

THE OUTLINE

PART 2

2. BE POSITIVE

- “Learned Optimism”

- The Magic Ratio

5 Positive Interactions **to** **1** Negative Interaction

- Negativity Kills Relationships

“Do all things without grumbling and complaining...” Philippians 2:14

“As he thinks in his heart, so is he.” Proverbs 23:7

- Problems vs. Patterns

- What's your negativity pattern?

- HALT

- Hungry - Angry - Lonely - Tired

- What are your negativity blind spots?

- Awfulize

aw·ful·ize

/ˈôfə,līz/

verb informal

imagine (a situation) to be as bad as it can possibly be.

"I awfulized the upcoming confrontation I was planning to have with my spouse."

- So, stop awfulizing...And make positivity your reflex reaction.

PERSONAL & GROUP REFLECTION

PART 2

REFLECTION QUESTIONS:

1. How would you rate yourself on a scale of 5 (very strong) to 1 (weak) on being optimistic and positive in your relationship?
2. The “Magic Ratio” is an interesting concept. Do you agree with it or disagree? What makes it difficult to accomplish?
3. Negativity in a relationship can hurt badly. Do you know your negativity blind spots? What are they?
4. “What’s my real desire? Do I want to prove I’m right or improve the relationship?” What makes these two questions critical to the success of a conflict?
5. Do you tend to awfulize? If you do, what areas of the relationship do you awfulize over? If you are not an awfulizer, what has kept you from becoming one?