

## Healing Relational Blindspots Seminar (aka How We Love)

Based on the work of Milan, Kay Yerkovich and attachment theorists

By Pastor Brian Burgess MTS, MDiv

We are called to love one another in a broken world after Adam and Eve unleashed the trauma of shame, resentment, fear, hatred, violence, lust and other powerful experiences.

Scripture provides for us the power of Jesus love demonstrated throughout history and particularly evident in His death on the Cross. Scripture also offers the transforming power of the Holy Spirit.

Jesus also utilizes human relationships to significantly assist in human growth and development including emotional development from infancy till death. Human relationships can be life-enhancing and powerfully positive but can also be life-denying and powerfully negative for human emotional, physical and spiritual development through abuse or negligence known or unknown to the child and provider.

### Some of the qualities of a healthy, secure love style

Learned to trust and respect others  
Aware of & able to process/manage feelings  
Easily give and receive comfort, love and care  
Comfortable giving and receiving help  
Able to take risks and initiative.

Accepts good & bad in one's self & others

Able to accept love, grace and discipline from others and from God

How many of those traits do I have? Note the ones you do NOT consistently possess.

Confident and well adjusted

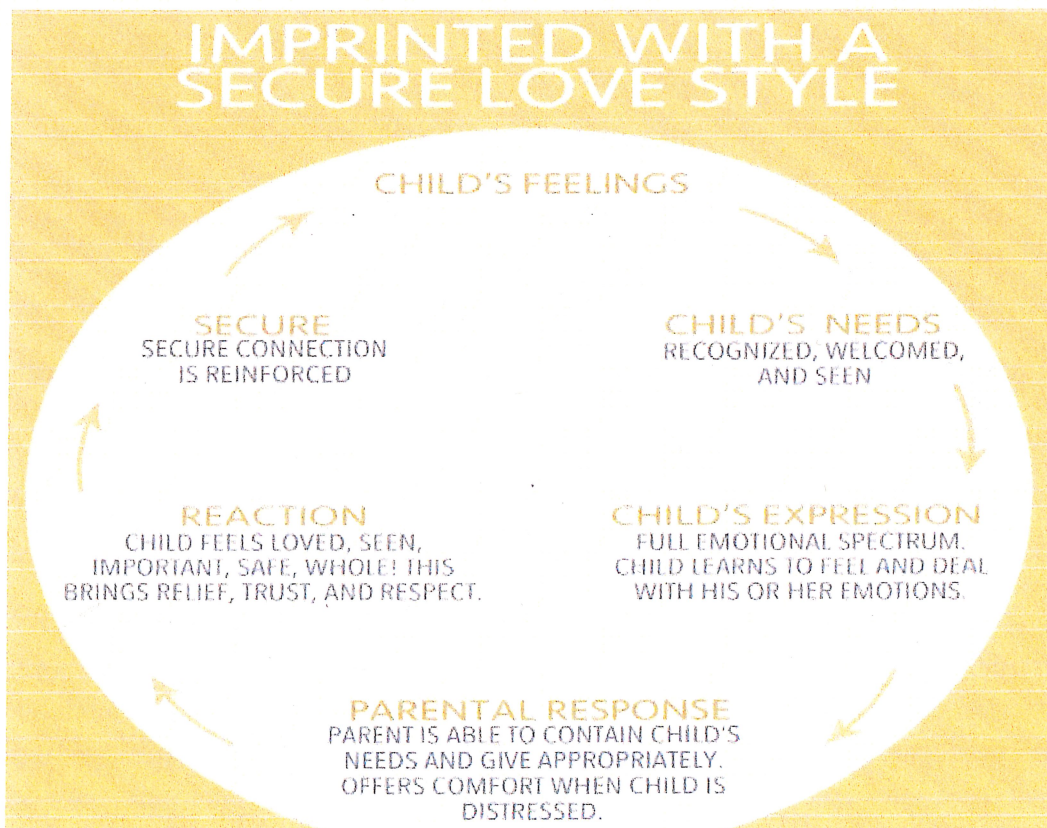
Able to say no and set limits

Feel loved and valued.

Able to say I am sorry

Able to ask for help if needed

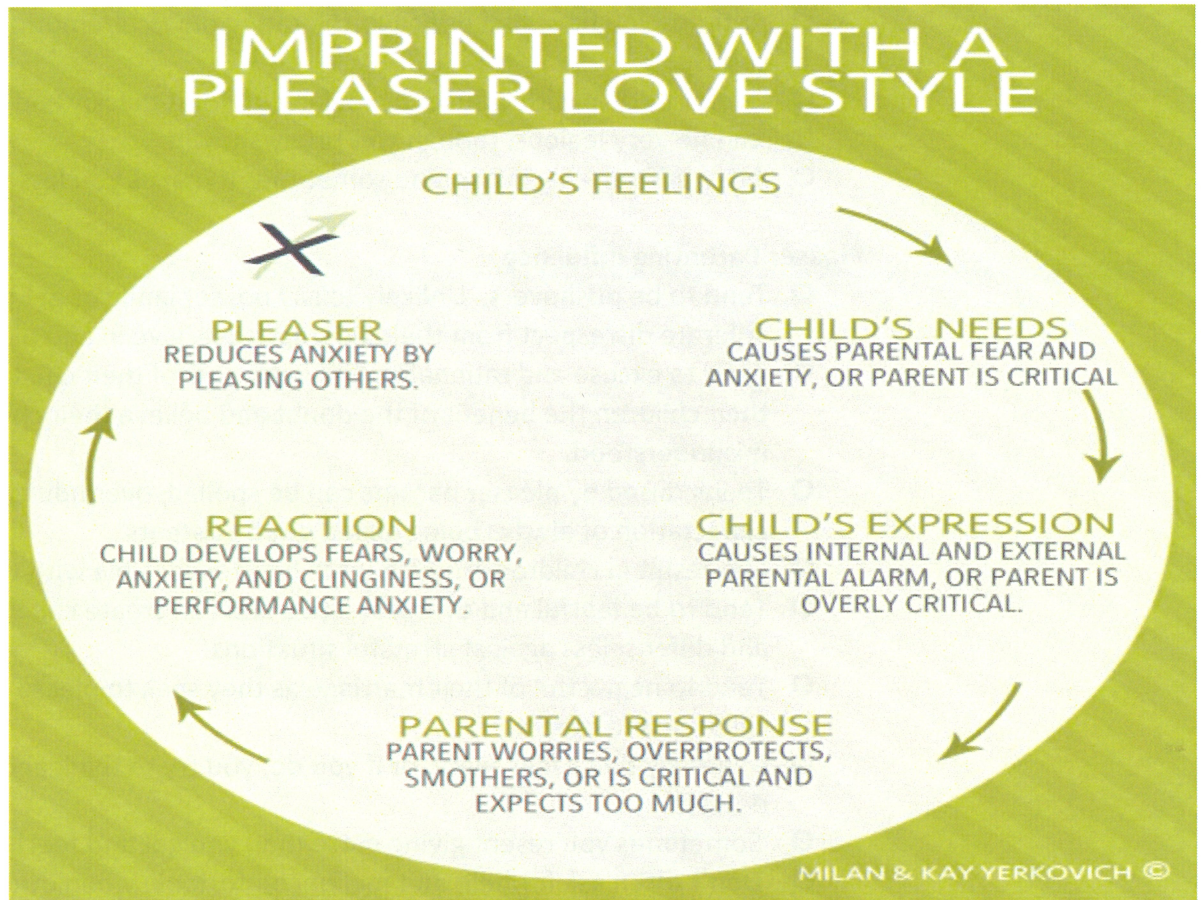
Able to wait and delay gratification





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**The Pleaser imprint/injury**

- **Parent model:** Fear based nurturing or angry and critical
- Child manages parent's anger/anxiety by being 'good'
- **Expectations/goals:** Looks for opportunities to give
- Safety and harmony is key. Keep others happy so I can relax and I won't be abandoned.
- **Feelings:** Anxious if apart or if others are critical, angry rejecting. Worry. Anger is underdeveloped.
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- **Triggers:** When those around them detach or request space. Interpreted as rejection.
- **Response:** Pursues, tries harder, gives more to calm ones own anxiety.
- Tends to allow themselves to be taken advantage of.

### **You Might be a pleaser if....**

- People know you as “the good kid”
- You regularly struggle with fear of rejection or criticism.
- You sometimes seek deeper connection by working to meet others’ needs.
- You have needs but they’re not as big as most people’s
- At times you have had difficulty tolerating physical/emotional distance from your spouse.
- prefer to deal with conflict by making up for it quickly and moving on.
- can be very jealous, though you rarely show it.
- have difficulty saying no and sometimes it makes you less than truthful.

### **Pleaser Parenting influence**

- Tend to be pushovers. Unlikely to say no, set limits or get mad appropriately. Tolerate disrespect from their kids, appease, give in and placate.
- Tend to excuse and rationalize bad behaviors of their children. Almost always give their children the benefit of the doubt and believe their children’s actions were misunderstood.
- Teens raised by pleaser parents can be spoiled, overindulged and grow up with an expectation of always being bailed out by parents.
- Can result in children growing up to be irresponsible with work and material things.
- Tend to be fearful and overprotective and can create children who become weak and defenseless against stressful situations.
- Tend to neglectful of their marriage as they seek to please and protect their children and others.
- Generally don’t feel angry, or if you do, you try to think about something else to get rid of it.
- Sometimes you resent giving more than you get and feel like a doormat.
- Don’t often ask for help and feel uncomfortable when others try to give you assistance.
- Frequently find your schedule unmanageable as you try to please/help everyone.

### **Hope and Healing for the pleaser**

- Persevering and disciplined prayer life
- Knowing our identity in Christ
- Nurturing connections with like minded friends

### **Growth goals for pleasers**

- Recognize and admit own fearfulness
- Work on facing fears rather than appeasing or avoiding them
- Be more truthful
- Learn to get mad when people wrong you
- Identify and grieve pain in the past that has shaped you
- Learn to speak truth and to tolerate disapproval and criticism
- Purpose to launch your children, not keep them close for safety
- Practice do-overs

### **Pleaser and God**

- When we try to make everyone happy we are denying our God given potential and identity.
- We have an insecure relationship with God and really can’t rest in his love.