



## Ch. 4 “Know Yourself”

Quentin Schultze, PhD

[www.quentinschultze.com](http://www.quentinschultze.com)

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## **Our 3 Interpersonal Relationships**

- **With God**
- **With our neighbor(s)**
- **With ourselves**

**Each one affects the other; Broken-ness & grace spill over.**

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## **Intra-personal Communication**

**Isn't it amazing that we can communicate with ourselves? Is it really “communication”? Should we “meditate” or journal to get to know ourselves?**

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## **Our Fall into Destructive Communication**

- **Cocooning**
- **Criticizing**

**Imagine Adam and Eve as the “first” (prototypical) passive-aggressive communicators.**

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## **The Lord's Supper Preparation**

**Preparing our hearts for participating in Communion is the prototypical act of self-reflection for self-knowing (1Cor. 11:27–29).**

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### THE FOUR MOST MARRIAGE-DESTROYING HABITS

1. Criticism—stating one's complaints as a defect in one's partner's personality (i.e., giving the partner negative trait attributions). Example: “You always talk about yourself. You're so selfish.”
2. Contempt—statements that come from a relative position of superiority. Contempt is the greatest predictor of divorce and must be eliminated. Example: “You're an idiot.”
3. Defensiveness—self-protection in the form of righteous indignation or innocent victimhood. Defensiveness wards off a perceived attack. Example: “It's not my fault that we're always late; it's your fault.”
4. Stonewalling—emotional withdrawal from interaction. Example: The listener does not give the speaker the usual nonverbal signals that the listener is “tracking” the speaker.

Psychologist John Gottman calls these destructive communicative practices “The Four Horsemen of the Apocalypse.”

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