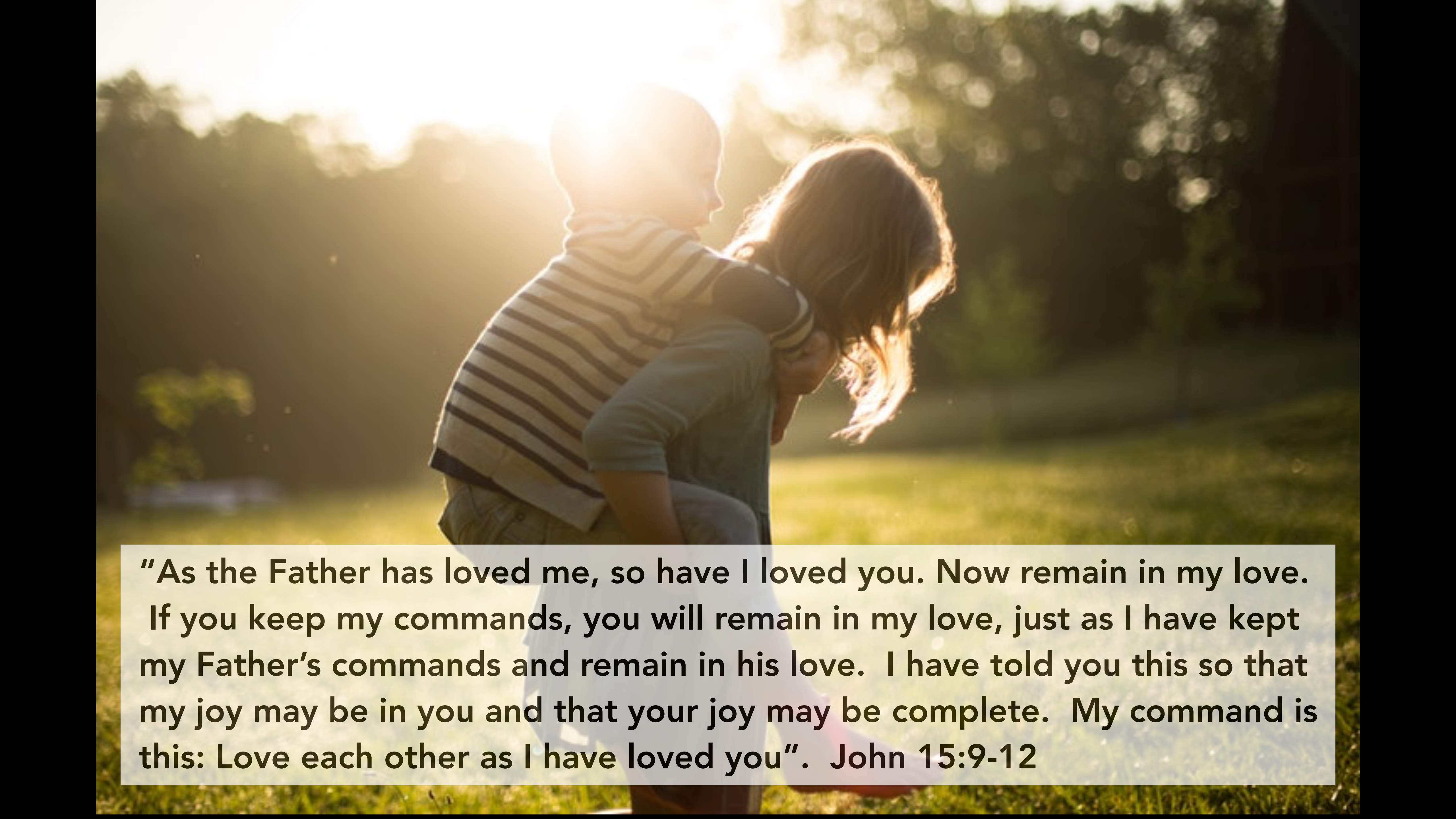


A photograph of an iceberg floating in a deep blue ocean under a clear blue sky. The visible tip of the iceberg is small and jagged, while the much larger, submerged part is visible below the water line, illustrating the concept of hidden depth or unseen aspects of a person's life.

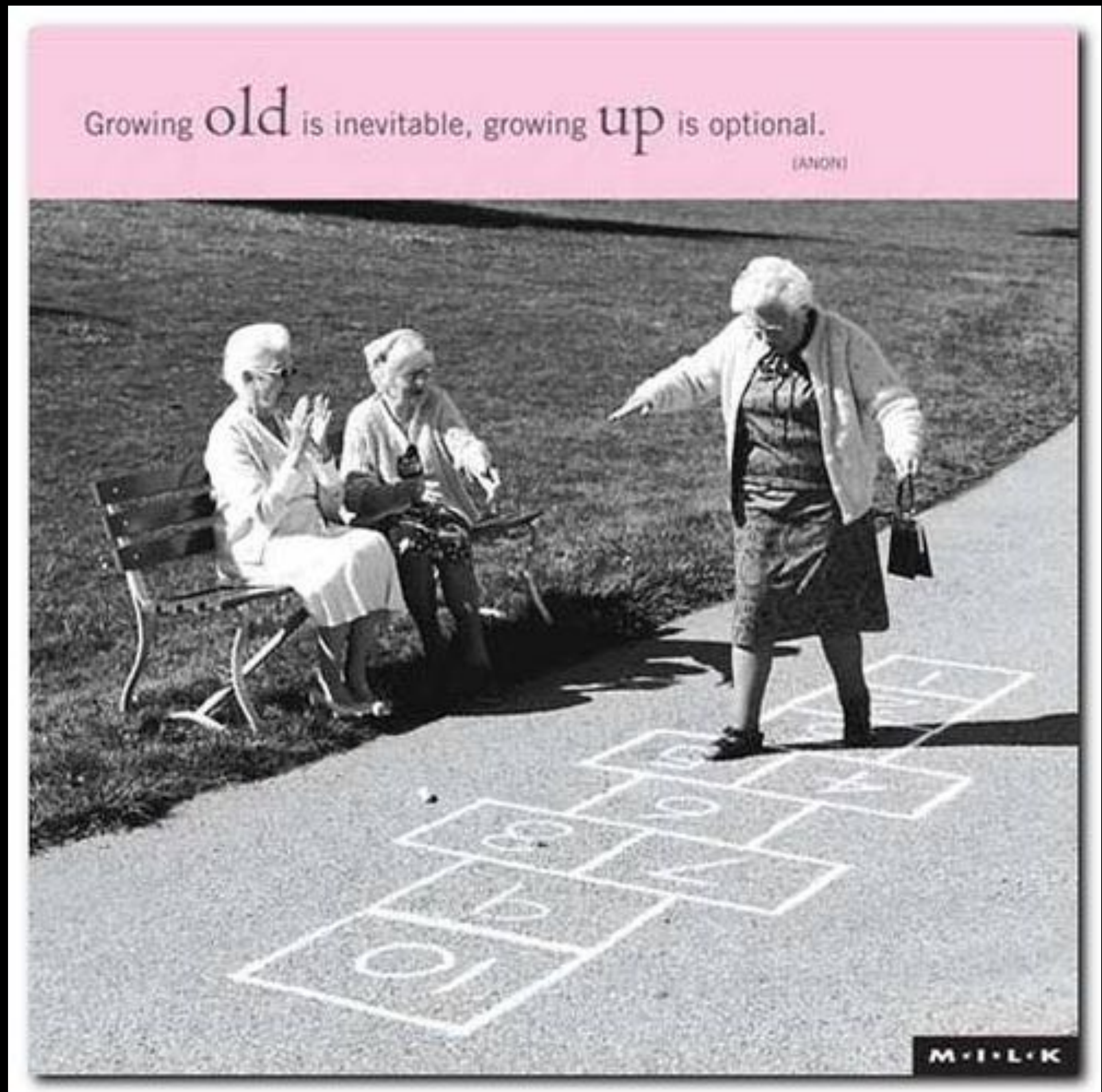
EMOTIONALLY HEALTHY SPIRITUALITY

...Becoming people who love well

A photograph of a woman with long brown hair carrying a young child on her back. They are in a grassy field with trees in the background. The sun is low in the sky, creating a strong backlight effect and lens flare. The woman is wearing a light blue shirt, and the child is wearing a striped shirt. The overall mood is warm and affectionate.

"As the Father has loved me, so have I loved you. Now remain in my love. If you keep my commands, you will remain in my love, just as I have kept my Father's commands and remain in his love. I have told you this so that my joy may be in you and that your joy may be complete. My command is this: Love each other as I have loved you". John 15:9-12

Growing **old** is inevitable,
growing **up** is optional





Emotional Infants:

- Look for others to take care of them.
- Find it difficult to enter other's worlds.
- Driven by the need for instant gratification.
- Use others as objects to meet their needs.



Emotional Children:

- Are happy as long as they get what they want.
- Unravel quickly from stress, disappointment, trials.
- Interpret disagreements as personal offences
- Can be easily hurt.
- When they don't get their way, they tend to complain, withdraw, manipulate, take revenge, or become sarcastic.
- Struggle to calmly discuss their needs and wants in a mature, loving way.



Emotional Adolescents:

- Tend to be defensive.
- Can feel threatened and alarmed by criticism.
- Keep score of what they can give so they can ask for something in return.
- Deal with conflict poorly, often blaming, appeasing, going to a 3rd party, pouting or ignoring the issue entirely.
- Become preoccupied with themselves.
- Have great difficulty truly listening to another person's pain, disappointments or needs.
- Can be critical & judgemental.



Emotional Adults:

- Can ask for what they need, want or prefer - clearly, directly, honestly.
- Recognise, manage & take responsibility for their own thoughts and feelings.
- Can state their own beliefs and values when under stress, without becoming adversarial.
- Respect others without having to change them.
- Give people room to make mistakes and not be perfect.
- Appreciate people for who they are (good, bad & ugly) & not just for what they contribute.
- Accurately assess their own limits, strengths & weaknesses
- Deeply in tune with their own emotional world & able to enter the feelings, needs & concerns of others without losing themselves.
- Have the capacity to resolve conflict maturely & negotiate solutions that consider the perspectives of others.





Signs of a Childish Adult

(from Psychology Today)

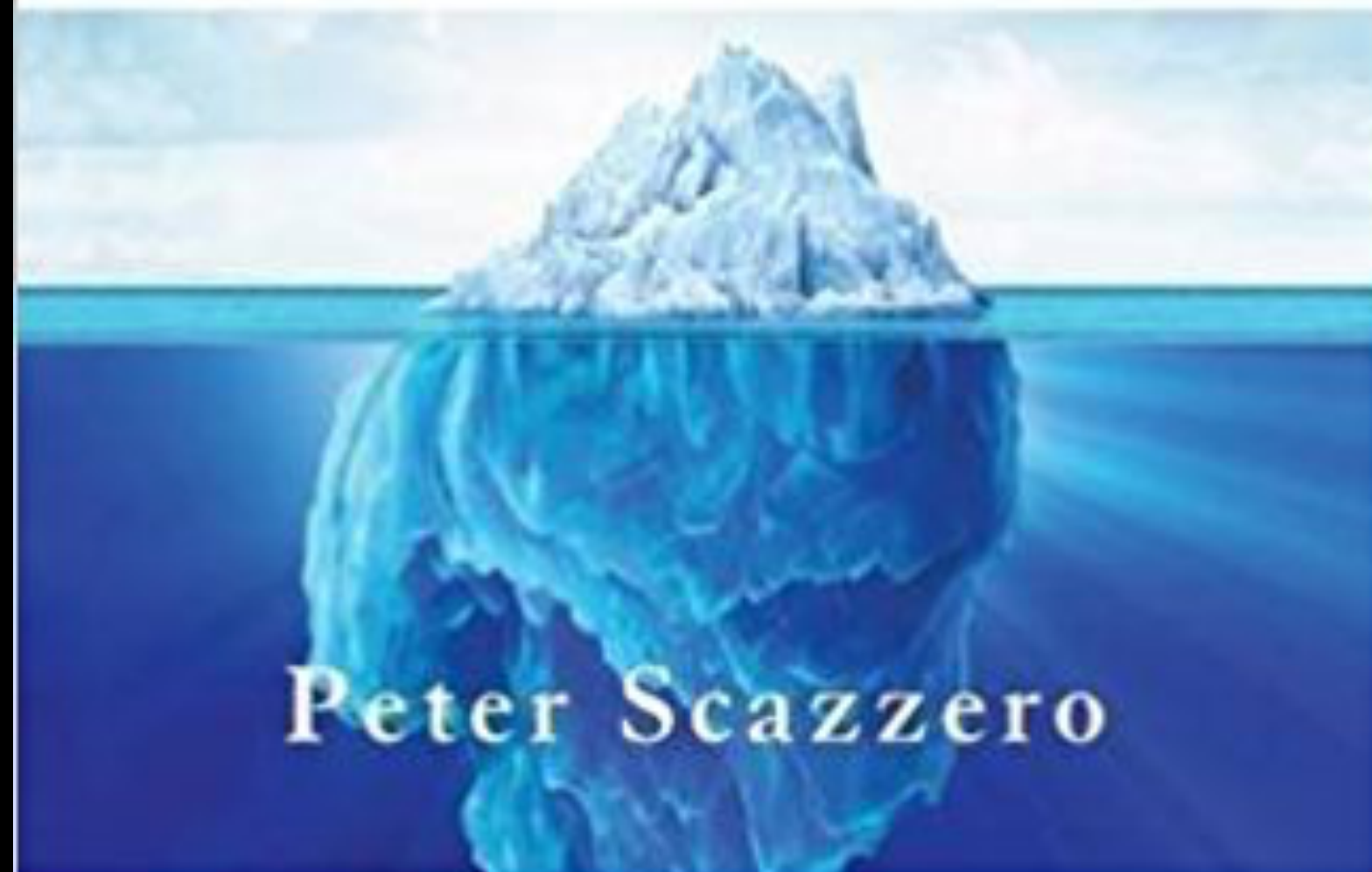
1. Emotional escalations
2. Blaming
3. Lies
4. Name-calling
5. Impulsivity (or "poor impulse control")
6. Need to be the centre of attention
7. Bullying
8. Budding narcissism (i.e. love of self)
9. Immature defences / denial
10. No ability to see, acknowledge, and learn from mistakes.

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Emotionally Healthy Spirituality



IT'S IMPOSSIBLE *to be* SPIRITUALLY MATURE
WHILE REMAINING EMOTIONALLY IMMATURE



Peter Scazzero:

"As we spend time with God, he invites us to **practice the presence of people** - in other words, having an awareness of his presence in all of our daily relationships."



Jean Vanier:
"Love is to reveal the
beauty of another person
to themselves"





How to have a Good Fight!

Choose :

your battle,

your timing,

your emotions,

your words





Speaking & Listening

A photograph of a woman with curly brown hair and a white shirt, smiling and looking towards a man. The man is in the foreground, seen from the back, looking at a smartphone. They are sitting at a wooden table in a cafe. On the table is a teal cup of coffee with a latte art design, a small glass of coffee, and a white napkin. The background shows a window with a view of the outdoors.

Making Assumptions

A photograph of a man with a full brown beard and mustache, wearing a dark grey suit, white shirt, and red tie. He is looking towards a woman on his right. The woman has curly hair and is wearing a white top and a long, chunky gold necklace. She is holding a pen and appears to be speaking. They are outdoors, with a wooden structure and greenery in the background. A semi-transparent white banner is at the bottom of the image.

Clarifying Expectations

