

chat_simple-communication

username	text
userc716b812	Thank you for your care!
user91040964	Thank you for the wisdom and calming peace you bring to me and many others
user21d889e1	My leadership roles are mostly informal, and I expect to remain mostly behind the scenes. But as I get older (75 now!) I want to be more effective in sharing some of my life lessons. It's easy to become 'irrelevant' as we age, i
userba447ff4	Let's just say "I need all the help I can get". Thanks for taking the risk to develop Capable Life and to invite us to learn from you and others.
stevecuss71	Friends, SO sorry for the late notice, we just sent an email to all registrants, but we need to postpone this masterclass until Oct. We apologize for the inconvenience. Check your inbox for more info and we hope to see you in
user2dadbd29	Thanks for letting us know. Prayers for you and your family.
stevecuss71	Friends, we're going live in 15 minutes. See you soon!
userbb946b96	Looking forward to this!
lauriecochrane	Greetings from Cincinnati, Ohio
user874603fd	Greeting from Richmond, Texas!
seannemecek	Looking forward to another great Masterclass!
usere6a03d3e	looking forward to the things presented.
user1ec8faef	Hi, joining you all from Cardiff in South Wales, UK. Looking forward to learning. :nerd_face:
stevecuss71	hey dad!
user44e10253	Looking forward to learning from Ft. Collins, Colorado
user9358249e	Hi everyone. Joining you all from Springfield, Ohio.
userd5e732ff	Greetings! I'm a Coloradan but am joining you from Pittsburgh PA.
user24658e45	Good morning from San Diego
user128738e9	Good Morning from St Louis, MO
userd5e732ff	Hi Kevin Scheuller--my best friend lives in Springfield OH! Do you know David and Lee Hapner, by chance?
user7b0234b1	Hello from Orcas Island, WA
usere6a03d3e	Hey, D.G. This is actually Sue. Nice to see your name.
user24658e45	My daughter is planning on going to college in Wales Tracey and we are hoping to live there also
user44e10253	@Brian Moss. Orca Island must be pretty!
userd71eb911	Well hello Brian on Orcas...I am on SJ!
user1ec8faef	Matthew Nash - great choice! :slightly_smiling_face:
user1f21c290	Hello from San Francisco!
user0eb03d8c	hi from Green Bay, WI
user6c9d6f4b	Gotcha...
user814d564f	Loud and clear. thanks
user9358249e	I hear you and see you
user89e34a30	Hello from Stonecrest Ga. (Metro Atlanta)
user44e10253	yes
user7b0234b1	Yes
userbb946b96	Got you!
user24658e45	Hi Steve and Lisa!
stevecuss71	1. The space in me. 2. The space between me and the other. 3. The space inside the other. 4. The space between others.
user24658e45	So true about being a pastor and changing the space!
user24658e45	The space in me
userd20d19b4	Most - Space in me
userffab4884	Most: space in me....least space inside others
userd20d19b4	Least - Inside the other
user44e10253	Most attuned to space betw me and others. Least is betw others
user3a94d081	Most attuned after Capable Life to me. And space in the other is my least.
user0eb03d8c	the space inside the other
user874603fd	Most: In Me ; Least: In others
user6c9d6f4b	most: space in me. least: space between.
userd5e732ff	most--the space in me
usere6a03d3e	between me and others
lauriecochrane	#4, #2
user24658e45	least - the space inside the other
user04ef1d6e	can it be all of them almost equal?y
user1ec8faef	Attuned to - between me and other. Least, inside other.
seannemecek	Most: In Me Least: Between others
user7be9ab49	most: in me least: between others
mjmurph	Most: in me. Least: the space between others
user045a9e58	Most: in me Least: In others
user14a17127	most in me
user14a17127	least between others
stevecuss71	Assumptions Expectations False beliefs False needs.
user9358249e	most in me - least in others. I have ADHD - was diagnosed 20 years ago. I have been intentional about trying to sense the space in others because it's easy of ADHDers to not notice such things. I am by no means an expert.
user24658e45	amen. I am the same way Steve
user3a94d081	Mine depends on the situation. With my family, I get bigger. In settings with boss/staff, I get smaller.
mjmurph	I get bigger and more emotionally reactive.
user468ef971	Looks like the enneagram in animals! lol.
user9358249e	What Ryan said. I am more assertive with family and try to be more diplomatic at my congregation.
user468ef971	Bigger for sure

user7b0234b1	BIGGER
user66381a19	Smaller
user24658e45	My default is BIGGER
user9ec02d7c	smaller
userffab4884	get bigger
user6c9d6f4b	smaller
user7be9ab49	bigger
user4b19706a	smaller
user66778fa3	Bigger
user14a17127	default: bigger
user1ec8faef	smaller
usere6a03d3e	Usually bigger....depends on the situation.
userd71eb911	smaller, for sure!
user814d564f	Lions and tigers and bears, oh my! Whether I get bigger or smaller given the situation, it's very useful to pay attention to what role I'm playing.
seannemecek	Depends on the context
user6c9d6f4b	"smigger" :slightly_smiling_face:
user4a596a74	Smaller; my fear of losing people's love keeps me from speaking up / out and addressing thing
user874603fd	mostly bigger but there is smaller that happens - context
user44e10253	That's me!!!
user0eb03d8c	Smaller, invisible in a group;
userd5e732ff	context with me too...usually bigger, I think
user6c9d6f4b	"smigger" is what you're saying...small to a point, and then bigger.
stevecuss71	Are you rigid or fluid communicator?
user0eb03d8c	2 of my adult children get smaller, 2 get bigger.
user468ef971	rigid
user24658e45	Fluid
user0eb03d8c	fluid
user9ec02d7c	fluid
lauriecochrane	rigid
user9358249e	More fluid
user7b0234b1	Quite fluid
seannemecek	Fluid
userd5e732ff	fluid
user9358249e	I like give and take
usera9f28fa0	SO FLUID
usera82a9ff1	more fluid
user9358249e	I do a lot of thinking out loud.
user44e10253	Fluid.
usere6a03d3e	more rigid
userd20d19b4	Very fluid!
mjmurph	more ridgid
user1ec8faef	fluid - definitely!
user0eb03d8c	I'm fluid, my spouse is rigid. Equals conflicts remain unsolved
user3a94d081	Definitely more rigid.
user9358249e	In my family, I can call my wife on dithering, so she's even more fluid in her communications. She does get rigid in doling out chores to me. I sometimes have to ask her, "What's the magic word?":wink:
user66778fa3	Rigid in that clear is kind, but fluid to encourage conversation.
user468ef971	As a rigid processor I find in group settings I need to slow way down and practice patience...
user3a94d081	My lead pastor often reminds me that my rigidity is intimidating to our congregation, keeping them from feeling like they can speak to me.
user24658e45	My wife is rigid and I am fluid, this is really helpful
userd20d19b4	For me, this is completely contextual.
user814d564f	Okay, so I think I'm "Fligid" haha
stevecuss71	Are you a more deliberative or rapid thinker?
user4a596a74	Fluid when under high anxiety; but I am at my best I can be a rigid communicator as I know my boundaries and what I can and cannot control
user468ef971	Rapid
user24658e45	I want a Pope Steve t-shirt
user04ef1d6e	rapid
user4a596a74	Rapid!
user24658e45	rapid
userd20d19b4	Deliberative
usere6a03d3e	Rapid
user44e10253	rapid
user9358249e	I'm deliberative
user874603fd	slow analytical - deliberative
usera82a9ff1	Deliberative
user67a09901	Deliberative ...
user468ef971	I process out loud - which makes people think a decision has been made and it really hasnt lol
user4a596a74	Would you describe this as intuitive versus cognitive?
userd5e732ff	rapid, but I'm with Geneve
user14a17127	rapid if I have to be but prefer to take time to think about it for a while
mjmurph	Rapid Thinker = and do so out loud. External processing
seannemecek	I'm a rapid thinker, slow speaker. I immediately see the complexity and a way through but it takes me a while to communicate clearly for others.
user24658e45	I am fluid and rapid, interesting
user66778fa3	rapid to think but deliberative to speak...
stevecuss71	Are you an internal or external processor?
user874603fd	internal

user468ef971	external
user468ef971	We do talking circles at our church and my style of thinking/processing out loud lends some energy to these groups.
mjmurph	External...
user045a9e58	external
user24658e45	External married to an internal
userffab4884	Internal
userd20d19b4	Internal
seannemecek	INTERNAL
user3a94d081	External, but through Covid I found a shift in myself to internal processing more often than not.
usera82a9ff1	unlike Ryan, internal, but through Covid I found a shift in myself to external processing more often
user6cf80b37	internal married to external. I have to ask if my wifes comments about something is the final processed thought or not. That helps.
usere6a03d3e	External sometimes.
user67a09901	Internal in thinking through, external in execution
user9358249e	internal processor for the most part. I do some external processing.
user66778fa3	both but lean toward external
userba447ff4	External but shifting
stevecuss71	rigid, rapid, external
user24658e45	the older I get, the more internal I am
user468ef971	ditto :slightly_smiling_face:
user66778fa3	I find I do a lot of post processing
mjmurph	Rigid - Rapid - External
userffab4884	Fluid, deliberative, internal
user7be9ab49	rigid, deliberative, and external
user7b0234b1	Fluid Rapid External
user24658e45	Fluid, Rapid, External
user4b19706a	fluid, deliberative, internal
userd5e732ff	fluid, rapid, external
userba447ff4	Rigid rapid external
user9ec02d7c	fluid, rapid, internal
user9358249e	fluid, deliberative, internal
user1ec8faef	fluid, deliberative, internal
usere6a03d3e	Rigid, Rapid, External , sometimes internal
user66381a19	Rigid (?), deliberative, internal
user6cf80b37	Fluid, deliberative and internal
user874603fd	Rigid??. deliberative, internal
userd20d19b4	Fluid/Rigid, Deliberative, Internal
user9358249e	"People don't care how much you know until they know how much you care" is a driving quote for me.
user4a596a74	Fluid, Rapid, External
user0eb03d8c	fluid, deliberative, external
user66778fa3	I find I consistently walk the line, but lean towards rigid, rapid, external.
user0eb03d8c	If I don't feel safe to express myself, I internally process by journaling.
user24658e45	I wish Capable Life and your work Steve and Lisa would have been introduced to me 25 years ago when I began in ministry. Thank You!
stevecuss71	1. Listening to defend.
stevecuss71	2. Listening to hijack.
stevecuss71	3. Listening to fix.
stevecuss71	4. Listening to learn.
stevecuss71	(Adapted from www.hendricks.com)
user9358249e	Sure, Steve.
stevecuss71	to help with listening, you can have some curiosity, open ended questions in your back pocket.
usere6a03d3e	Context does matter, but mostly listen to fix.
userffab4884	Listen to fix
mjmurph	Listen to defend
user66381a19	Listen to hijack
userd20d19b4	fix
user468ef971	Listen to defend a lot...
user9ec02d7c	Context matters, but often listening to defend
user027df6a2	Years ago...Defend, more recently, FIX!
user04ef1d6e	listen to defend most of the time
user814d564f	Listen to fix while resisting to defend
user4b19706a	fix especially in leadership
useraf049161	Listening to defend
seannemecek	I've learned to choose curiosity to listen to learn (understand). My default is listen to fix,
user66778fa3	listen to learn, but context is everything!
user9358249e	listen to defend
user4a596a74	Depends on the space I'm in :slightly_smiling_face: Listening to defend when I'm in 1st space, listening to fix when I'm in 3rd
user874603fd	listening to hijack and listening to learn
user9358249e	listen to fix
user14a17127	defend with my own age or older, fix with those younger
user7b0234b1	Defend
user6c9d6f4b	Listen to learn, but I'm also learning that I have a tendency to not say things that I need to say at times...as if "listen to learn" is a way of coping with my anxiety.
user44e10253	What would you say about telling people how you want to be listened to?
lauriecochrane	Curious to a fault
userba447ff4	Defend. Fix. Love the questions. Also learning that I do same to myself!
user562b24c0	I LOVE this journal (use the digital version)
user468ef971	Love my journal!!

user4a596a74	Just got mine yesterday!
stevecuss71	www.capablelife.me
user027df6a2	Got one and looking forward to embracing it!
user421ff345	Our family life-giving list is taped (filled out!) on the back of our kitchen pantry door
user421ff345	For quick reference! :slightly_smiling_face:
user874603fd	I've got mine!! Can't wait to start it
user9358249e	I have 2 kids with anxiety issues. My youngest is turning 13 soon. May be a great birthday gift for her.
stevecuss71	www.capablelife.me/join
stevecuss71	The detangling chart:
stevecuss71	1. What I Know?
stevecuss71	What Is Unknown
stevecuss71	Assumptions I am Making?
stevecuss71	Any Feelings/Emotions evoked?
stevecuss71	We will email this chart to everyone who registered for this masterclass.
user9358249e	thanks for e-mailing the chart.
useraf049161	Thank you
user562b24c0	:slightly_smiling_face: was madly searching the site for it.
userd71eb911	Oh, thank you!
stevecuss71	Curiosity is a power tool in anxiety management. Anxiety detaches you from yourself and others, but curiosity opens you beyond anxiety to reality.
stevecuss71	Curiosity also reduces and manages shame.
stevecuss71	"I wonder...."
user468ef971	Can you both talk about the "generational" gaps and communication styles?
stevecuss71	'absurdity'
user468ef971	I find some of the older members of our church are not as open to learning about their own communication styles...
usera5c09bd8	How do you communicate well with someone who gives long explanations to defend and convince the group? who hijacks the agenda?
user468ef971	Hi guys!
user814d564f	I like the word 'playful' much better than absurdity.
userba447ff4	This material is perfect timing. Heading into a connection after some strained relationships. Big redo. Great time for building on what I'm leaning. (With younger Gens)
user814d564f	Bring back the 80s haha
mjmurph	Thanks Steve & Lisa! Love and miss you guys. :slightly_smiling_face:
lauriecochrane	thanks
useraf049161	Inxs #1
userba447ff4	Please do something for grandparents, whether in family or other family type group
user44e10253	That happens a lot
user7b0234b1	Thank you for your response.
userd71eb911	Thank you! Thank you! My first experience with you and so delighted to discover how VERY practical your tools offered are for quick implementation. Can't wait to engage your work further.
userba447ff4	Sylvia - you won't be disappointed
user814d564f	Really great material today. Thank you!! To pay attention to the gap that exists between our intentions and how we are perceived is so important. Love the four spaces!
user874603fd	Thank you so much for this topic. This is my first Master Class and looking forward to more. Thank you, Steve & Lisa!
seannemecek	Thank you Steve and Lisa! Love what you are doing. So helpful!
usera5c09bd8	Name the dynamic. That's helpful. Thank you
user090bc88f	Thanks you!
user7be9ab49	thank you so much!!!!
useraf049161	Thank You God Bless
userd5e732ff	Thank you, Lisa and Steve! Very helpful.
user562b24c0	Thank you so much!!! Your stuff is always so helpful. Appreciate you!
user388adb5e	Appreciate you guys!
user9358249e	thank you both and God bless you!
user468ef971	Thanks!!
user17812415	Thank you so much
usere6a03d3e	Thank you!