

# VALIDATE!

## FACILITATORS GUIDE

Meeting # 10: *Chapter 9 – Negative Thinking*

### AGENDA: (Suggested times)

10 min. *Arrive early.*

10 min. *Engage each participant as they arrive.*

5 min. *Settle into group, PRAY*

### MOST IMPORTANT ISSUE TONIGHT:

Remember: Negative thinking is a natural result of disappointment and heartache in relationships. However, if the slippery slope of invalidation, anger, withdrawal, demandingness and boundary busting is not interrupted and validation begins to take place, negative thinking will set in. The conclusion is – things will never change (he or she will never change). This company, parent, boss, boyfriend, spouse will never meet this longing (desire, hope, dream, need) in my life.

When we get to this place we give up looking for anything positive and begin to see everything in a bad light. Nothing of a positive nature can be done by the other person, everything is seen as manipulative, and self-centered.

The most powerful solution to begin healing this troubling situation is true forgiveness. We discuss this in the next chapter. We have to learn to forgive the way Jesus forgives.

20 min. *Conversation Starter* – Use one of the following video's

**Watch:** Everyone Loves Raymond - Arguing over fat

<https://www.youtube.com/watch?v=NLRfbhKIMmM&list=PLS2emyQ5EQ36Ns3GwMAmwXQ-3UojUDJOF>

How is negative thinking influencing this couple? What decisions have they made about each other? What do they believe is true?

### Discuss overall content:

- What impacted you the most from Steps 1-4 (W-I-S-D)?
  - Scripture – Pick one passage that personally spoke to you and emphasize it each week. Relate it to life and the study.
  - Book Chapter 9?
  - Any insights from Step 4 (your response)?

55 min. *Group Study:* Discuss Step 5 (O).

Read the questions and encourage participation by everyone.

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10 min. *Have the group complete Step 6 (M).*

5 min. Take time to pray for the individuals and couples in your group.

20 min. We are done, but please stick around for a few minutes if you can and get to know someone better.

Record any significant comments, questions, prayer requests, follow-up here:

1.

2.

3.

4.

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