

Healthy Relationships
July StayStrong Notes
StayStrong in an upside-down world!

5 Levels of Relationship

1. Acquaintance

- simply knowing a person
- no level of relationship
- example: bank teller, store checkout person

2. Casual

- spend time but not your heart
- relationship has not been tested
- soccer-mom, greeter at church

3. Close

- begin to trust relationship
- know the person/place/thing will keep his/her word
- will repent when wrong has been done
- able to overcome hurts both directions

4. Intimate

- trust another with your heart
- has been proven over much time

5. Covenant

- few, if any other than marriage

Identifying Areas of Unhealthy Relationships

1. Ask the Lord to reveal areas of life where you have not thrived due to relationships being out of balance or a person that causes you to feel angst.
2. Ask the Lord if He has called you to the level of relationship you have assigned to that person.
3. If not, the person doesn't have the 'capacity' to operate at that level. Repent to the Lord, forgive yourself and the other person.
4. Repeat until you find the level of relationship the person has capacity to operate from.

Your brain will constantly rewire itself to suit the information you feed it in the moment!

If you constantly complain, gossip, find excuses, etc., your brain will make it much easier to find things for which to be upset, regardless of what is happening around you.

If you constantly search for opportunity, God's exceeding abundance, love, and things for which to be grateful, your brain will make it much easier to find a reflection of those things around you, no matter how small.

Over time, this is a very powerful way to reshape your reality and life!

If you would like to know more about the Emotional, Spiritual, and Genetic impact on Anxiety,
join us in the EASY Approach.

Each week in July we will address

- 5 Levels of Relationships
- Soul Ties
- Power of Noticing Without Judging
- Walking out of Overwhelm
- Movement drills you can do at home

Join us in EASY! All calls are recorded and added to the library of calls that started in August 2020.

<https://www.cheryltownsleytraining.com/easy-2021>