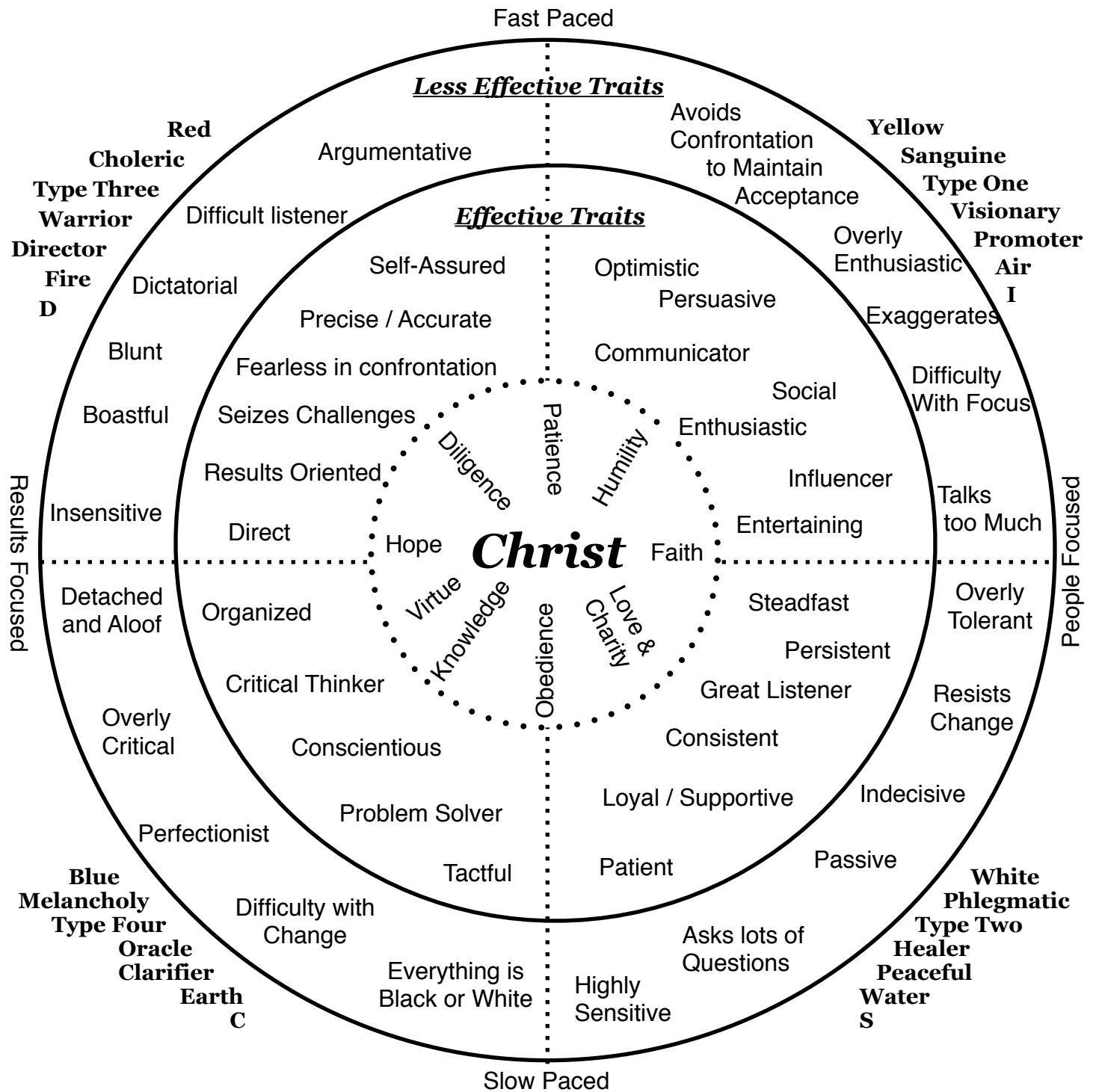


Return to Center by Gaining
Christ Centered Characteristics



The character traits we use either bring us closer to the center or farther away. The more principle based characteristics we choose to emulate, the more “centered” we become. In the model we are most effective in the center. The next circle shows effective traits from each personal style. The further you take it out the less effective the characteristics become in strengthening relationships.

Where do you see yourself?

How to use Your Personal Gifts to Strengthen Your Relationships

Applying Christ-Centered Characteristics

Everyone has a personal gift of listening! Kids want you to listen, but you can't listen unless they talk. How to get them to talk:

I. **"Tell me about..."**

This gets them to talk, better than questions that require only a yes or no answers like, "How was your day?"

II. **Sign Posts** - Topic words that help you concentrate on what they are talking about so you can ask another question to keep them talking.

YOU are looking at their subconscious (the tone, body language & words) to guide the conversation.

III. **Brief Inserts** - "Oh", "wow", "I see..."

1. These show you are paying attention
2. Lets you hear more sign posts
3. Allows them to keep talking

IV. **The Pause** - Allow for a slight discomfort

1. This is your greatest ally to discover their personal style; they answer the questions that you didn't know to ask.
2. The person starts talking again and reveals more about their thoughts and feelings

V. **Summarize** - This is a review, where you show them you are "getting it." The goal is to help them feel understood. This is a good place for questions that bring in their feelings and lead them to find their own answers, feel the spirit, and know the next step.

*When you **listen** to your children they feel **understood** they **trust** you and when they **trust** you, they **open** up more and will to **listen** to counsel.*

Try this with God. "Tell me about me."