

## Building my Core Support Team

Who do I trust, or who am I willing to learn to trust?

### Creating Strong Relationships

#### Declarations:

- Nothing can separate me from God's love, so I am able to love at all times through Christ who strengthens me.
- I am filled with the Holy Spirit, and by His power I can control myself no matter what others believe, say or do.
- My goal is to increase connection, not distance.
- I speak honestly about what I feel and what I need.
- I don't tell others what they should do, or try to make them do what I want.
- I listen well to what others are feeling and what they need, so I can understand them better.
- I do not disrespect others by accusing them and telling them what they are doing wrong.

#### Principles:

- The goal of every conversation is **not** agreement, but rather to understand one another.
- My thoughts, feelings and needs are valuable and important, and so are yours.
- I do not participate in disrespectful conversations.
- We must communicate our true feelings and needs in order to establish trust and intimacy.
- It's my job to tell you what's going on inside of me, and your job to tell me what's going on in you. I will not make assumptions about what you are thinking, feeling or needing.
- I will not expect you to know my thoughts, feeling and needs unless I have communicated them to you.
- I will not make judgment statements or tell you how you must change to meet my needs.
- When you communicate your needs to me, it is my job to listen well so I can understand what you need, how my life is affecting you, and what I can do to meet your needs.
- I am committed to nurturing and protecting our connection. I will do what I need to do in order to keep moving toward you – no matter what.
- It's my job to manage my heart so that I can respond to you in love and remove fear from our relationship.

Adapted from *Keep Your Love On*, by Danny Silk

**Schedule time this week to do the following assignments:**

1. Questions to get to know each other (Thanks to John Maxwell). You can do this either in person or by phone.

- Using the questions below, one partner will speak for at least three minutes on question 1. As he talks, the other person cannot speak – their goal is to listen.
- After three minutes, the listener has one minute to recap on what their partner has said. They cannot debate, agree or disagree – only summarize.
- Next, the roles switch, and the process starts again.
- Repeat for each of the remaining 6 questions.

1. What is the greatest lesson you have learned? (sharing wisdom).
2. What are you learning now? (sharing passion).
3. How has failure shaped your life? (sharing attitude).
4. Who do you know whom I should know? (sharing network).
5. What have you read that I should read? (sharing personal growth).
6. What have you done that I should do? (sharing new experiences).
7. How can I add value to you? (sharing love).

2. Visit the School of Transformation web page and read the article “God’s Faith in You.”

3. Visit the School of Transformation web page to watch this week’s mentoring video by Ed Silvano. Use the Study Questions as you watch, fill in the blanks and answer the questions.

<http://www.heavensinvasion.com/tsot>

4. If possible, schedule some time to share what you have learned with your CST.