

#SquadGoals

BUILDING EXTRAORDINARY RELATIONSHIPS



MESSAGE: Extra Attention

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Who's your squad? _____

#squadgoals—is an aspirational term for what you want your squad to be or do

Our **#squadgoal** for this series is to help you build *extraordinary* relationships

What is an *extraordinary* relationship?

- > Ordinary Relationship – enduring, enriching, compelling
- Ordinary Relationship – functional, beneficial, satisfying
- < Ordinary Relationship – dysfunctional, draining, distressing

Barriers to building *extraordinary* relationships:

- Distractions and competing time demands
- Misunderstanding the nature of relationships
- Lacking knowledge of healthy relational principles

Bottom Line: Begin building *extraordinary* relationships by paying extra attention

So now I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other. Your love for one another will prove to the world that you are my disciples.” (John 13:34-35 NLT)

Pay extra attention to the other person

Be present with them, listen to them

Pay extra attention to yourself

How emotionally self-aware are you?

How are you managing yourself? (James 1:19 NIV)

Are you reacting emotionally or responding thoughtfully?

Pay extra attention to bids for emotional connection

Bids for emotional connection are the basic building blocks of every relationship

When a bid is offered to another person, there are three possible responses.

They can turn toward, against, or away from the bid

The quality of every relationship is determined by how bids for emotional connection have been offered and responded to

How are you bidding and how are you responding?