

# Loving Your Enemy | A Practical Guide

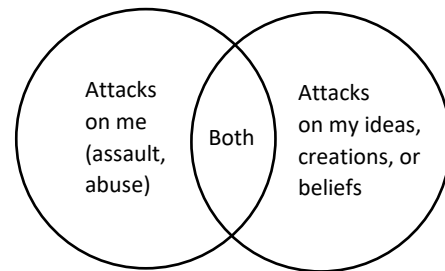
Paying attention to your physiological responses can offer clues about whether you esteem someone as an enemy or are experiencing an attack:

<b>Fight</b>	<b>Flight</b>	<b>Freeze</b>	<b>Submit</b>
Hot/pumped	Anxious	Disassociated	Disempowered
Controlling	Avoidant	Withdrawn	Passive aggressive
Yell/argue	Fidget/constant motion	Staring into space	Agree to whatever
Feel like fighting	Feel like running away	Feel frozen	Feel defeated

Three times you felt threatened/attacked were:

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These attacks were:



For attacks on you (physical, verbal, emotional, sexual, including assault or abuse of any kind) get qualified help.

- ≥ Abuse.lids.org
- ≥ Rainn.org
- ≥ Thehotline.org

For attacks on your ideas, creations, or beliefs, try the following steps:

1. *Control your physiological response.* This takes practice and effort, but it can be done.
2. *Assess the situation.* What are they attacking, and what are they not attacking? What is the risk?
3. *Be generous in spirit.* Always treat other people with honor, dignity, and respect.
4. *Hold your personal ground.* Being kind does not mean giving up what's important to you.
5. *Remain teachable.* Multiple perspectives are needed to see the Whole Truth.

Questions to ask:

- ≥ Why is this so important to you?
- ≥ What experiences have you had that have led you to this point of view?
- ≥ Are there any dimensions of this issue that we agree on?
- ≥ Under what circumstances might we agree (even if those circumstances are an extreme hypothetical)?
- ≥ What are the values you hold that lead you to this point of view?

**When my ideas are attacked, I will...**

→ Control my physiological response by:

→ Assess the situation by:

→ Be generous in spirit by:

→ Hold my personal ground by:

→ Remain teachable by:

**Examples:**

- Breathing deeply
- Kindly disengaging
- Exercising
- Going for a walk outside
- Using butterfly hugs

- Determining the type of attack
- Taking the threat to its natural conclusion
- Identifying the purpose of engaging
- Considering the opportunity cost

- Picturing them in Christ's arms
- Imagining what their parents love about them
- Giving them a generous story
- Praying for them

- Writing down what I believe
- Creating a personal creed
- Writing down the goal or objective of the interaction
- Repeating the serenity prayer

- Defending the perspective of the other person
- Asking clarifying questions
- Repeating back for comprehension
- Seeking common ground

*God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference. -Serenity Prayer*