



The Well

an ordinary place
where extraordinary
things happen

STSA.CHURCH/THEWELL

RELATIONSHIP HACKS

Starting relationships is easy; fixing them isn't

RELATIONSHIP HACKS

Part 4: Giving Up to Get Ahead

"If it is possible, as much as depends on you, live peaceably with all men." Romans 12:18

RELATIONSHIP HACK 1

I WILL COME BACK TO, NOT GET BACK AT.

RELATIONSHIP HACK 2

I WILL OWN MY SLICE OF BLAME PIE.

RELATIONSHIP HACK #3

**I WILL GIVE UP MY OLD STORIES AND REPLACE
THEM WITH _____ EXPLANATIONS.**

"He who is slow to anger is better than the mighty, and he who rules his spirit than he who takes a city." Proverbs 16:32

**Either you will control your emotions,
or your emotions will control you.**

**We control our emotions by controlling
our _____ .**

"Nothing in this world is good or bad, but thinking makes it so." William Shakespeare

“As a man thinks in his heart, so is he.” Proverbs 23:7

**Stories are what we _____ after
an action has taken place.**

OBSERVATION -> STORY -> FEELING -> ACTION

“In the happiest couples, the wife rated the husband more positively than he did on every single quality. For some reason, the wife in a highly rewarding relationship consistently credited her husband with qualities that he didn't think he had.

And so, over time, my positive illusions create an upward spiral of love. My illusions give me conviction. My conviction leads to security. My security fosters intimacy. And my intimacy reinforces love.

Putting these conclusions together, this controlling insight can serve as the One Thing you need to know about happy marriage: Find the most generous explanation for each other's behavior and believe it.” The One Thing You Need to Know, by Marcus Buckingham

“And do not be conformed to this world, but be transformed by the renewing of your mind...” Romans 12:2

“But when He saw the multitudes, He was moved with compassion for them, because they were weary and scattered, like sheep having no shepherd.” Matthew 9:36

“Father, forgive them, for they do not know what they do.” Luke 23:34

***Is there a plausible reason why an intelligent,
caring and decent person would do this?***

Welcome

*Whether
you're just
visiting or
looking to
stay, it's
great to
have you
with us!*

COFFEE'S ON US

Enjoy a hot cup of coffee and snacks.

WE'D LOVE TO MEET YOU

Stop by the Connection Table so we can get to know each other and pick up your welcome gift.

FILL YOUR BUCKET

The Well and Sunday school runs for one hour with an inspiring message.



EVERYTHING IN ONE SPOT

CHECK OUT OUR STSA CHURCH APP



- Sign up for Groups and Events
- Watch or listen to The Well
- Calendar, Notes, and more!

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