

# 22 Relational Nutrients

all humans are designed to receive good nutrients with others, as well as providing them for others

grace



truth

## Be Present

**Acceptance** - Connect with the real me, with no judgment, as I am condemning myself internally.

**Containment** - Let me vent and just have the feelings, stay warm without reacting and without fixing me.

**Empathy** - Take on my perspective without judgement and let me know you feel what I am feeling.

**Validation** - Let me know my feelings are significant and not to be dismissed or minimized.

**Identification** - Share your own similar experience to help me see that I'm not the only one who struggles.

**Comfort** - Be present with me when I need to grieve a loss; provide support.

## Convey the Good

**Affirmation** - Tell me you notice I'm doing something good that requires effort. (Now oriented.)

**Encouragement** - Let me know you believe in me to continue on. (Future oriented hope and confidence.)

**Forgiveness** - Let me know my debt is cancelled and help me cancel debts owed to me.

**Respect** - Assign value.

**Celebration** - Acknowledge a success in my life with me, both cognitively and emotionally.

**Prayer** - Ask God to connect with me and help me.

## Provide Reality

**Clarification** - Ask me a few questions to help me get to the real issue and solutions, provide order to confusion.

**Understanding** - Let me know you comprehend my situation.

**Perspective** - Help me connect the dots at a deeper level; offer a different viewpoint.

**Feedback** - Tell me how you experience me, so that I can be aware of how I come across.

**Wisdom** - Give me information from the Bible or experience that can help me deeper understand.

**Confrontation** - Point out something I'm doing that is setting me back, so that I can stop it and change.

## Challenge Action

**Advice** - Recommend some constructive action to help me change and grow.

**Structure** - Help me establish an effective path and framework.

**Development** - Move me beyond my comfort zone to higher levels of growth and performance.

**Service** - Help me serve and give back to others what I have received.

for more practical insight, visit: [www.SimpleDetails.life](http://www.SimpleDetails.life)