

Effective Families #5: "Seek First to Understand, then be Understood"

1. Effective families "seek first to understand, then to be understood."
2. Family pain is caused by 2 things:
 - a. _____ (our differences)
 - b. Sin (the human condition)
 1. Your family relationships will never be healthier than the state of your _____ & only God can heal your soul.
 2. Family health always begins by getting your soul right with God
3. Dealing with "misunderstanding"
 - a. Get underneath the _____ to the true issue at hand
 - b. Remove the hat of "judge" and put on the hat of healer & listener
 - c. When you judge, you are not seeking to understand, instead you are seeking only to be understood.
 - d. Problem: "Being judgmental causes you to interpret all data to support your _____, thereby creating a vicious cycle that feeds on itself, such that you even *need* conflict with the other person to confirm your rightness
4. "Next to physical survival, the deepest hunger of the human heart is to be understood. For, understanding implicitly affirms, validates, recognizes, and appreciates the intrinsic worth of another."
5. 4 Responses that are "not" Understanding
 - a. Evaluating
 - b. _____
 - c. Probing
 - d. Interpreting
6. True listening:
 - a. True listening involves your undivided _____, nothing less
 - b. True listening involves reflection

Rule: "When there is a disagreement, people are not allowed to make their own point until they restate the other person's point to that person's satisfaction."
 - c. True listening involves empathy - a sincere desire to feel what they feel, to help & love them
7. To have a truly beautiful family culture, you must honor _____ and your own feelings and opinions as well, which means that once you have sought to understand, *then* you seek to be understood too

2. misunderstanding 1. soul 3a. behavior d. judgment 5b. advising 6. attention 7. yourself