

Effective Families #4: "The Rule: Finding the Win-Win"

1. Effective families have learned how to think "win-win" – to create scenarios where everyone seeks mutual _____, or "the Golden Rule."
 - a. It doesn't matter who you are, nobody likes to lose, and it _____ to lose.
 - b. Not only for you, but if you really love someone, then you never want them to lose either- you always want them to _____.
2. Our relationships can be framed in terms of "win-lose" language.
 - a. 3 scenarios
 1. Win-Lose

 2. Lose-Win

 3. Win-Win- the only long-term viable _____
 - a. You both seek alternatives until you find a scenario where everyone can walk away feeling like they won something.
3. *How* do we achieve or find the win-win, especially when we are in conflict?
 - a. To find the win-win, you must follow "The Golden Rule," and to follow the Golden Rule, you must _____ other people the way you want to be treated.
4. 3 Reasons we don't follow the Golden Rule & seek the "win-win"
 - a. A problem within _____ (often we won't admit)
 - b. Other people's problems
 - c. Spiritual dimension
 1. Eph. 6:12, "Our struggle is not against flesh & blood, but against principalities & powers"
5. 6 tips to Finding the "Win-Win" & living out the Golden Rule with your family:
 1. Get your Life right with _____
 2. Try to walk in their shoes
 3. Take a Personal _____
 4. Regulate stress, distress & anxiety
 - S- _____
 - E- exercise
 - L – Love
 - F – Food
 5. Listen to the voice/Spirit within you
 6. Remember your _____
 - a. purpose of family = quality relationships & a beautiful family culture

1. benefit a. hurts b. win 2a. alternative 3. treat 4. ourselves 5a. God 3. time-out 4. serenity 6. purpose