lies That Will Destroy Your Marriage: And the Truths That Will Save It and Set It Free by Robert Paul and Dr. Greg Smalley

Healthy Marriage Model, Reactive Cycle, Care Cycle, Safety/Openness/Intimacy, Making a Plan (7 Steps to a Win-Win)

Mike Harris, MA, LPC

Modification of Focus on the Family's Reactive Cycle Identification worksheets

Tim Williams, PhD, LPC

Properties of Emotional/Heart Information

Robert Burbee, PhD

Value and Vulnerability of the human heart

Joseph Spinazzola PhD

Presentation on "Reaching Across the Abyss" – September 2015

Stages of personal healing following trauma (Not a Person, Broken Person, Victim; all others modified)

Elisabeth Kübler-Ross, MD

Stages of grief

Everett L Worthington Jr., PhD

REACH Model of Forgiveness

Henry Cloud, PhD and John Townsend PhD

Boundaries – Book series