

RICK WARREN

TRANSFORM YOUR *Relationships*

How to Overcome Mistakes and Build Others Up



THE ANTIDOTE
TO TWO BIG

*Relationship
Mistakes*

Do you know two of the biggest mistakes people make in relationships?

One, people react to what someone says without considering how that person feels. Two, they invalidate someone's feelings because they don't feel that way themselves.

The antidote for both of these mistakes is the same: Simply be considerate.

Let's take a closer look at each of these mistakes and what you can do instead.



REACTING WITHOUT TRYING TO UNDERSTAND.

People often pay too much attention to someone's words and not enough attention to the emotions behind the words. When a person is angry, they often say things they don't mean. They exaggerate and use words they didn't intend to use.

How you can be considerate :

*Instead of just listening to the words, look for the emotions behind the words. People don't always say what they mean—but they always feel what they feel. If you're wise in relationships, you'll be considerate of feelings. Don't just focus on what your kid, spouse, neighbor, or boss says—words that may trigger your anger. Instead, be mindful of what those people may be feeling. When people are rude and unkind, they are screaming to the world, "I'm in pain!" **Hurt people always hurt people.** And it's actually the unkind people who need your kindness the most.*



Mistake # 2:

INVALIDATING ANY FEELINGS THAT YOU DON'T FEEL YOURSELF.

When you don't feel the same emotion someone else feels, you may dismiss their feelings altogether. Let me ask you this: Can one person feel cold and another person feel hot while being in the same room at the same time? Yes. So why try to argue people out of what they feel? When you dismiss someone's feelings, you minimize the other person.

How you can be considerate :

*Someone may say to you, "I feel stupid." Don't just dismiss it by saying, "You're not stupid." Instead, say, "Why do you feel that way? What makes you say that?" You need to look beyond the words and get to the real issue. **Feelings are neither right nor wrong.** They're just there. No one has to defend their feelings. They just need you to say, "I hear you."*

The Bible says, *"The wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere"* (James 3:17 NIV).

With God's wisdom, you can stop ignoring and invalidating other people's feelings. You can respond with kindness to your child's angry outburst. You can let your friend feel sad and not try to talk him out of it. Wise people are considerate of other people's feelings.

THREE WAYS TO
*Build
Someone Up*

We live in a world full of critics. You don't have to look far to find someone who will put you down.

That's why every person on the planet desperately needs to be built up, strengthened, and encouraged by someone on a regular basis. It's how God wired us.

Think of your closest relationships. Whether it's a marriage or a longtime best friend, encouragement was probably part of that relationship in the beginning. But in many relationships, encouragement fades over time. That's why you need to work to keep it going.

The Bible says in Hebrews 3:13,

“Encourage each other every day while it is ‘today’” (NCV).

But how do you really encourage another person? Here are some practical ways to support someone. They're great tips for any close relationship.

1. Encourage their value.

One meaning of the word “appreciate” is “to raise the value of something.” You raise the value of other people when you appreciate them. As you appreciate your spouse, for example, you raise their value and the value of your marriage. Proverbs 12:25 says, *“A word of encouragement does wonders!”* (TLB).



2. Encourage their strengths.



You bring out the best in someone by pointing out their best, not by pointing out their worst. Choose to be a dream builder, not a dream buster. We often become what other people see in us.

3. Encourage their ministry.

God has gifted each of us to make our own unique contributions to the world. Let the people around you know how much you appreciate their ministry. Cheer them on and help them see the impact they're making for Jesus' sake.



Your words have incredible power. You can use that power to build up or tear down the people around you. It's your choice. And it's one of the most important choices you'll make for the health of your relationships.

Choose to intentionally build up
the people in your life today.



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