

VALIDATE!

FACILITATORS GUIDE

Meeting # 8: *Chapter 7 – Demandingness*

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:

Demandingness begins to take root in a relationship when stating a need, or asking to have a need is met with indifference or with rejection. The invalidating feelings (the other person is perceived as not caring about this need) create some level of desperation for us. Often we react to this with subtle or overt pleading, begging, threats, and ultimately demands.

For some – demandingness shows up in very subtle ways, like moodiness, sulking, or withdrawal (emotionally, physically, sexually). For others demandingness comes across as a command, guilt manipulation, or control (You will do this or else!).

Relationships thrive when we create space for our friends and family members to take the initiative in responding to our felt or spoken needs. When we ask (invite, request) we are setting the stage to be blessed and loved well because the motivation on the part of the person meeting the need is love. When we act in a demanding manner we are setting in motion a performance based acceptance that is a relational cancer. Avoid demanding whenever possible!

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>

Who is demanding what here? How is it working for them? What is the result?

Watch: Henry Cloud – Don't control your partner

<http://www.cloudtownsend.com/video-advice/channel/Relationships/CCNT2119/>

How are controllers demanding people?

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 7?
 - Any insights from Step 4 (your response)?

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

Read the questions and encourage participation by everyone.

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.

5.

6.

7.

8.

9.

10.