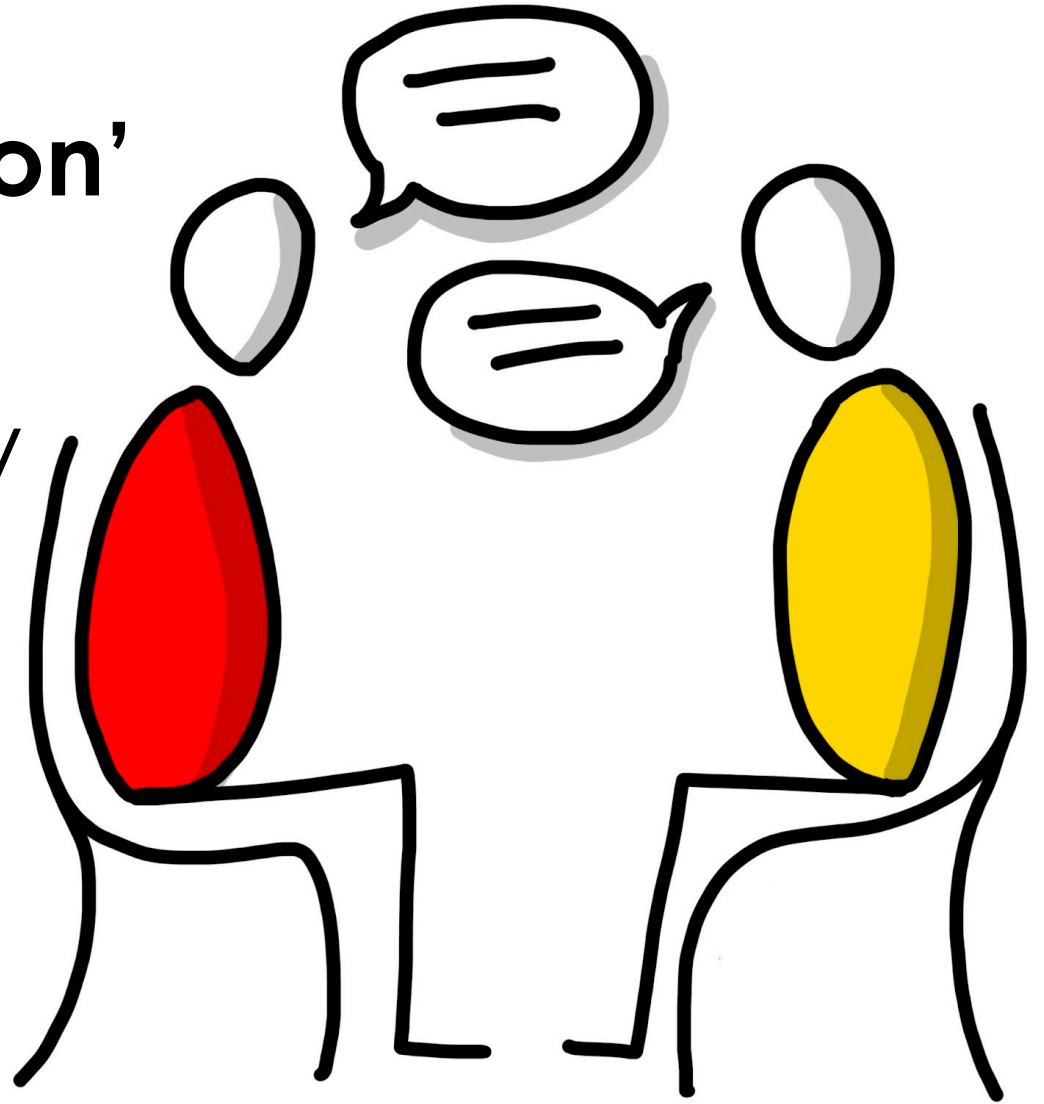


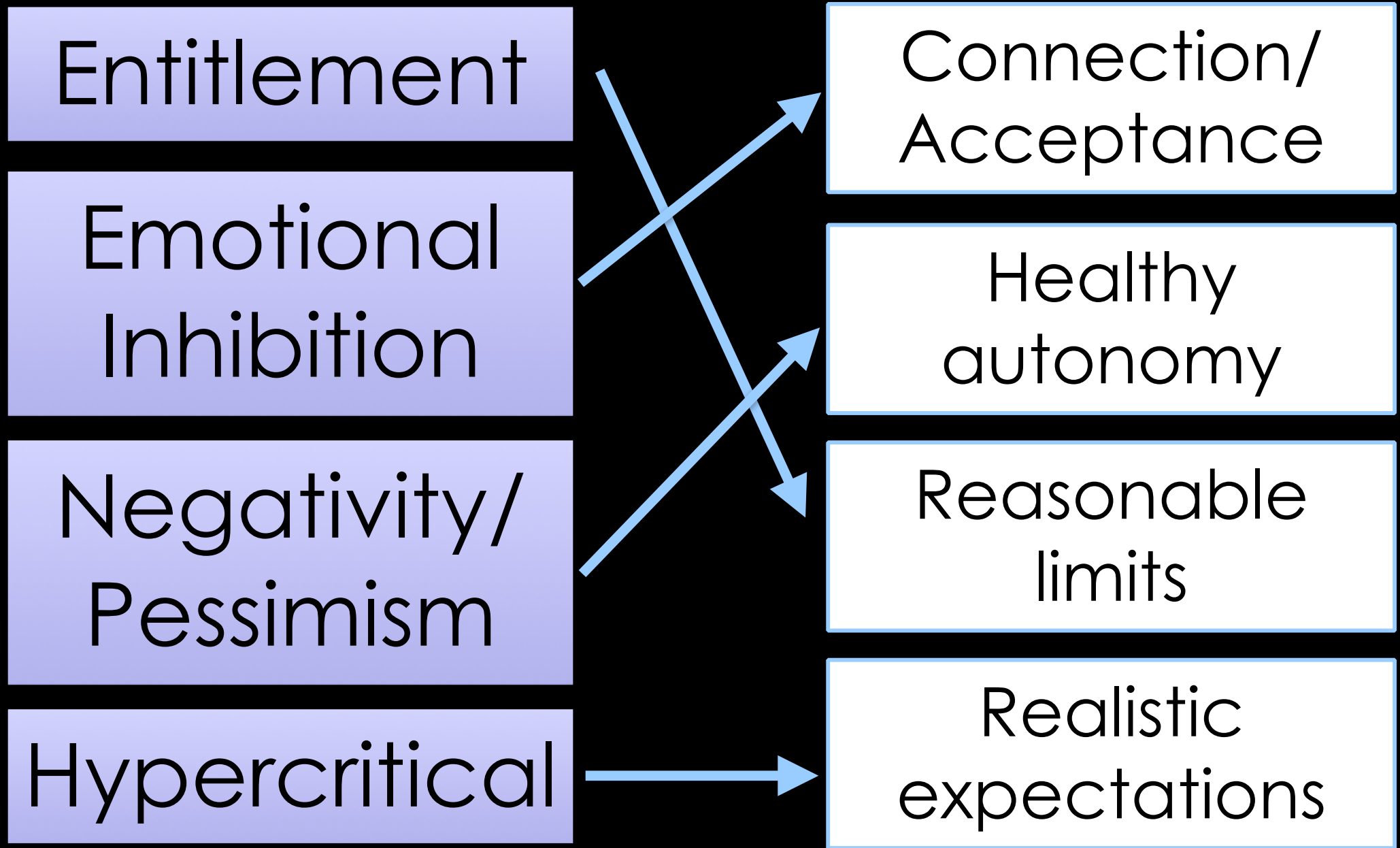
Review 'habit-formation'

1. Share how your new habit formation has gone over the past week.
2. Be open and vulnerable.
3. Be empathetic.



2:00

Match up the schema with corresponding schema domain



THE CORE EMOTIONAL NEED FOR REALISTIC EXPECTATIONS



Core Needs	FOUR Maladaptive Schema Domains
1. <i>Connection & Acceptance</i>	1. Disconnection & Rejection
2. <i>Healthy Autonomy & Performance</i>	2. Impaired Autonomy & Performance
3. <i>Reasonable Limits</i>	3. Impaired Limits
4. <i>Realistic Expectations</i>	4. Exaggerated Expectations
<i>Plus one: Spiritual Values & Community</i>	

FOUR Maladaptive Schema Domains

Schemas (Lifetraps)

4. Exaggerated Expectations

- Unrelenting Standards / Hypercriticalness
- Punitiveness
- Self-Sacrifice

Definition

The Core Emotional Need for Realistic Expectations can be defined as being helped to understand what is expected of you, while being given the freedom to be yourself.

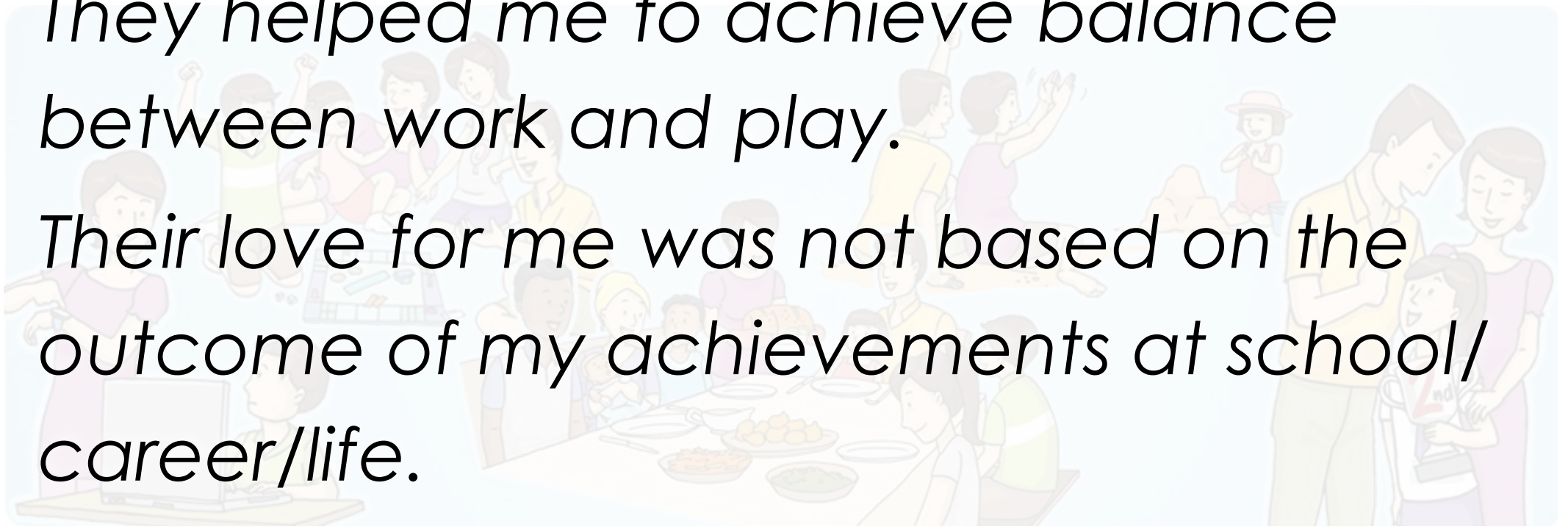


They had realistic expectations and they knew my strengths and weaknesses.

They encouraged me to do my best, while letting go of perfectionistic expectations.

They helped me to achieve balance between work and play.

Their love for me was not based on the outcome of my achievements at school/career/life.



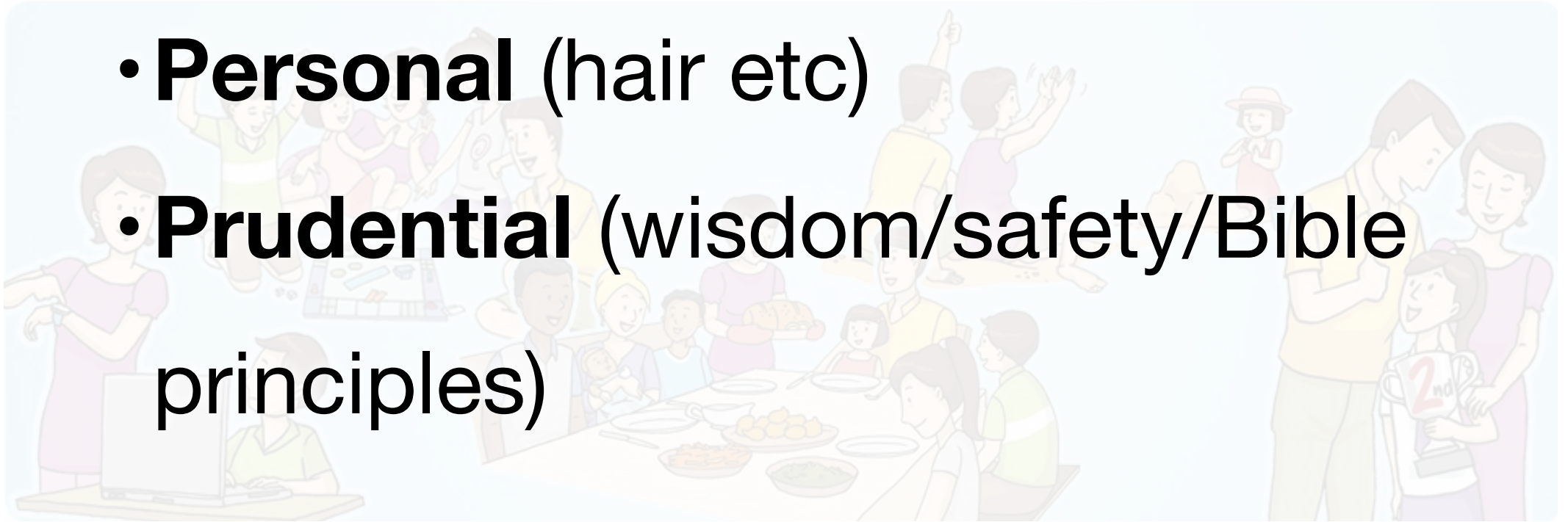
1 Thessalonians 5:21

...test all things. Hold on to what is good.



Issues of right & wrong

- **Moral** - character/conscience
- **Conventional** (society/customs)
- **Personal** (hair etc)
- **Prudential** (wisdom/safety/Bible principles)



Exaggerated Expectations

» Elevate all issues to same priority

» Moral

» Prudential

» Conventional

» Personal



I WORK SO HARD EVERY DAY BUT
STILL HAVE TO COME HOME TO A
DIRTY HOUSE. WHOSE BOOKS
ARE ON THE TABLE?

I JUST PUT THEM
THERE...IT'S NOT
A BIG DEAL.



FRANCOIS, YOU'RE NOT
USING THE PROPER FORK.
IT IS VERY BAD MANNERS.

SORRY, PAPA.

HE IS JUST A
KID. GIVE HIM
A BREAK.



YOU ONLY GOT 90%. WHAT HAPPENED? WHY ARE YOU SO CARELESS? DOESN'T YOUR MUM TEACH YOU? THAT'S WHY YOU WERE NO. 2 IN YOUR CLASS. IF YOU DON'T CHANGE, YOU'LL BE NO. 2 YOUR WHOLE LIFE!

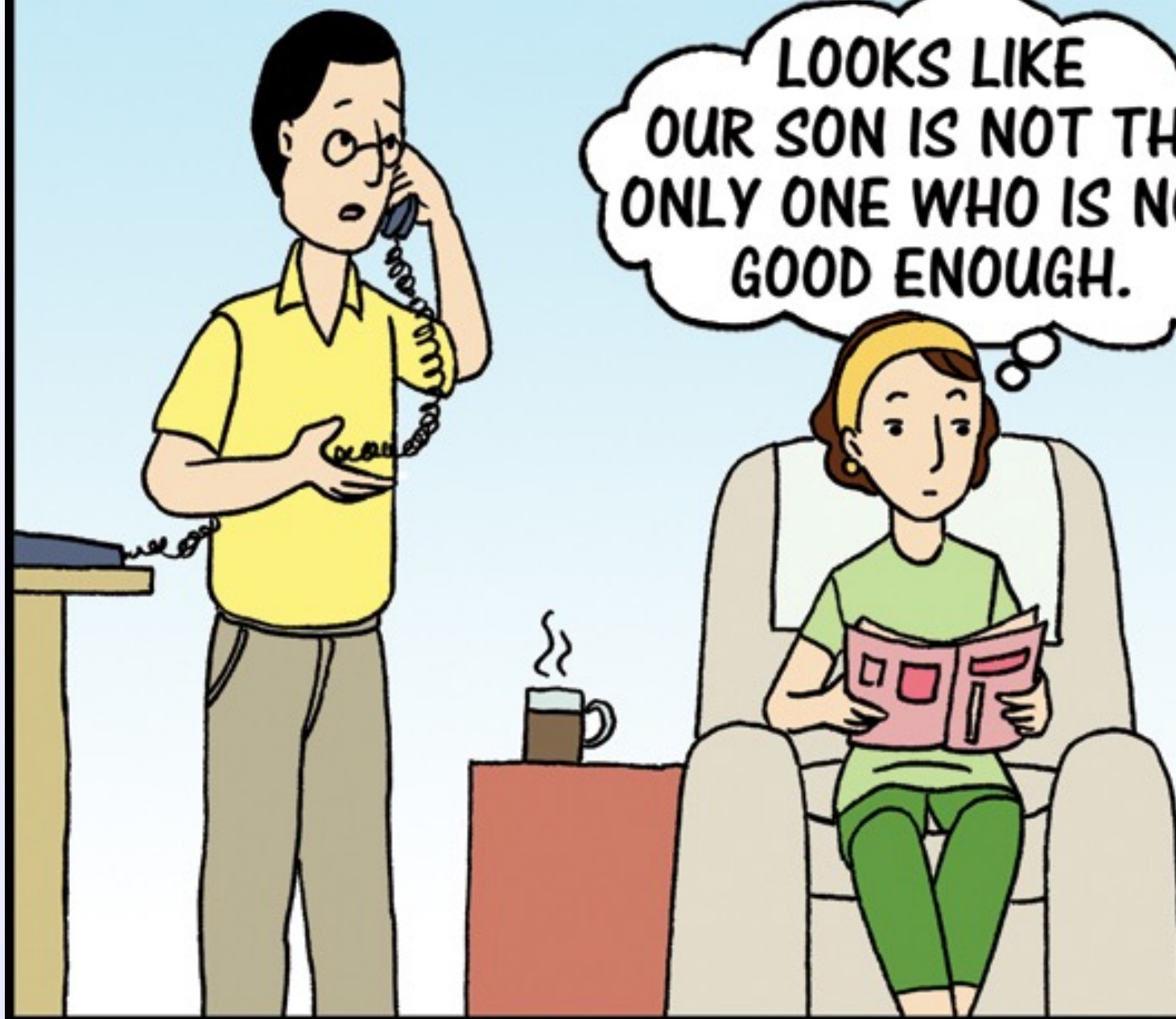
SORRY...

I AM SO STUPID.



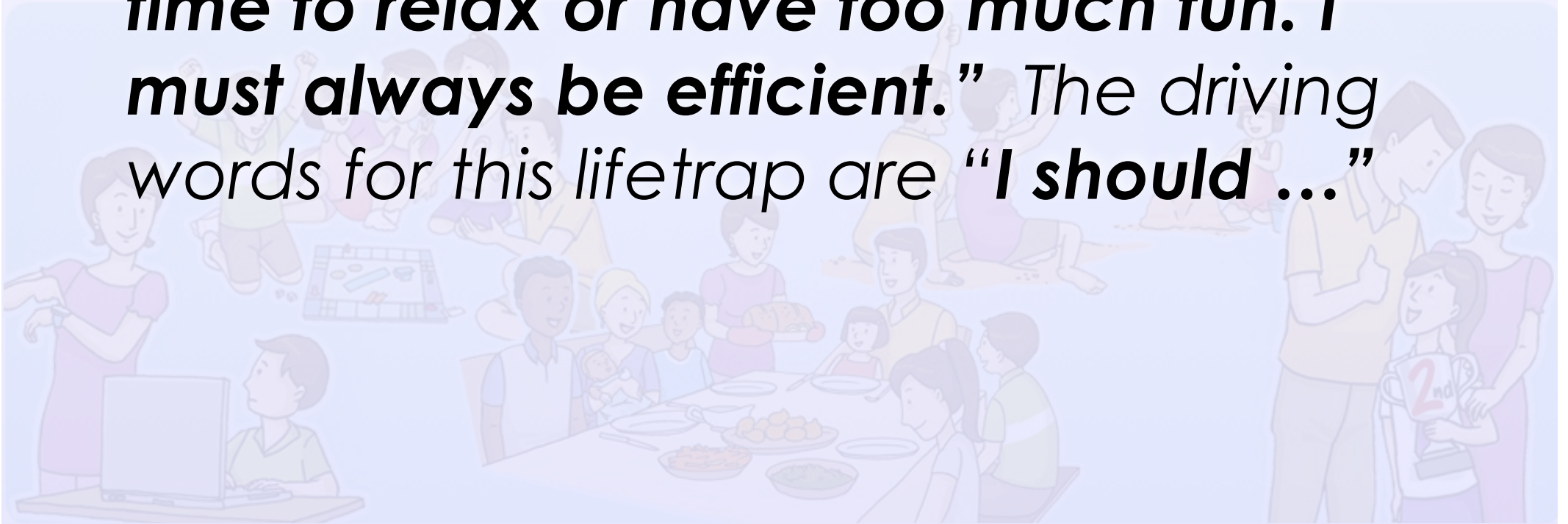
WHAT WAS WRONG WITH MY REPORT?
WHY DIDN'T THE BOSS LIKE IT?

LOOKS LIKE
OUR SON IS NOT THE
ONLY ONE WHO IS NOT
GOOD ENOUGH.



Unrelenting Standards

The core message of the unrelenting standards lifetrail is, ***“I must work very, very hard to meet very high standards or I will be criticized. I do not have time to relax or have too much fun. I must always be efficient.”*** The driving words for this lifetrail are ***“I should ...”***



I'M LOOKING FORWARD TO THIS
CONCERT. IT'S GOING TO BE FUN.
AND YOU LOOK SO HANDSOME.

THANK YOU. BY THE WAY,
DO YOU KNOW YOU HAVE A
PIMPLE ON YOUR NOSE?

I FEEL
TERRIBLE..



BY THE WAY, DID YOU CALL THE
PLUMBER, AND SET THE THERMOSTAT
TO THE RIGHT TEMPERATURE, AND
FINISH BOOKING MY BUSINESS TRIP
FOR NEXT YEAR?

THIS GUY CAN'T
LET ANYTHING
GO...



HONEY, JUST RELAX... WE'RE
SUPPOSED TO BE ENJOYING
OURSELVES TONIGHT.

WELL WHAT DID
YOU DO ALL DAY?



I AM JUST
NOT GOOD ENOUGH
FOR HIM.

MY TEETH ARE NOT
WHITE ENOUGH.



Giving into our fears of unmet standards and exaggerated expectations can also lead to the following scenarios...



Punitiveness

The core message of the punitiveness lifetrap is, “**Mistakes have consequences – I should be punished for making mistakes and so should everyone else. It is not okay to make a mistake. We should constantly strive for and demand perfection.**”



HONEY, I REMEMBERED ALL
YOUR CLOTHES EXCEPT
YOUR TIE. I AM SO SORRY.

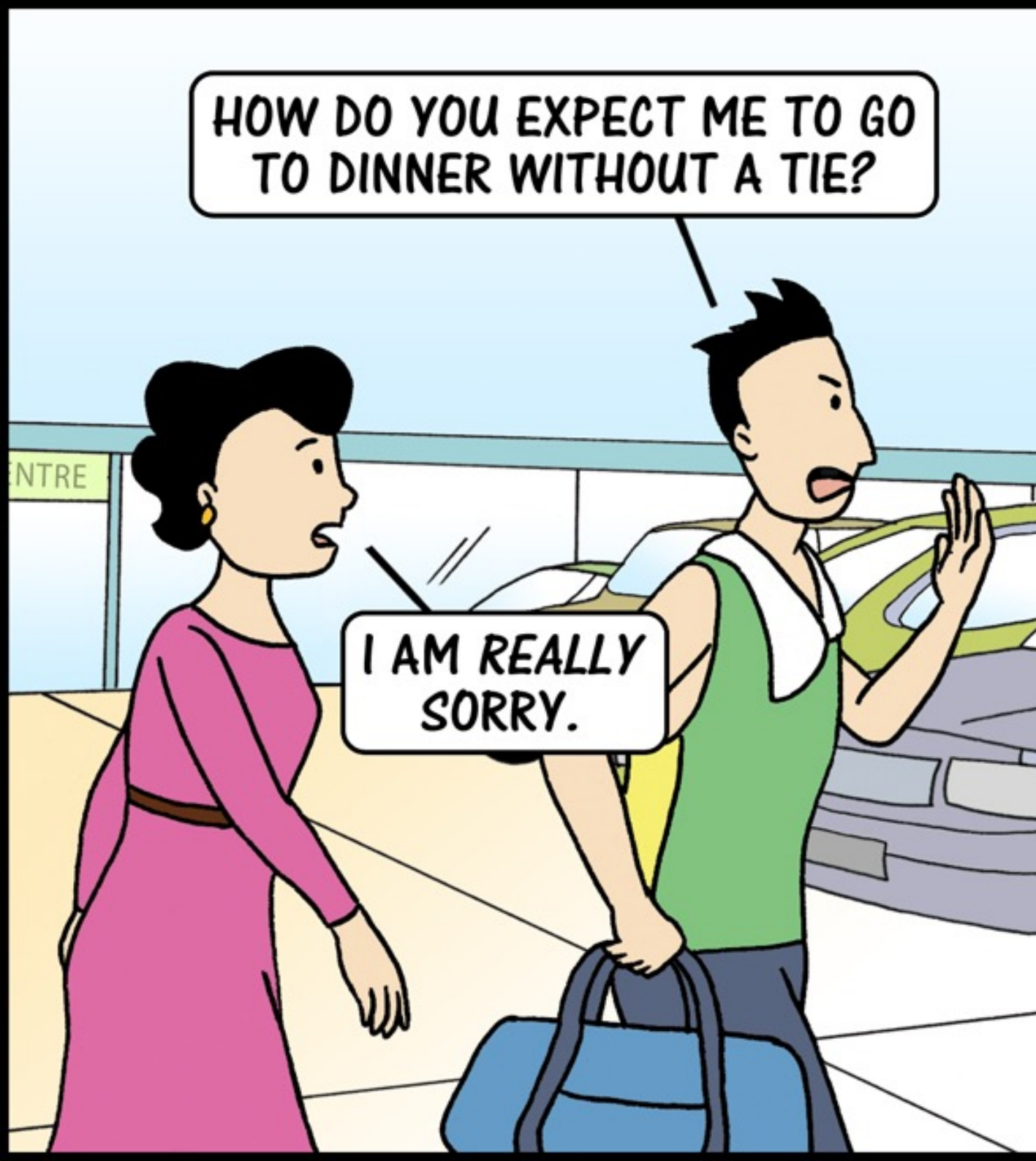
FITNESS CENTRE

OH, GREAT!

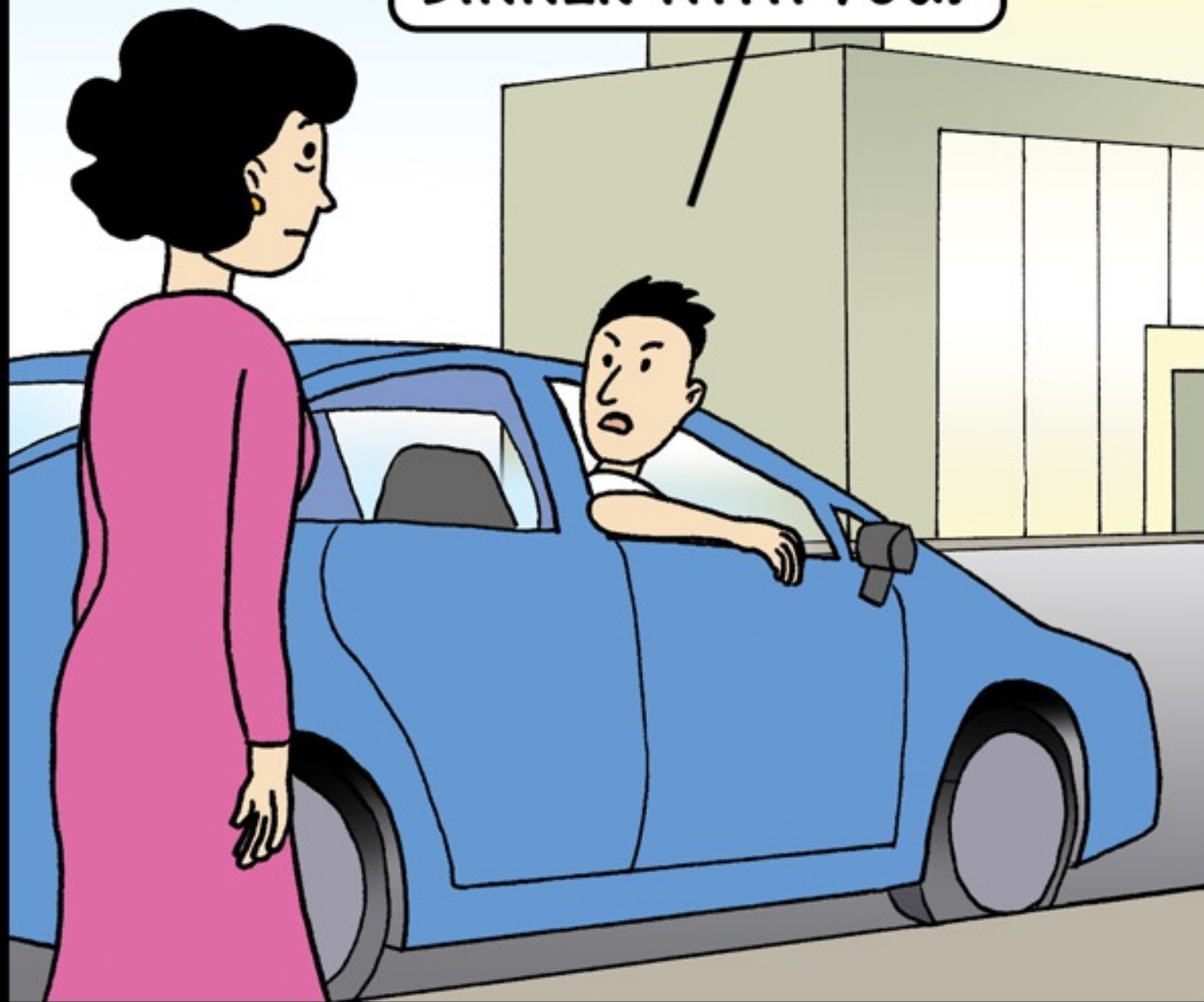


HOW DO YOU EXPECT ME TO GO
TO DINNER WITHOUT A TIE?

I AM REALLY
SORRY.



NOW, I DON'T EVEN
WANT TO HAVE
DINNER WITH YOU!



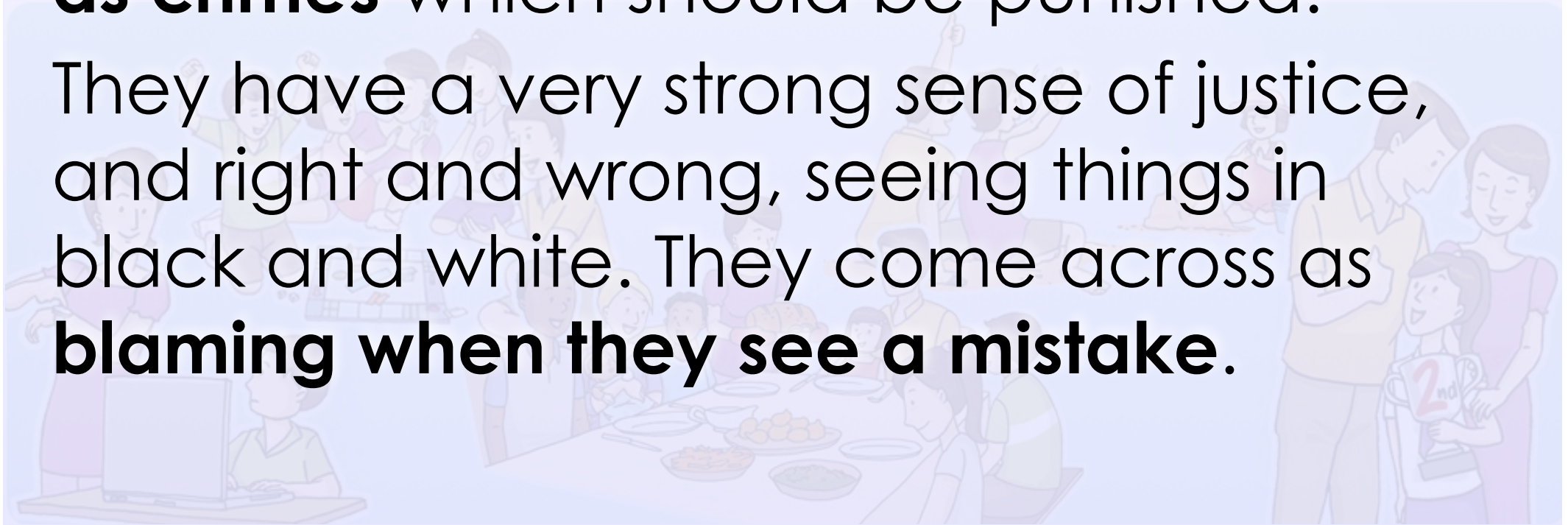
AT LEAST I'LL GET
SOME RELIEF FROM
MR GRUMPY.



People with the **punitive lifetraps** do not give **grace** or **mercy**, either to themselves or to people who make mistakes.

They are people who usually **do not forgive** easily. Rather, they see all **mistakes as crimes** which should be punished.

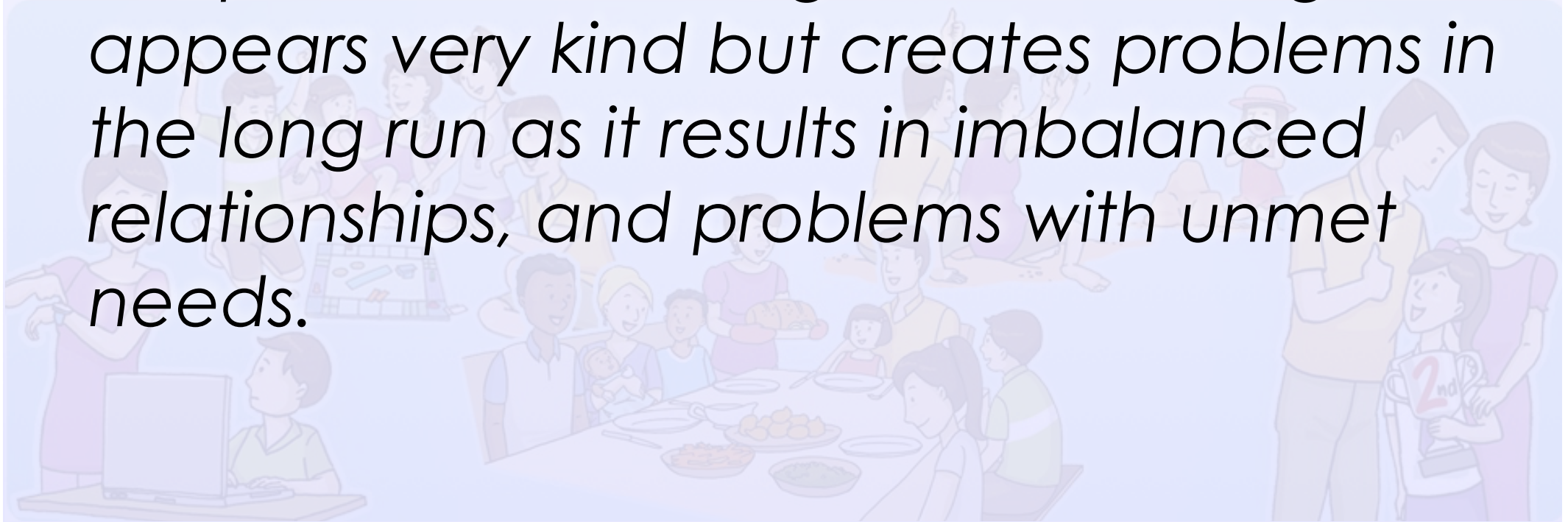
They have a very strong sense of justice, and right and wrong, seeing things in black and white. They come across as **blaming when they see a mistake**.



Self-Sacrifice

The core message of the self-sacrifice lifetrap is, ***“I must meet the needs of others before my own. I do not want to feel selfish or cause any pain to others.”***

This pattern of thinking and behaving appears very kind but creates problems in the long run as it results in imbalanced relationships, and problems with unmet needs.



YOU DO A LOT, YOU KNOW. I
HAVE NEVER SEEN YOU TAKE
A BREAK. YOU SEEM TO DO
EVERYTHING...

WELL...



WHAT DOES HE DO?
I'VE NEVER SEEN HIM
DO THINGS FOR YOU...

HE WORKS HARD
AND I DON'T WANT
TO BOTHER HIM...



WHAT ABOUT
YOUR NEEDS?

I'M FINE. MY NEEDS
ARE NOT AS IMPORTANT
AND I DON'T WANT TO
BE DEMANDING.



WHAT DOES HER
HUSBAND CONTRIBUTE
TO THIS MARRIAGE?

DIRTY DISHES AND
DIRTY LAUNDRY!



Schemas (Lifetraps)

- Unrelenting Standards / Hypercriticalness
- Punitiveness
- Self-Sacrifice

Do you have any of these?

If yes, how do you think you developed them?

If yes, how do you see them at work in your life?



2:00

THE PLUS ONE NEED FOR SPIRITUAL VALUES AND COMMUNITY

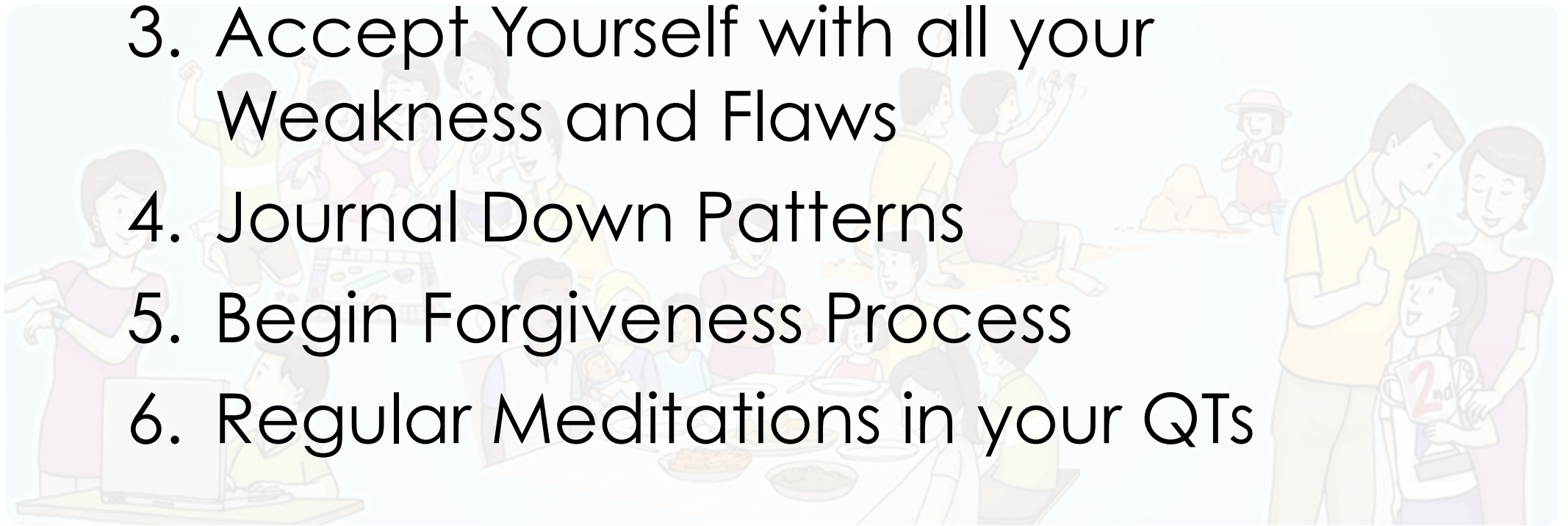


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4. <i>Realistic Expectations</i>	4. Exaggerated Expectations
<i>Plus one: Spiritual Values & Community</i>	Worldliness and Loneliness

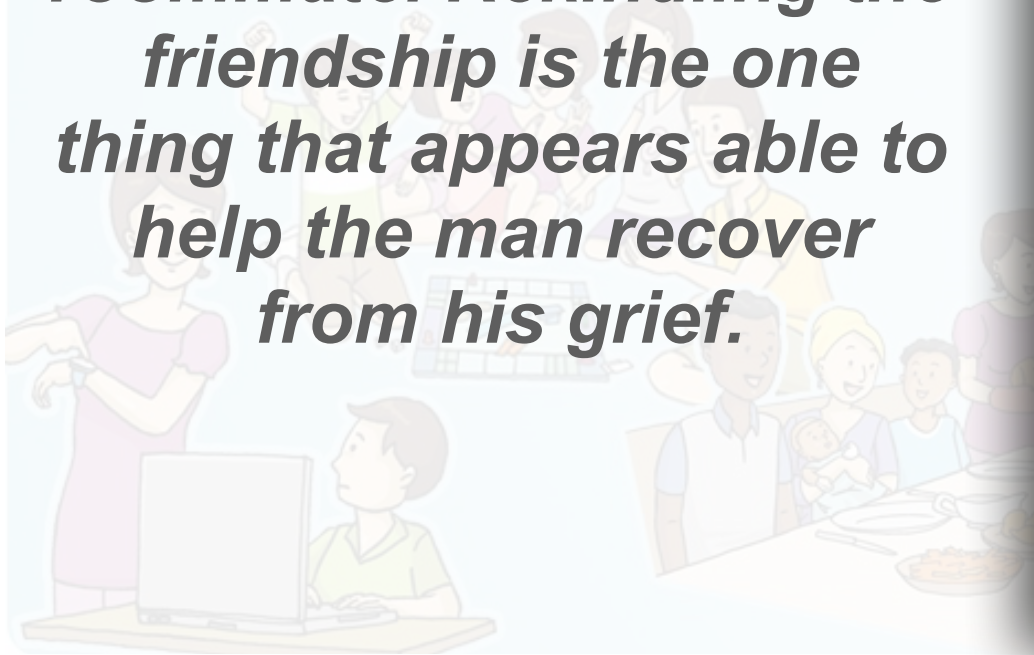
Treatment Plan

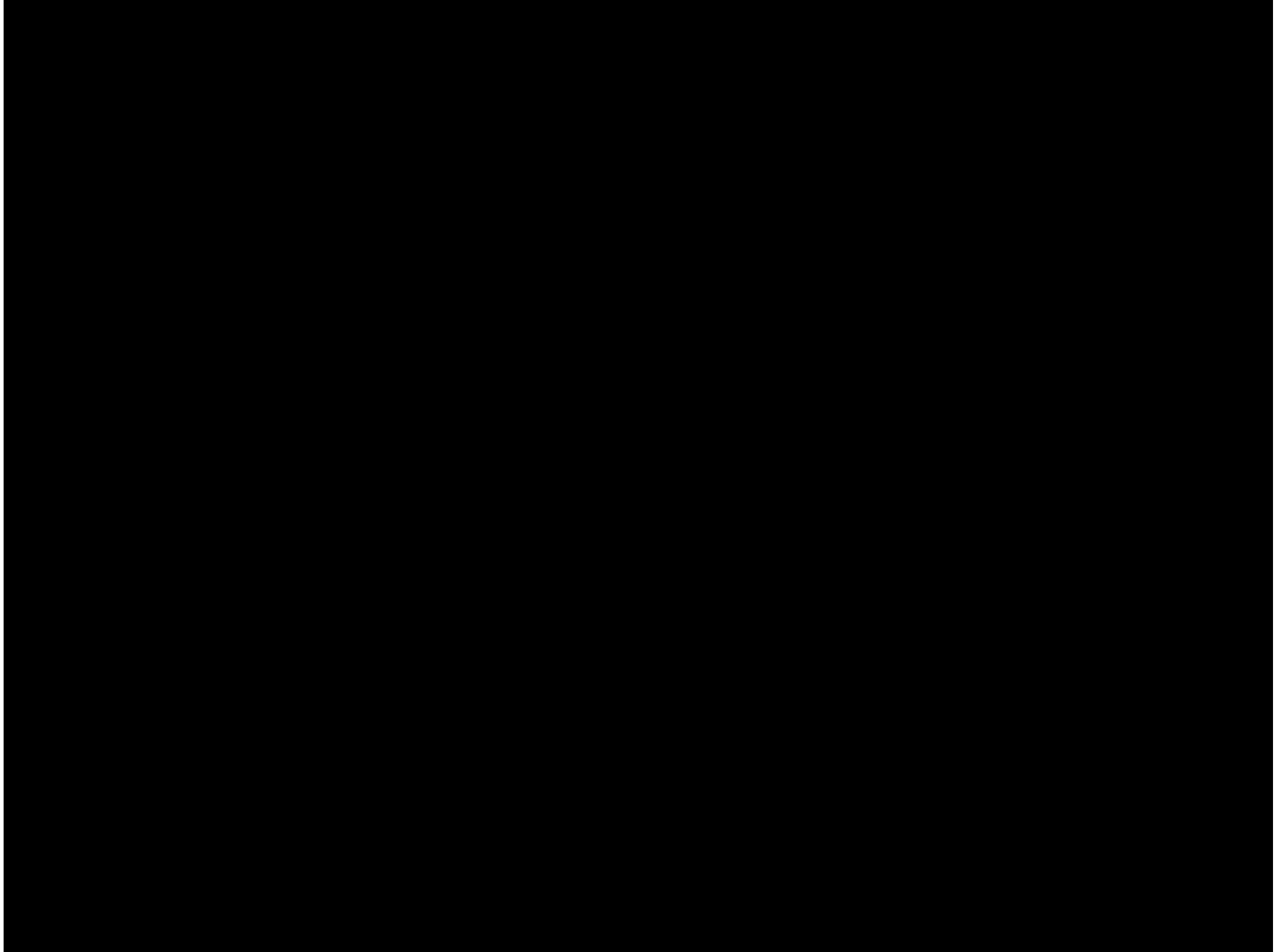
- 1. Be Vulnerable with small group members. Let child side come out.**
2. Be very very close and experience Limited Reparenting
3. Accept Yourself with all your Weakness and Flaws
4. Journal Down Patterns
5. Begin Forgiveness Process
6. Regular Meditations in your QTs



Movie Moment

A man who lost his family in the September 11 attack on New York City runs into his old college roommate. Rekindling the friendship is the one thing that appears able to help the man recover from his grief.





“Tell someone your story”



**Therefore each of you must put off falsehood
and speak truthfully to his neighbor, for we
are all members of one body.**

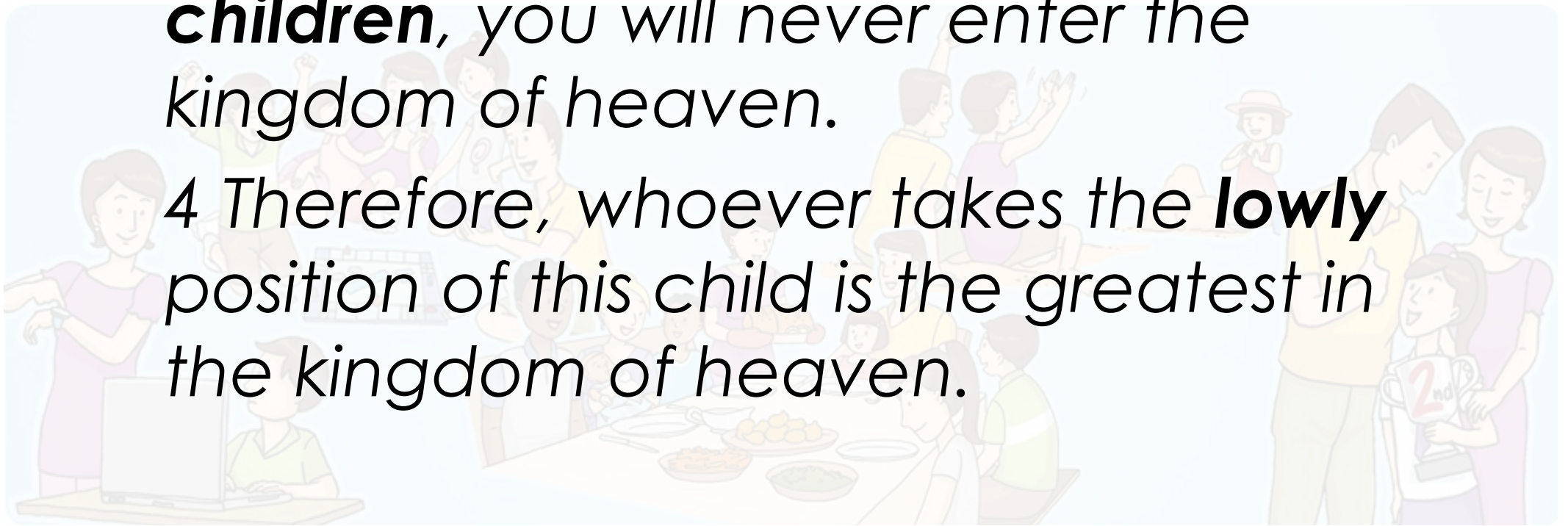
- Ephesians 4:25 -

Develop your child-side

» Matthew 18:

3 And he said: “Truly I tell you, unless you change and **become like little children**, you will never enter the kingdom of heaven.

4 Therefore, whoever takes the **lowly** position of this child is the greatest in the kingdom of heaven.





‘lowly’ =
tapeinoō
to *humiliate* or
humble oneself



When child side is not out –
will feel **isolated/lonely...**

When child side is not out –
sometimes get **mentally**
ill..

Most people allow child side
out for 15 mins a day
(Whitfield), rest is coping
styles

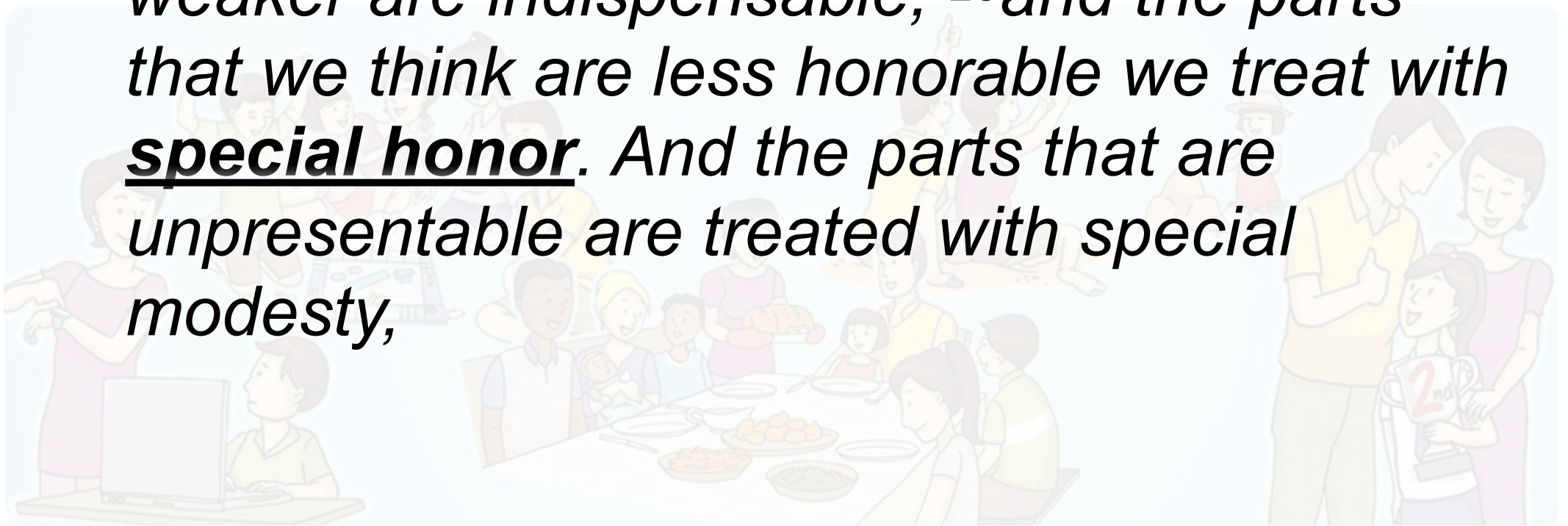
Limited reparenting & repair - Church

- » Small groups and discipling partners help us get to your child side.
- » Deny coping style...avoidance, surrender and counter attacking.
- » Get with friend and be a child.
- » Do you have someone with whom you could be this way?



1 Co 12:14-23a

*²¹The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" ²²On the contrary, those parts of the body that seem to be weaker are indispensable, ²³and the parts that we think are less honorable we treat with **special honor**. And the parts that are unpresentable are treated with special modesty,*



REJOICE

With
those
who

REJOICE

MOURN

With
those
who

MOURN

ROMANS 12:15

2. Be very, very close and experience **Limited Reparenting**

» Definition - Providing, within the appropriate boundaries of a relationship, what a person needed but did not get from their parents as children.

» Do life together...





They **DEVOTED THEMSELVES** to the
apostles' teaching and to fellowship,
to the breaking of bread and to prayer.

ACTS 2:42



3. Have self-compassion with your Weakness and Flaws

My STRENGTH
IS MADE PERFECT
IN *weakness*

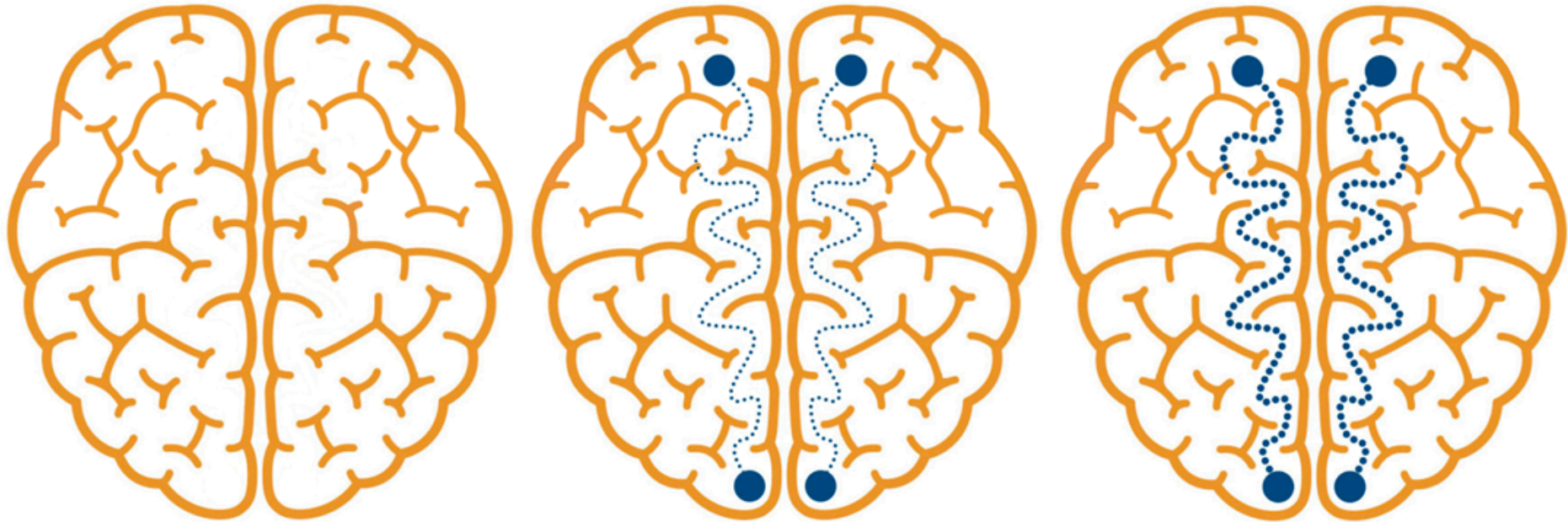
2 CORINTHIANS 12:9





4. Journal your Patterns

Patterns of behaviour that are repeated become automatic.



Patterns of behaviour that are broken dissipate.

Week 1 Week 2 Week 3 Week 4 Week 5 Week 6 Week 7 Week 8 Week 9 Week 10

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Done on >5 days, yes or no

How automatic does it feel? Rate from 1 (not at all) to 10 (completely)

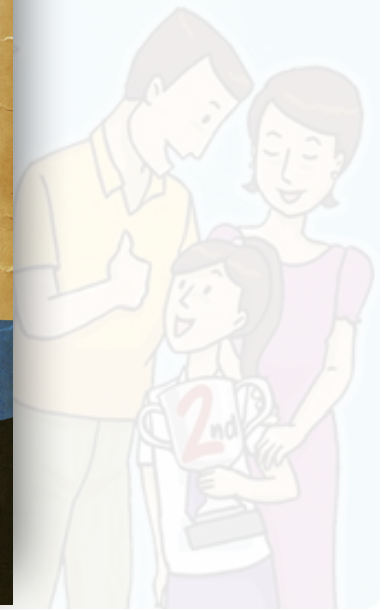
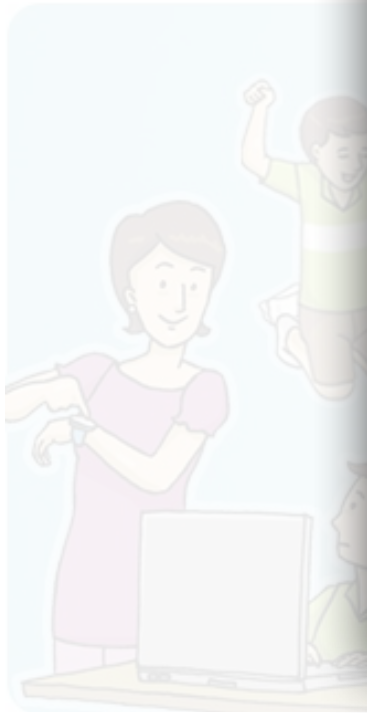
Date/ Day	Who triggered you?	What lifetrap was triggered?	What was your coping style?
Mon	Boss	Defectiveness Criticized openly	Counter attacking Gossiped, Facebook...
Mon	Wife	Defectiveness Disagreed in front of kids	Counter attacking Name calling/Cold shoulder...
Tue	Scriptures/small group "buddy"	Healthy side	Vulnerable child side
Wed	CTE – Traffic, lane cutting	Defectiveness	Counter attacking on the way to church?! Showed fist!
Wed	Lesson	Healthy side	Vulnerable child – small group

5. Begin Forgiveness Process

Decide to forgive parents, environment, self and others.



the **POWER** of **FORGIVENESS**

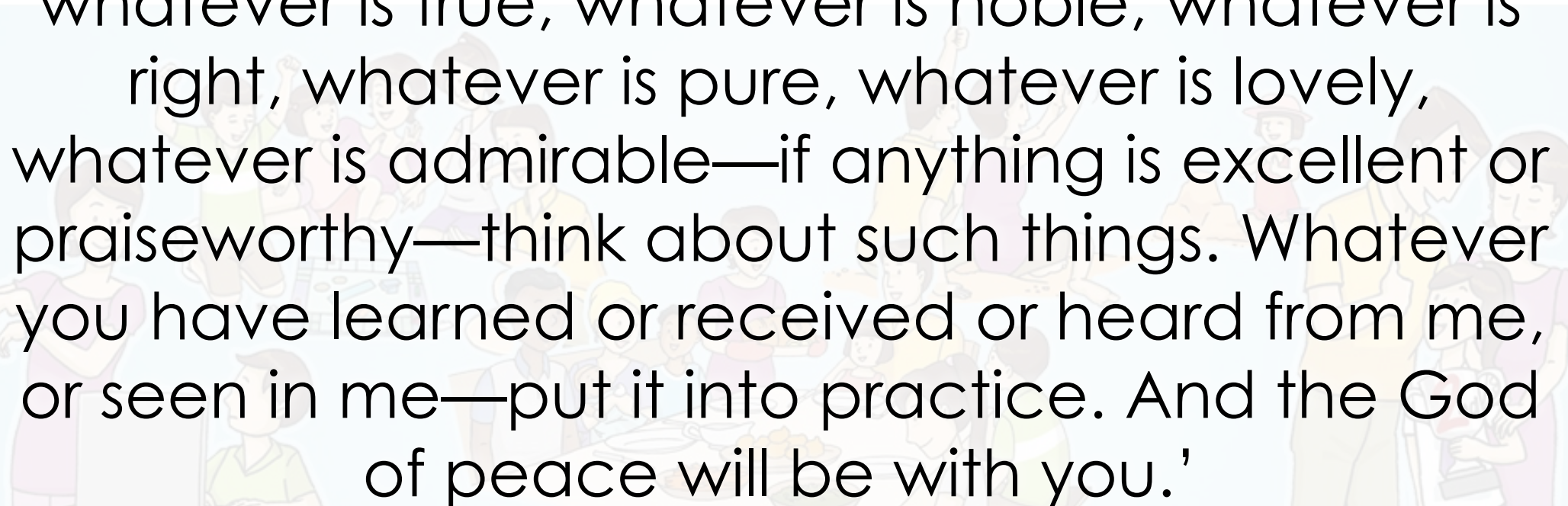


If you can't yet forgive them and move on - write a letter

1. This is for you - part of your healing is to allow your **inner child to express the pain or hurt.**
2. Express your **feelings** in the letter
 1. Tell them what they did was hurtful
 2. How it made you feel
 3. What they did was wrong
 4. How you wish it could have been instead
3. It may not change their feelings/behavior - intent is for you to be set you free - **'Then you will no the truth and the truth will set you free' John 8:32**
4. If/when/able - send your letter — no bitterness, blame or hate.
5. Perhaps call/meet with the person the contents in the letter are a guide to what you will say.

6. Walk with God - Php 4:6-9

‘Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.’



What next?

1. Meet in d-groups & faith groups

- Put into practice
- Keep working on it
- Be vulnerable

2. Study the Power of Vulnerability

3. Pray for each other

