

# **Journey to Loving Others**

## **Overview of Travel Analogy**

# Destination

- We never end the journey
- Our expectations (False)
- Our needs are often very different
- We can grow closer together in route
- Conflict is normal, resolution along the way is necessary for **PEACE**
- The Journey is an ever changing adventure

# Travel Plan

- Destination- Peaceful, healthy relationships, each person getting their needs met
- Map- Ever-changing adventure of life stages
- Vehicles- two become one
  - We travel in our own vehicle daily
  - We meet up to connect to make one “**PEACE**” vehicle
- Fuel- Love and it's smaller components
- Avoiding road hazards- Understanding and accepting each other's differences & wrongs

# Map

- We couldn't possibly see what's around the next corner, but we can build our relationships on **love, acceptance and forgiveness** that will fuel the way for a peaceful journey with each one getting their needs met
- Life is full of stages and events that change our route
- Often the tough times turn out to be the best times, but usually only in hindsight

# Vehicles

- We each have our own and need to be responsible for personal vehicle maintenance
- Most of us want to fix the others
- Love is fulfilled, completed in the midst of conflict, not the absence
- Thus the name of the couple vehicle is “**PEACE**” vehicle

# Fuel

- **Love** is made up of components
- **Main components**
  - Patient, kind, not jealous, not conceited or proud, not ill-mannered, not self-seeking, not easily angered, does not keep a record of wrongs, enjoys truth and honesty, never gives up, never fails, lasts forever
- **If you reverse these you get conflict**

# Fuel-smaller communication components

- Where the rubber meets the road
- How to apply the Main Components of LOVE to our marriages
- We need to speak the truth in LOVE
- We need to listen with patience, kindness, acceptance and understanding
- We need to listen by setting ourselves and our needs aside for the moment

# Talking and Listening Components

## Talking (5)

- **W**hat **I** see and hear
- **W**hat **I** think
- **W**hat **I** feel
- **W**hat **I** want for me, them, us and others
- **W**hat **I** do, will do and I've done

## Listening (5)

- **P**aying attention
- **E**mpathizing
- **A**sking
- **C**hecking
- **E**ncouraging more



# Listening Components

- Paying Attention – with eyes and ears
- Empathizing – attempt to feed back what they might be experiencing (“Sounds like...”)
- Asking – for the “**W**hat” not mentioned
- Checking – to see if I got it all (attempt to summarize what I heard)
- Encouraging more – “Is there any more you’d like to tell me about that?”

# Listening Component 1

- **“Paying attention”** with open stance, eyes, ears and observation (**W**hat are **they** saying and **W**hat aren't **they** saying???)
- Listening closely to the **“Whats”**- use notes
- **W**hat **they** see and hear
- **W**hat **they** think
- **W**hat **they** feel
- **W**hat **they** want for me, them, us and others
- **W**hat **they** do, will do and have done

# Listening Component II

- **“EMPATHIZING”** -Attempting to walk in **they’re** shoes and give feed-back
- A short statement, comment that expresses what **they** may be experiencing
- Be tentative, sensitive
- It’s an attempt, it’s ok to be wrong
- “Sounds like”, “That sounds”, “Tough day???”

# Listening Component III

- **“ASKING”**-Notice **What they** are not saying and **ask for more information**
- Often we leave out one of the **“What”** components when we are talking
- They may not tell you **“What they feel”** or **“What they want”**
- Open, not closed question (yes, no)
- **“How”** or **“What”**

# Listening Component IV

- **“CHECKING”** - to see if I got it all?  
Summarize what they said and repeat it back as best you can:
  - What they see and hear
  - What they think
  - What they feel
  - What they want for me, them, us and others
  - What they've done, do and will do
  - **IT'S OK TO BE WRONG!!!!!!**

# Listening Component V

- **“ENCOURAGING MORE”** - to see if they have more to say? – about:
- What **they** see and hear
- What **they** think
- What **they** feel
- What **they** want for me, them, us and others
- What **they've** done, do and will do

# Now Some Training

- Start simple- **“Do you have a concern?”**
- **They** talk, you listen in love starting with only the first listening component of five. {each day for a week}
- Add one each week
- Keep notes-What did I hear?
- **Important Reminder-“We are in Training!”**

# SIMPLE RULES

- **Box up your “Whats”**
- **No fixing**
- **No judging**
- **Only listen**



