



Part 4: Break Old Patterns

Let's Talk About It

- Reflection on Change: What's an area in your life or relationships where you desire to see change? What small step could you take this week to initiate that change?
- System Evaluation: In the message Perko said "The system is perfectly designed to get the results it gets." Think about a current relationship you're in. How has the "system" of your interactions contributed to the results you're seeing? What might need to change in that system to produce different results?
- Assumptions and Expectations: As we talked about in the message, most conflicts in relationships come from a gap between what we expected and what we experienced. Share an example of when assumptions or unclear expectations led to a misunderstanding. How could the "Check Assumptions and Clarify Expectations" skill have changed the outcome?
- Proverbs 18 Wisdom: Proverbs 18 emphasizes the importance of seeking understanding before speaking. How might this wisdom transform your approach to communication in your relationships?
- Practical Steps: What's one specific change you will commit to making in a key relationship this week, based on what you've learned? How can the group support you in this?