

Outline

The Coke Machine

Have you ever had a relationship where you weren't getting what you needed or wanted – or one where you were getting things that you didn't want? Certainly you have. The question is: what did you do? Did you try to continually figure out what to do "right" so you would get what you need? Did that work? We'll explore the common human dynamic of trying harder with people when it isn't going to work, and talk about a better way to get what you need.

Small Group Discussion Questions:

1) Is this about me? If I'm not doing something to cause this, then where is the problem?

2) What can I do to repair Instead of blaming myself?

3) What pattern does this reveal in me? (People pleaser, adapting, controlling)