



August 5th 2018: Ted Lowe Talk

Opening

- What is one thing you wish people would tell you every day?
- What is one thing you wish people would stop saying to you?

Discussion

“Sticks and stones may break my bones, but words will never hurt me.” We’ve all heard that children’s rhyme, but it’s not really true, is it? Words can hurt us. They have the power to build us up or tear us down . . . especially words that come out of the mouths of those closest to us. You look to the people who know you best—for emotional safety, security, and encouragement. They look to you for the same.

- What can you do to maximize the power of your words in order to build up and not tear down?
- Talk about a time when someone’s words tore you down. What were the long-term effects of those words?
- Talk about a time when someone’s words built you up? What were the long-term effects of those words?
- Do you tend to respond to conflict by arguing or by giving the person you’re experiencing conflict with the silent treatment? What are some of the costs of your approach?
- What are some reasons we say the things we don’t want to say and don’t say the things we do?
- Tell someone in your group one thing you admire about him or her. How do you benefit from that quality in that person?
- Under which of the H.A.L.T. conditions (Hungry, Angry, Lonely, Tired) are you likely to speak unkind words to those closest to you? What are some things you can do to slow down and avoid saying something you don’t mean?

Application

- What is one thing you can do this week to speak more positive words to those who are closest to you? How can this group support you?