



Finding safety through awareness, restoration, and commitment in troubled waters

NEEDS/EVENTS FORMULA OF COMMUNICATION

The goal is for you to learn the skill of conflict resolution. Conflict is inevitable, so it is important to learn ways to resolve it. In these forms you will learn “Needs/Event Formula of Communication” to help you to start resolving conflict and hurts. Resolving hurts is important to building a safe environment to share. It is a process and a skill to be learned and practiced.

Step 1: List specific hurts from memorable events

Write down specific hurtful events which have not been fully resolved, even if they have been discussed many times. Be specific enough that your partner can remember the event. It is very important to spend time identifying some hurtful events in order to practice this communication skill well.

Example: getting angry with me for being late to church; not taking out the trash on Monday...

Step 2: List which 1 of the 10 Needs that were not met

From the “10 Commonly Identified Needs” on the following pages, select the 1 need that was unmet by the events. Many may apply, but please pick the one that fits best.

Example: support; respect”

Step 3 & 4: List 1 Character Quality of Christ that was most absent and the definition.

Study the “30 Characters Quality of Christ” and select the 1 that was most violated. Link the hurtful event to the key character quality that was most lacking. (which character qualities of Christ could your partner have displayed that would have helped in this have helped in this situation).

Example: I felt like my need for respect was not met when you were telling me how to drive. It would have meant a lot to me if you would have shown a little more gentleness, which means; ‘responding to needs with kindness and love. Knowing what is appropriate to meet emotional needs of others.’



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Hurtful/ Memorable Events

List the 3 events you can remember. Try to come up with at least 1 most recent hurtful/memorable event.
(be exhaustive in writing these events)

1.

2.

3.



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Hurtful Event #1

Step 1: Event summarized (one specific event)

Step 2: Need (which one of the ten was most unmet) use "Top 10 Commonly Identified Needs" form

Step 3: Character Quality (which one of the thirty was violated the most) use "Thirty Character Qualities of Christ" form

Step 4: Definition (write the character quality definition chose from Step #3)



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Hurtful Event #2

Step 1: Event summarized (one specific event)

Step 2: Need (which one of the ten was most unmet) use "Top 10 Common Identified Needs" form

Step 3: Character Quality (which one of the thirty was violated the most) use "Thirty Character Qualities of Christ" form

Step 4: Definition (write the character quality definition chose from Step 3)



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Hurtful Event #3

Step 1: Event summarized (one specific event)

Step 2: Need (which one of the ten was most unmet) use "Top 10 Commonly Identified Needs" form

Step 3: Character Quality (which one of the thirty was violated the most) use "Thirty Character Qualities of Christ" form

Step 4: Definition (write the character quality definition chose from Step 3)



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TOP 10 COMMONLY IDENTIFIED NEEDS

1. **ACCEPTANCE:** Receiving another person willingly and unconditionally especially when the other's behavior has been imperfect. Being willing to continue loving another in spite of offenses or differences. (Rom. 15:7) "Therefore, accept one another, just as Christ also accepted us to the glory of God."
2. **AFFECTION:** Expressing care and closeness through physical touch. Saying "I love you." (Rom. 16:16) Greet one another with a holy kiss ..." (Mark 10:16) "And they were bringing children to Him so that He might touch them... And He took them in His arms and began blessing them, laying his hands on them."
3. **APPRECIATION:** Expressing gratefulness through thanks, praise or commendation. Recognizing effort or accomplishment. (Col. 3: 15b) "...and be thankful." (1 Cor. 11:2) "Now I praise you because you remember me in everything and hold firmly to the traditions just as I delivered them to you."
4. **APPROVAL/BLESSING:** Expressed commendation; to have or express a favorable opinion of; think and speak well of; building up or affirming another; affirming the fact and importance of a relationship. (Eph. 4:29) "Let no unwholesome word proceed from your mouth, but only such a word that is good for edification according to the need of the moment, so that it will give grace to those who hear."
5. **ATTENTION:** Conveying appropriate interest, concern and care; taking thought of another; entering another's world. (1 Cor. 12:25) " so that there may be no division in the body, but that the members may have the same care for one another."
6. **COMFORT:** Responding to a hurting person with words, feelings and touch; to hurt with and for another's grief or pain; to give consolation with tenderness. (Rom. 12:15b)".... mourn with those who mourn." (Matt. 5:4) "Blessed are those who mourn for they will be comforted."
7. **ENCOURAGEMENT:** Urging another to persist and persevere toward a goal; stimulating toward love and good deeds. (1 Thes. 5: 11) "Therefore encourage one another and build up one another ..." (Heb. 10:24-25) " and let us consider how to stimulate one another to love and good deeds...encouraging one another..."
8. **RESPECT:** Valuing and regarding another highly; treating another as important; honoring another; conveying great worth. (Rom. 12: 10b) "give preference to one another in honor."
9. **SECURITY/ PEACE:** Harmony in relationships: freedom from fear or threat of harm. (Rom. 12:16, 18) "Be of the same mind toward one another...if possible, so far as it depends on you, be at peace with all men."
10. **SUPPORT:** Coming alongside and gently helping with a problem or struggle; providing appropriate assistance; to help carry a load. (Gal 6:2) "Bear one another's burdens, and thereby fulfill the law of Christ."