

What is **communicated** (*What people hear!*) when I open a conversation with the words...

You **HURT** my **FEELINGS** when you...!

Can you please **HELP** me to **UNDERSTAND** why you...?

I am **PERFECT!**

I see all! I know all! There is no need for dialogue!
I know all of your motives and actions and I have already made my judgments! You are evil!
I am the innocent victim and you must be punished.

I am **FLAWED!**

I am sure that there were words or actions that I misunderstood.
You may have information that completely changes the picture for me.

I want **STRIFE!**

With my opening words, I have made it clear that we are not allies. We are not teammates. My goal is not compromise.
You are an adversary and I will intentionally escalate this tension.
Anger, judging, self-pity, and strife are my goals.

I want **PEACE!**

Most misunderstandings will never be fully resolved this side of heaven. Jesus sees so much more than we do.
It usually takes me years to sort out everything Jesus is trying to teach me through a misunderstanding.
Whether we draw a step closer or wind up a step more distant through this dialogue, I am committed to be kind, gentle, calm and gracious.
Heb. 12:14 Make every effort to live in peace with all men.
Rom. 12:18 If it is possible, as far as it depends on you, live at peace with everyone.

I am here to **ATTACK!**

My emotions are all that I care about. That is why I use the opening line, "You hurt my **FEELINGS!**"
I don't care about truth. I don't want dialogue.
I don't care what you "think" you may have been trying to do.
I command you to sit still while I shred you, judge your motives and point out how terrible you are.

I am here to **LISTEN**

Sometimes my emotions are terrible liars. When I am in pain, my emotions can try to lead me toward evil judgments. Evil emotions are to be crucified with Jesus.
Venting gives my evil emotions more power.
When I listen well, I often hear something that completely changes my perspective, calms my emotions and fills me with Jesus love.
Prov. 18:13 To answer before listening - that is folly & shame.
Ja. 1:19 My dear brothers, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

I want **Jesus** to be as **HARSH** with me as I am with you!

I am asking Jesus to expose every point of evil in my heart and to judge me without mercy, just like I am doing with you.
Matthew 7:1-2 Do not judge, or you too will be judged. ² For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you.

I want Jesus to give me **MERCY!**

I have found that – in most misunderstandings – there were assumptions and errors on both sides.
My first goal is to find my own errors.
On your errors, I want to give mercy so that I may receive mercy.
Matthew 5:7 Blessed are the merciful, for they will be shown mercy.