



LEADERSHIP INSTITUTE

Session 1: The goal of the Christian Life is Spiritual and Emotional Maturity.

There's a Leadership Crisis in our country. Edwin Friedman in his book on Leadership, *A Failure of Nerve* wrote that, "America has become so chronically anxious that our society has gone into an emotional regression that is toxic to well-defined leadership."

Terms to Define

1. _____: Anxiety is the automatic biological reaction to threat that is hardwired into our brains. It isn't always accompanied by feelings, sometimes it just shows up in sweaty palms, changes in breathing, heart rate or blood pressure. We might not even be aware of what's going on. "It's a God given, automatic response to a perceived threat that produces a series of chemical effects in the body. You could also use the words "Emotional Reactivity."

But here's what we need to see Acute Anxiety is crisis generated and then it goes away. What's much more detrimental is Chronic Anxiety or Chronic Emotional Reactivity where Anxiety becomes habitual, we carry it around with us all the time, it's like a fire under our shirt, ready to flame up at any moment, and therefore our emotions and body rule us, rather than our mind ruling our emotions and body.

You cannot be chronically anxious and spiritually or emotionally mature. Immaturity reacts, Maturity responds.

Three Parts of Our Brain

2. Thinking Cap (_____-) - analyze, reflect, symbolize, observe, create
3. House of Emotion (_____-) - love, hate, bond, play
4. Automatic Pilot (_____-) - survive, act without thinking.

Chronic Anxiety trains us to live out of our lower parts of the brain. We react emotionally out of instincts we fight, we flee, we over function or

under function, or we engage in emotional triangles and we might not even know why we do what we do.

Emotional Regression:

5. _____: the vicious cycle of intense reactions of each member to events and to one another.
6. ____: a process through which the forces for togetherness triumph over the forces for individuality and move everyone to adapt to the least mature members.
7. ____ ____: an emotional state in which family members focus on forces that have victimized them rather than taking responsibility for their own being and destiny.
8. ____ ____ Mentality: a low threshold for pain that constantly seeks symptom relief rather than fundamental change.
9. Lack of ____ - _____ Leadership: a failure of nerve that both stems from and contributes to the first four.
10. ____ ____: Individual and yet connected.

“Being a well-differentiated leader. I do not mean an autocrat who tells others what to do or orders them around, although any leader who defines himself or herself clearly may be perceived that way by those who are not taking responsibility for their own emotional being and destiny. Rather, I mean someone who has clarity about his or her own life goals, and, therefore, someone who is less likely to become lost in the anxious emotional processes swirling about. I mean someone who can separate while still remaining connected, and therefore can maintain a modifying, non-anxious, and sometimes challenging presence. I mean someone who can manage his or her own reactivity to the automatic reactivity of others, and therefore be able to take stands at the risk of displeasing.” - Edwin Friedman

“A differentiated self is one who can maintain emotional objectivity, while in the midst of an emotional system in turmoil, yet at the same time actively relate to key people in the system.” Murray Bowen

The Golden Calf Illustration: Exodus 32