

Outline

Defensiveness

Good defenses are important to our well-being; for example, our immune system is a physical defense system designed to protect our health. We also set boundaries as a defense, in order to protect ourselves and people who are important to us. We can get “defensive” in a negative way, however, when we try to “defend” against reality, and attempt to avoid taking ownership of a problem. The Bible refers to someone who listens to helpful feedback as a wise person - and it also says that those who won’t listen are fools. The consequences of being a fool can be devastating. Join Dr. Cloud as he explains three common ways we display defensiveness, why we get this way, and how to eliminate it.

Small group discussion questions:

1) What are your patterns when you receive feedback? Do you move away from the person who delivers the message? Do you get angry or discount their feedback? Do you join them in a non-helpful way by reacting as though you are all bad?

2) Are you able to identify the wounds that drive your pattern?

3) What new behaviors can you try, to insure that you are able to embrace and use the truthful feedback people share with you?