

COMMUNICATION: Oneness Responding

Be happy with those who are happy, and weep with those who weep. ROMANS 12:15

PERSONAL APPLICATION RESPONSES

“Rejoice with those who rejoice!”

Take turns sharing with your partner:

*“When I think about my growing-up years,
I remember a time when _____.”*

Share with your partner about this exciting or pleasant experience! Share how it made you feel. Rejoice together!

PRODUCTIVE RESPONSES:

Productive responses always include understanding, gentleness, empathy and reassurance.

Examples:

- *“I am so glad that you had that experience.”*
- *“I am very happy with you that you were able to hear those things.”*
- *“I am so happy you shared that wonderful story with me.”*
- *“I am so excited with you that you were honored in that way.”*
- *“I am so proud of you and I hope you feel very proud, too.”*

“Mourn with those who mourn.”

Take turns sharing with your partner:

*“When I think about my growing-up years,
I really missed _____,
and it left me feeling _____.”*

Respond with comfort:

- *“I’m sad that happened...”*
- *“It hurts me that you were hurt like that because I care for you and I love you.”*
- Take time to grieve together.

PRODUCTIVE RESPONSES:

Productive responses always include understanding, gentleness, empathy and reassurance.

Examples:

- *“I can really see that you’re hurting.”*
- *“It saddens me to see you so fearful.”*
- *“I care about you and don’t like to see you so discouraged.”*
- *“I’m committed to go through this with you.”*

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Past Experiences to Share

THINGS TO CELEBRATE:

Examples:

- An award or honor you received
- A time you felt secure
- Someone speaking highly of you
- A success you achieved
- A good grade you weren't expecting
- A time you felt warm and safe
- A time you felt important to others
- Being publicly honored by a coach or mentor
- A special gift you received
- A special Christmas or birthday memory
- An adventure you had with someone
- A special surprise event or decision
- The fun of meeting someone famous
- A favorite vacation you took
- A time celebrating with others

THINGS TO MOURN:

Examples:

- A time you were misunderstood
- A time you were bullied
- A time when someone embarrassed you
- A time when you were betrayed
- A time someone gossiped about you
- Suffering injustice from a person of authority
- The death of a family member or friend
- The death or disappearance of a pet
- The loss of an important possession
- A time someone cheated you
- Suffering a loss in an important event or contest
- A sickness or injury that was particularly painful
- The loss of a special relationship
- Getting cut from a team
- A time of sharing grief with others