



# THE LEADER'S JOURNEY

*Coaching for Wholehearted Leadership*

*This is a guide for self-reflection. Think of a time or times when you have been anxious in regards to the church's difficulties. For example, maybe you have been drawn into conversations about the church's problems or you have been part of difficult decisions that were made. Maybe you were on the receiving end or the giving end of criticism or maybe you were part of a broken or problematic and disappointing relationship. Maybe you felt upset about something that was happening at church or you were pulled into someone else's "upset" feelings. Prayerfully reflect about this situation or situations using the following questions:*

What was the cause of the problem as you remember it? What other contributing factors can you think of? How might you have contributed to the problem (by what you did or did not do)?

How did you feel when this situation was taking place? What physical or emotional feelings can you remember?

In what ways did you find yourself tempted to create conflict? (Remember, this may be by fighting or by persuading or explaining, even nicely.)

In what ways did you find yourself tempted to create distance? (This might be by checking out, avoiding, withdrawing, staying quiet, or staying superficial.)

Did you take responsibility for other people's feelings or try to change or fix someone else?

Did you shirk some responsibility that belonged to you?

Did you blame others? Who?

Were you part of a triangle—drawing in a third person or being drawn into the difficulties between others? How?

Did you maintain your own healthy boundaries and respect the boundaries of others?

Did you do for others what they could and should do for themselves?

Did you demand that others conform to your way of thinking?

Did you try to argue others out of their opinions or feelings?

Did you clearly communicate your own position and allow others to do the same?

Were you open to "agreeing to disagree?"

Have you consistently and prayerfully asked God for His best for these situations and relationships? Take a moment to do this now.