**FC COUNSELING TRAINING’S**

**Module 2**

**NEW DANCE STEPS –** Getting out of the fear dance. **Their Part**

1. **TAKE RESPONSIBILITY**.

Brain – Unconscious (Limbic System) and Conscious -Unconscious wants to survive and is amoral.

Three areas stored in the Limbic System = food, , and safety.

The limbic system stores memories of what we need to . It is amoral, it does not judge whether something is right or wrong.

It’s the biblical word .

We are trying to create between the button getting pushed and the reaction.

*“Do not be conformed to this world but be transformed by the renewing of your mind.*

**Rom. 12:2**

**THREE JOURNEYS**

**1. My journey** to become the man/woman God has called me to be, and the responsibility to be conformed to the image of Christ.

 % my responsibility.

**2. My journey** to become the person God has called them to be and the responsibility to be conformed to the image of Jesus Christ.

 % their responsibility.

My direct participation is always at his/her and discretion.

**3. Our journey**. As a Christian couple we have the opportunity to create a Christ-centered marriage where we share His love and glorify Him.

 Responsibility

**HOSEA STORY**

**BECOMING AN ADULT**

Every  is responsible for their own mental, spiritual, emotional, and physical wellbeing.

Our  are information about how we are thinking.

The train is: Thoughts - Emotions - Behaviors.

**MYTHS:**

* In a successful relationship, both spouses meet all the other’s need.
* The best relationships “complete” each other. Half becomes whole
* The best way to find a best friend is to look for someone who can make you happy.

**1 Thess. 4:4,** *“each of you should learn to control his own body in a way that is holy and honorable…*”

Take responsibility for your fears and your behaviors.

**An adult and healthy spouse is someone who is capable of being responsible for him/herself and who fully accepts that responsibility.**

**CO-DEPENDENCY**

The only one who is responsible for my heart is  and God. Co-dependency is when my  becomes dependent on someone else, to the degree I am dependent, I am co-dependent.

People are not only helpful in meeting each other’s needs, but are for meeting my needs.

The more and hurting you are, the more narcissistic you will become.

Love demands.

Love is an . Therefore, there are two possible answers: or no.

Independent ---------------------------------------------------------- codependent

**Personal Responsibility from Jesus:**

**Luke 6:27-29**, *“But I tell you who hear me: love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. If someone strikes you on one cheek, turn to him the other also.”*

**“Above all else, guard your heart for it is the wellspring of life” Prov. 4:23**

1. My is my responsibility.
2. Identify the that are written on your heart. (fight or flight)
3. Do the job that helps us the message; replace the lie with truth
4. Take responsibility for my .

Two things cancel out the false messages:

The  **of God and the Spirit of God** can cancel out the messages on our hearts.

 Knowledge. This is what you know in your head.

 Knowledge. This is what you truly believe in your heart.

When the heart (experiential knowledge) and mind (cognitive knowledge) are in a battle, the

  is going to win every time

The difference between these two understandings give us:

A distorted view of , a distorted view of , which leads to a distorted view of others.

**THE HEALING PROCESS**

One of the main ways we take responsibility is to

**Confess, , Repent**.

Confess means to with God.

**Confess:**

To confess is to understand three things:

* What ?
* How did it make me ?
* How did I ?

**Forgive:**

* Others
* Self
* God

**Repent:** Change

**Dog and Germs story.**