



## HOW TO IMMEDIATELY CHANGE A BAD RELATIONSHIP

In this video, Nathan and Lacey discuss how to immediately change a bad relationship TODAY in three simple (but probably not easy) steps.

### INTRODUCTION (00:00)

We all have relationships of which we cannot get out. It may be a spouse, parent, child, sibling, neighbor, employer, or co-worker. Whoever it may be, we do not need to feel stuck, paralyzed, or out of control.

1. *Who is one person you feel stuck with? Why do you have this “stuck” feeling with this person?*
2. *What about them makes you feel out of control?*

### WAY #1: ACKNOWLEDGE IT'S A BAD RELATIONSHIP (01:44)

Acknowledging that a relationship is bad allows space for our heart and mind to recognize and begin to intentionally respond to the person. Our brains are not designed to simply get over or avoid difficult things. Our behavior will always be influenced by unresolved problems in our mind.

3. *What is your purpose in building this new habit or achieving this goal?*
4. *How can this habit or goal connect you with others or encourage your identity?*

### WAY #2: FORGIVE THE PERSON (03:17)

Reconciliation and restoration of a relationship may not always be possible; they require two people believing and behaving in a healthy manner. However, our responsibility is always to forgive the person of any unmet expectation or offensive behavior.

5. *What specifically, either an unmet expectation or an offensive behavior, do you need to forgive?*

### WAY #3: RELEASE THE PERSON (06:23)

Along with forgiveness, we need to release the person to our Heavenly Dad. This release also requires us to receive from Jesus the truth he has for that relationship. Receiving this truth empowers us to not pick back up the offense we released to him.

6. *What has this unmet expectation or offensive behavior made you feel?*
7. *What thoughts, mindsets, or attitudes has this feeling brought out in you?*

### ACTIVATION (08:42)

We highly recommend you utilize our resource, *The Freedom Booklet* to help you navigate the process of forgiving, releasing, and receiving. You can download this FREE resource at:

[www.CultivateRelationships.com/Resources](http://www.CultivateRelationships.com/Resources)

- Acknowledge the relationship is bad.
- Forgive the person for the offense and how it made you feel.
- Release the expectation you have of the person.