



Self-Care Workshop: **Restoring the Joy**


KBC Church Growth Team
May 23, 2000

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THE TEN BEST THINGS TO SAY

IF YOU GET CAUGHT *SLEEPING* AT YOUR DESK

10. "They told me at the blood bank that this might happen."
9. "This is just a 15-minute power nap like they raved about in that time management course you sent me to."
8. "Whew! I guess I left the top off of the whiteout. You probably got here just in time!"

- 
7. "I wasn't sleeping! I was meditating on the mission statement and envisioning a new paradigm."
 6. "I was testing my keyboard for drool resistance."
 5. "I was doing a highly specific Yoga exercise to relieve work-related stress. Am I to understand that you discriminate against people who practice Yoga?"
 4. "Drat! Why did you interrupt me?! I had almost figured out a solution to our biggest problem!"

3. "The coffee machine is broken."
2. "Someone must have put decaf in the wrong pot!"

And the #1 best thing to say if you get caught sleeping at your desk

1. ". . . *in Jesus' Name, Amen.*"



How's
Your
JOY
Meter?



- 
- ★ Are you having any **FUN** lately?
 - ★ What is happening to your **relationships** as a result of your work & ministry?
 - ★ What impact has your ministry had on your **body**?

Punctuation Matters.

- ☀ "Let him who steals, steal no more. Let him work with his hands . . ." (Ephesians 4:28).
- ☀ "Let him who steals, steal. No more let him work with his hands
"



What's the difference
between these sentences?

- ★ "You've got to take care of yourself."
- ★ "You've got to take care of your self."

Where We're Headed Today

I. Burnout

II. Perfectionism

III. Identity

IV. Intimacy

V. JOY

- *A Life that Matters (Significance)*
- *Relationships that Last (Community)*

It's time for
a *Self-Care
Checkup*






Area One: **Burnout**

Trios & Quads

How would **you**
define
"Burnout"?



"The term *burnout* refers to what happens to rockets after they consume all their fuel and rush ahead on sheer momentum, until air friction or gravitation slows them and eventually drags them back to [*crash on*] earth."

- Howard Clinebell



BURNOUT:


"a cluster of symptoms, including emotional and physical exhaustion, . . . a tendency to withdraw from people, and decreased personal and professional performance"

- Christina Maslach

Physical Signs of Burnout

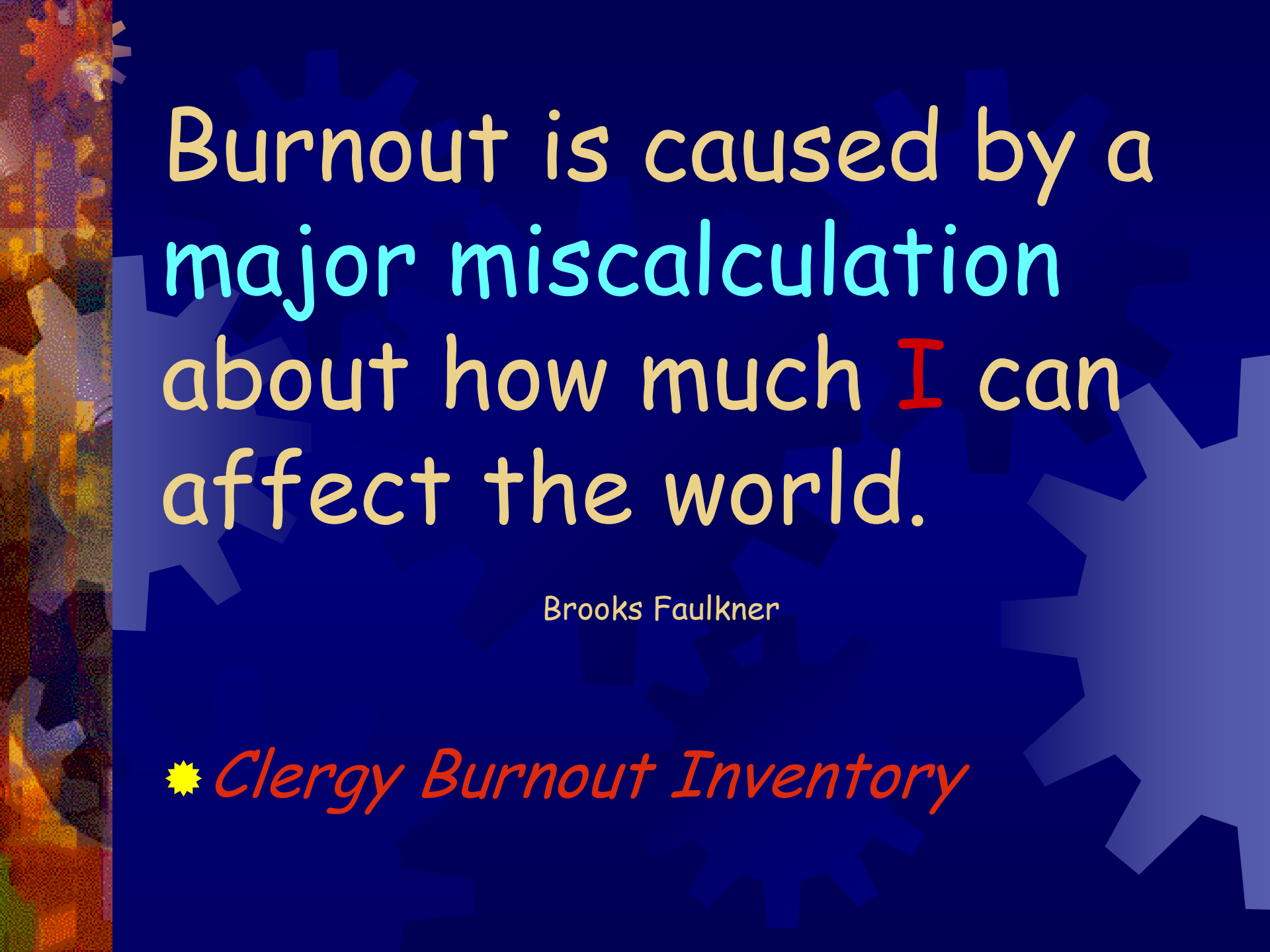
- ✱ Inadequate Rest
- ✱ Constant Fatigue
- ✱ Irregular Exercise
- ✱ Dependence on Stimulants and/or Sedatives, even OTC
- ✱ Significant Weight Gain or Loss
- ✱ Sexual Dysfunction
- ✱ Few Pleasurable Activities

• Minirth & Meier



"External causes usually produce burnout only if persons are rendered vulnerable by inner factors. This is good news, since most of us have more potential control over internal than external causes"

- Howard Clinebell



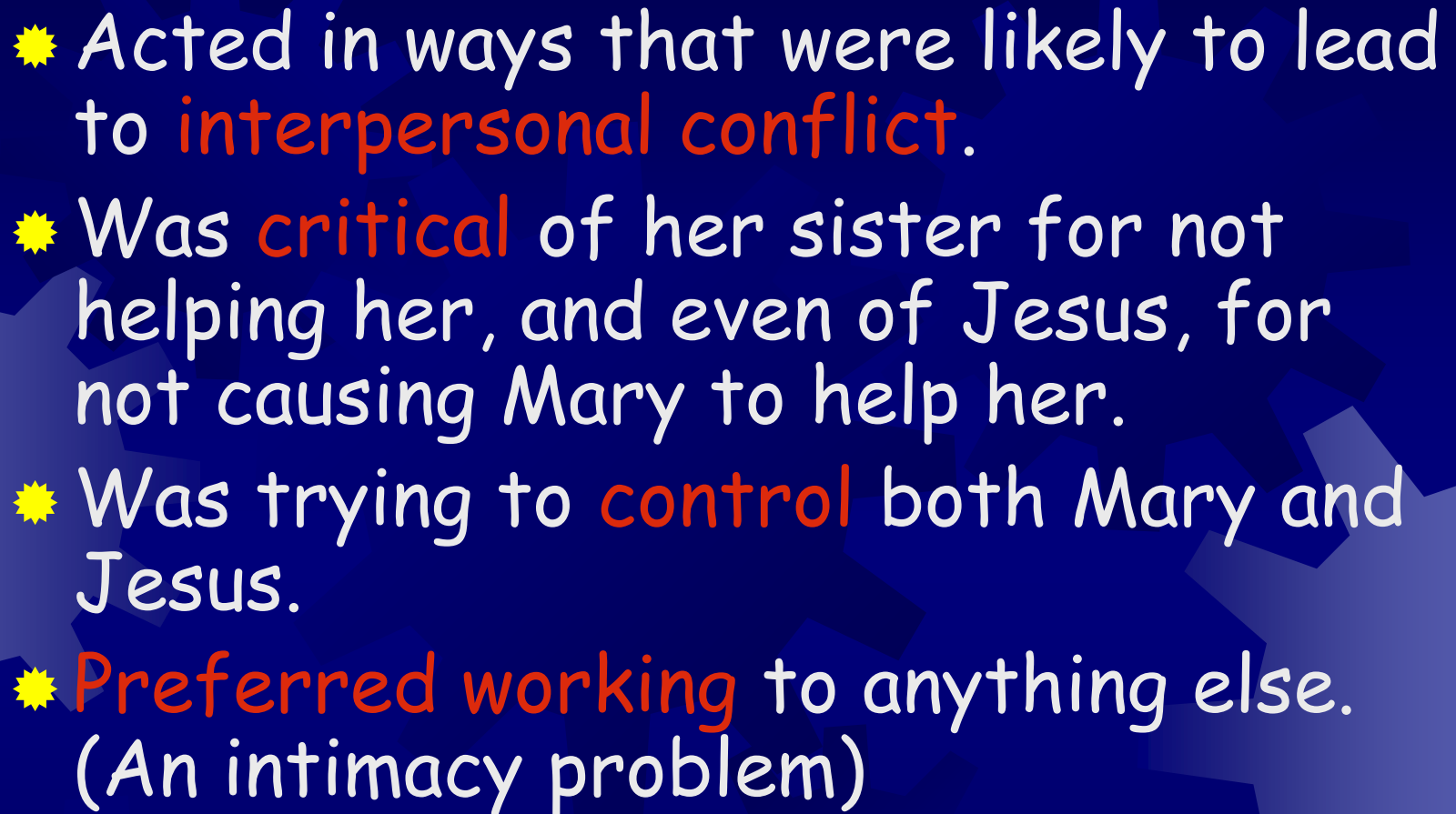
Burnout is caused by a
major miscalculation
about how much **I** can
affect the world.

Brooks Faulkner


★ *Clergy Burnout Inventory*

Area Two: Perfectionism

- ★ "Lord, don't you care that my sister has left me to do the work **by myself?**" (Luke 10:40)
- ★ Here Martha showed that she . . .
- ★ Considered the **project** of having Jesus for dinner more important than being with him in **person**.
- ★ Would not or **could not relax** and enjoy Jesus' presence.
- ★ **Labored far too hard** on the project.

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- The background is a dark blue field with several light blue gears of various sizes scattered across it. On the left side, there is a vertical strip with a colorful, abstract, and somewhat pixelated texture in shades of orange, yellow, and brown.
- ★ Acted in ways that were likely to lead to **interpersonal conflict**.
 - ★ Was **critical** of her sister for not helping her, and even of Jesus, for not causing Mary to help her.
 - ★ Was trying to **control** both Mary and Jesus.
 - ★ **Preferred working** to anything else.
(An intimacy problem)

- Minirth & Meier



"People who have
no faults have
some pretty
annoying virtues"

- Elizabeth Taylor

Perfectionists:

- ✱ Work far too hard on things.
- ✱ Are unwilling to relax.
- ✱ Focus on projects rather than on people.
- ✱ Defer pleasure.

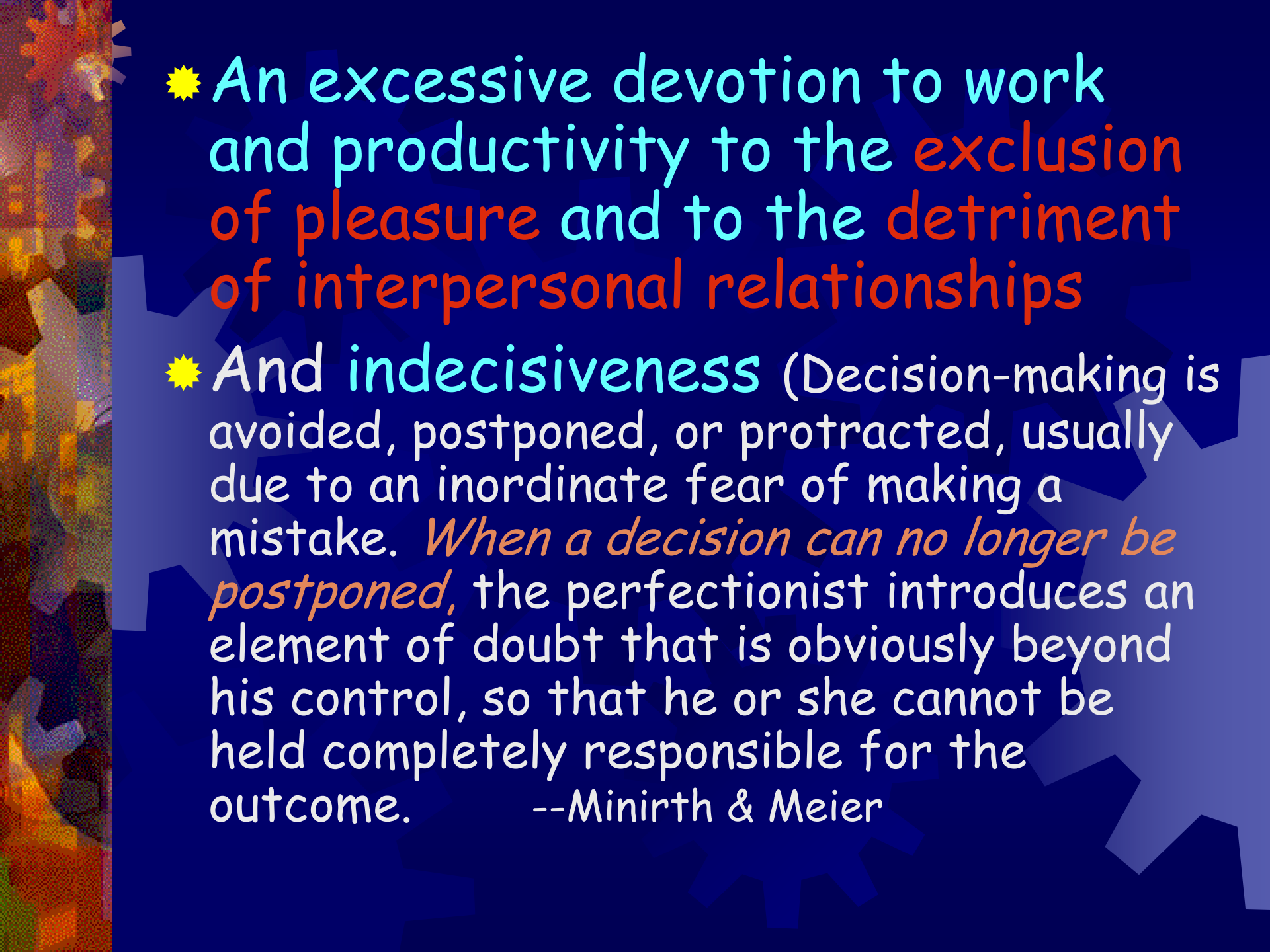
Perfectionists save the best part of a hot fudge sundae or the most interesting piece of mail . . . for last.

Non-Perfectionists work hard, too, but . . .

- ✱ They are not DRIVEN to work.
- ✱ They can stop when they want to.
- ✱ They can go home or go on vacation without experiencing withdrawal symptoms.

Primary Features of Perfectionism:

- ✦ A restricted ability to express warm and tender emotions
(The perfectionist is unduly conventional, serious, formal, and stingy.)
- ✦ An approach to detail that interferes with the ability to function
(The individual is preoccupied with trivial details, rules, order, organization, schedules, and lists.)

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★ An excessive devotion to work and productivity to the **exclusion of pleasure** and to the **detriment of interpersonal relationships**

★ **And indecisiveness** (Decision-making is avoided, postponed, or protracted, usually due to an inordinate fear of making a mistake. *When a decision can no longer be postponed*, the perfectionist introduces an element of doubt that is obviously beyond his control, so that he or she cannot be held completely responsible for the outcome. --Minirth & Meier)




There's more (feel better yet?) . . .

The need to do a job perfectly interferes with completing tasks on time, and frequently requires overtime work at home or at the office.



Feeling constantly behind and under pressure, perfectionists often appear austere, humorless, serious, and without joy. Their co-workers regard them as industrious, but are not drawn to them as friends; indeed, fellow workers may resent being outdone by the perfectionist's merciless pace.

- Minirth & Meier

- 
- ✦ Perfectionists have very strong feelings, but they **do not like to feel**, because
 - ✦ Perfectionists are actually using overachievement as a **defense against despair and depression**.
 - ✦ Outwardly compliant, yet **inwardly seething**, the perfectionist is typically **unaware** of either the **anger** or the **fear**.



★ "Hurry Sickness"

("I even have to sleep fast.")

★ Free-Floating Hostility

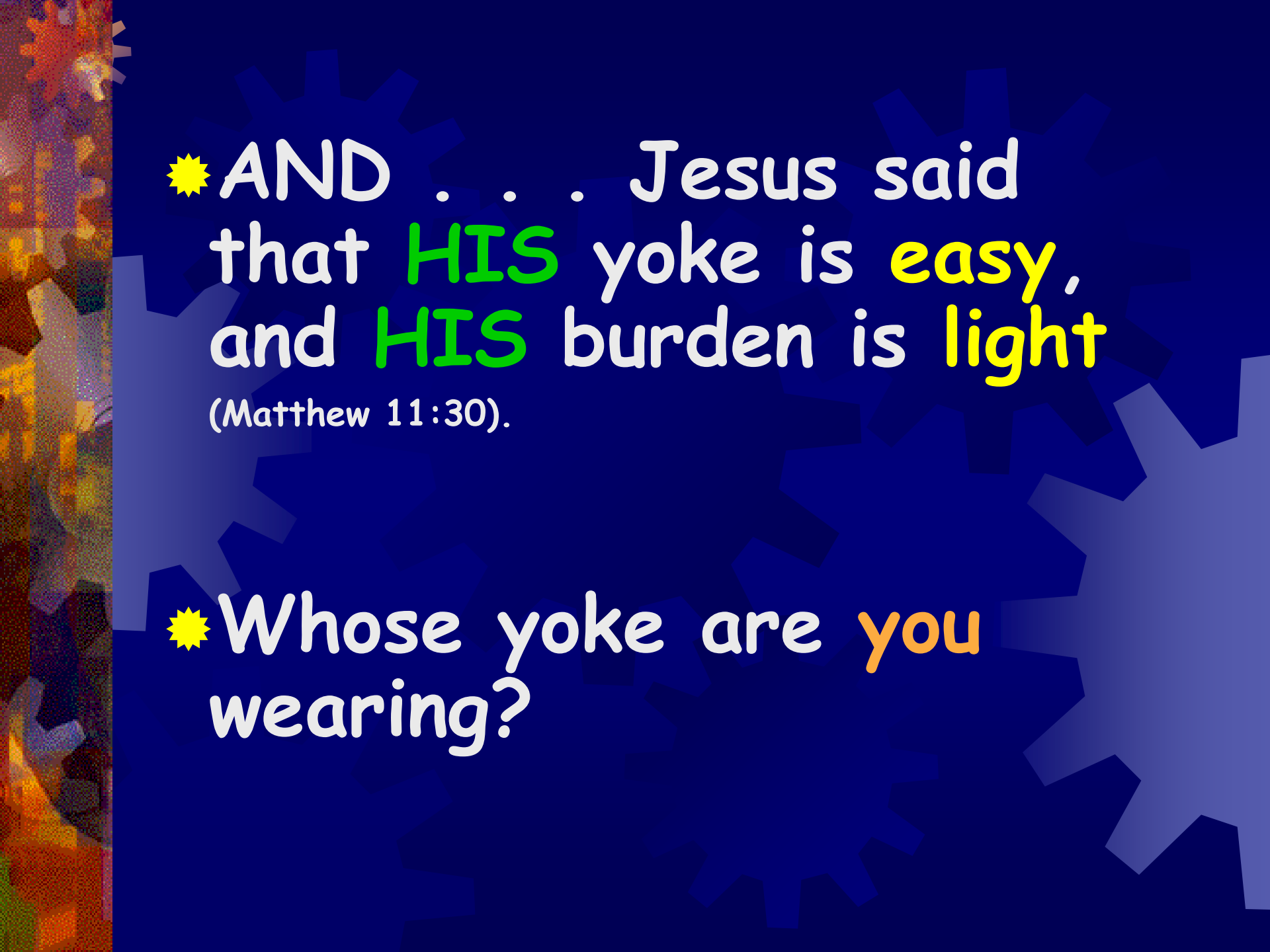
- Meyer Friedman, *Type A Behavior & Your Heart*

★ This hermetically sealed anger leads to **depression**, to **explosions**, or alternately, to both.

★ Baylor Hospital, 1979 . . .

JESUS IS OUR MODEL!!!

- ✦ Jesus had the task of changing the course of human history **in 36 months**.
- ✦ Yet Jesus was never in a hurry.
- ✦ Jesus was even criticized for going **fishing** too much, for **camping** too much, for **hiking** too much, and for going to too many **parties**—not exactly overwork!



★ AND . . . Jesus said
that **HIS** yoke is **easy**,
and **HIS** burden is **light**
(Matthew 11:30).


★ Whose yoke are **you**
wearing?

Area Three: Identity

- ★ "In the middle of this road
we call our life
I found myself in a dark wood
With no clear path through."

Dante Alighieri
Divine Comedy, "Inferno"

- ★ Carl Jung said that the questions of
the second half of life (i.e., after 35)
are always **spiritual** questions.



"I would not give a fig for the **simplicity** that lies on the near side of **complexity**, but I would give my very life for the **simplicity** that lies on the far side."

Who am I, **really**?



The CPE "Motto"

Your **SELF**
is your *most*
effective resource
for ministry.

Trios & Quads

- ★ What is "identity," or "sense of self"?
- ★ What is its source?

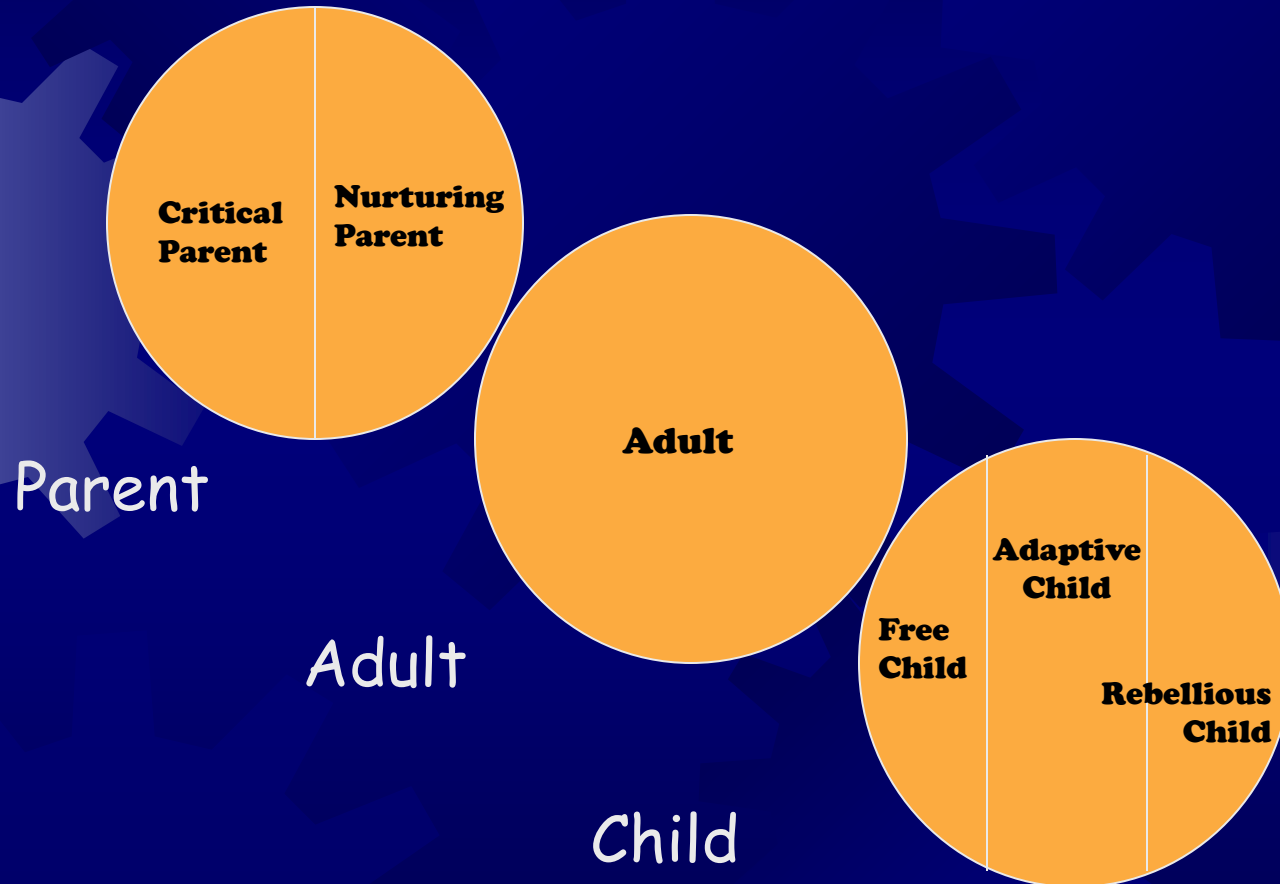
A Major Theological Misconception


- ✦ "If anyone would come after me, he [or she] must deny himself and take up his cross daily and follow me. For whoever wants to save his life will lose it, but whoever loses his life for me will save it. What good is it for a man to gain the whole world, and yet lose or forfeit his very self?"
(Luke 9:23-25)
- ✦ If failure to deny self results in forfeiture of self, then denying self cannot be the same thing as not having a self.
- ✦ The first task of obedient discipleship is to become a self. We cannot yield, nor can we share, what we do not possess.

Identity:

- ✦ Is a place to stand that provides leverage for life.
- ✦ Is built by choices & commitments.
- ✦ Is a life-long project.
- ✦ Let's start at the very beginning ... "A Very Good Place to Start"!

The Ego-States of Transactional Analysis

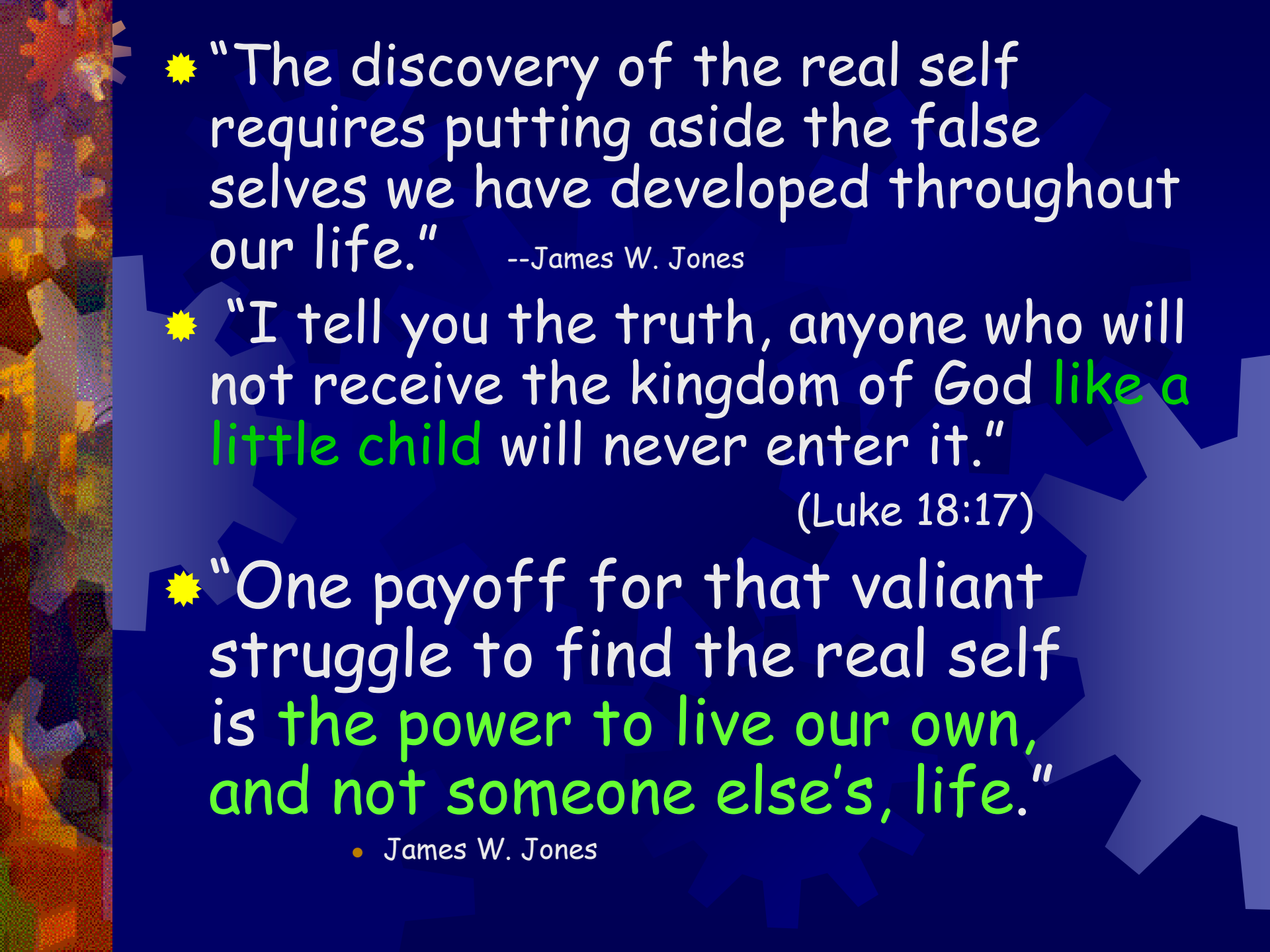




☀️ "Wholeness or well being is not the absence of brokenness. Instead it is what you **choose**, at the center of your life, **to do with** your brokenness"

• Howard Clinebell

☀️ "And there is no discovery of that real self **except back through the pain and grief** associated with its loss."
Healing comes from rejoining those parts of ourselves that have been split off.



★ "The discovery of the real self requires putting aside the false selves we have developed throughout our life." --James W. Jones

★ "I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it."
(Luke 18:17)

★ "One payoff for that valiant struggle to find the real self is the power to live our own, and not someone else's, life."

• James W. Jones

- ✦ Our fundamental sin is not thinking too highly of ourselves, but too little.

--Robert Schuller

- ✦ The only secure sense of self comes from God:

"The Lord your God is with you.
He is mighty to save.
He will take great delight in you.
He will quiet you with his love.
He will rejoice over you with singing!"

-Zephaniah 3:17-

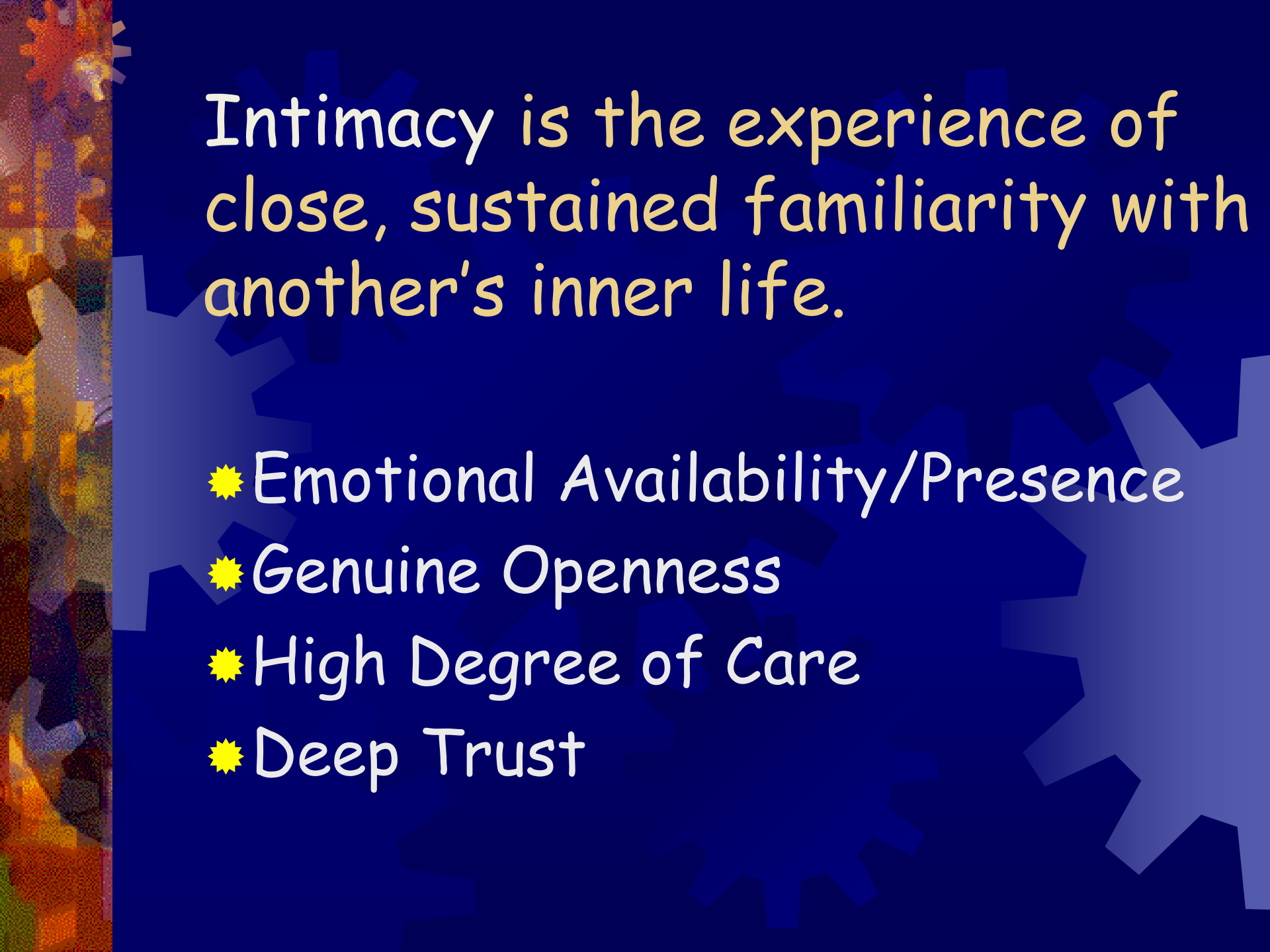
✦ **WOW!!!**



Area Four: Intimacy

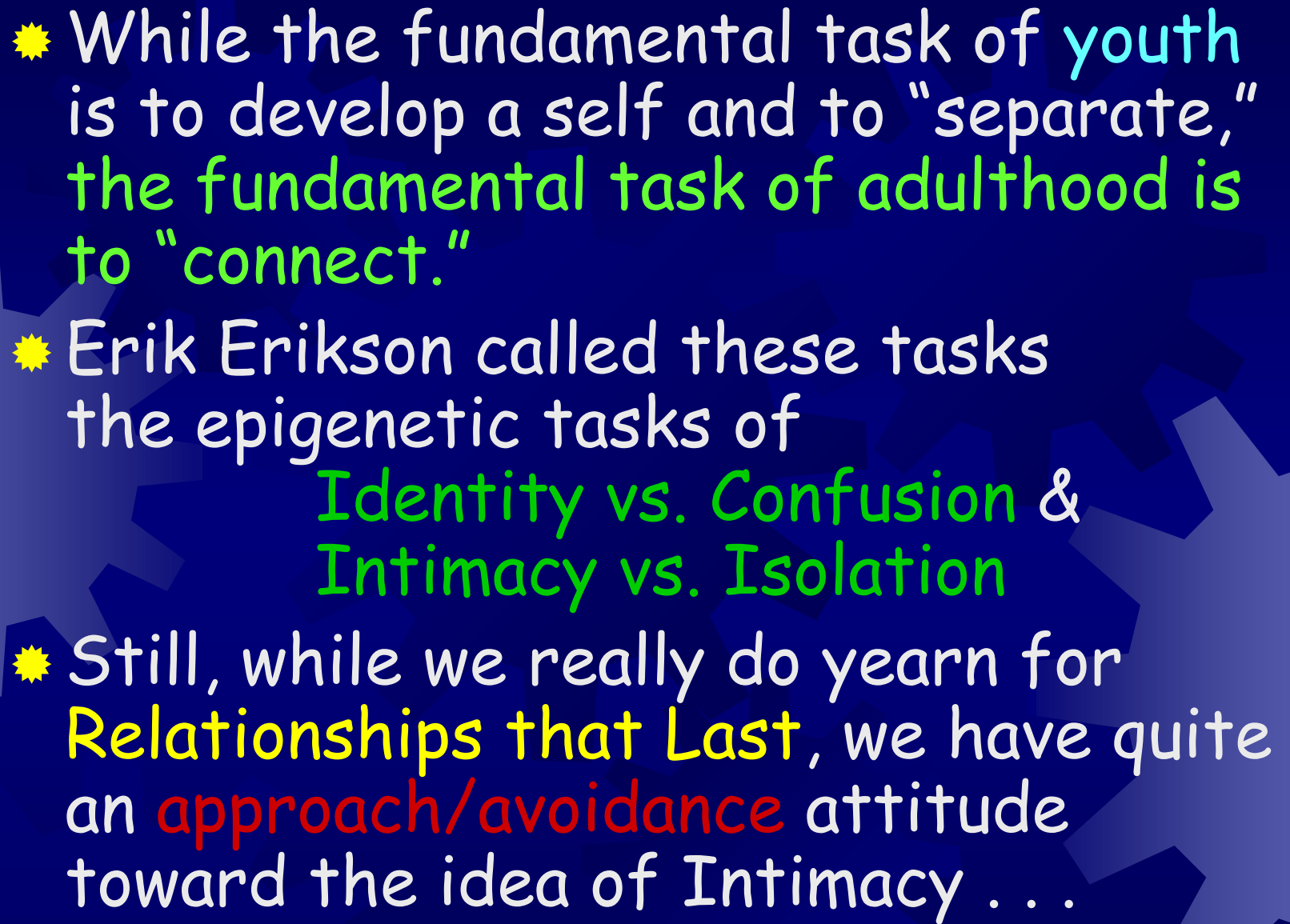
Trios & Quads

- ★ What is "Intimacy"?
- ★ How is Intimacy achieved?

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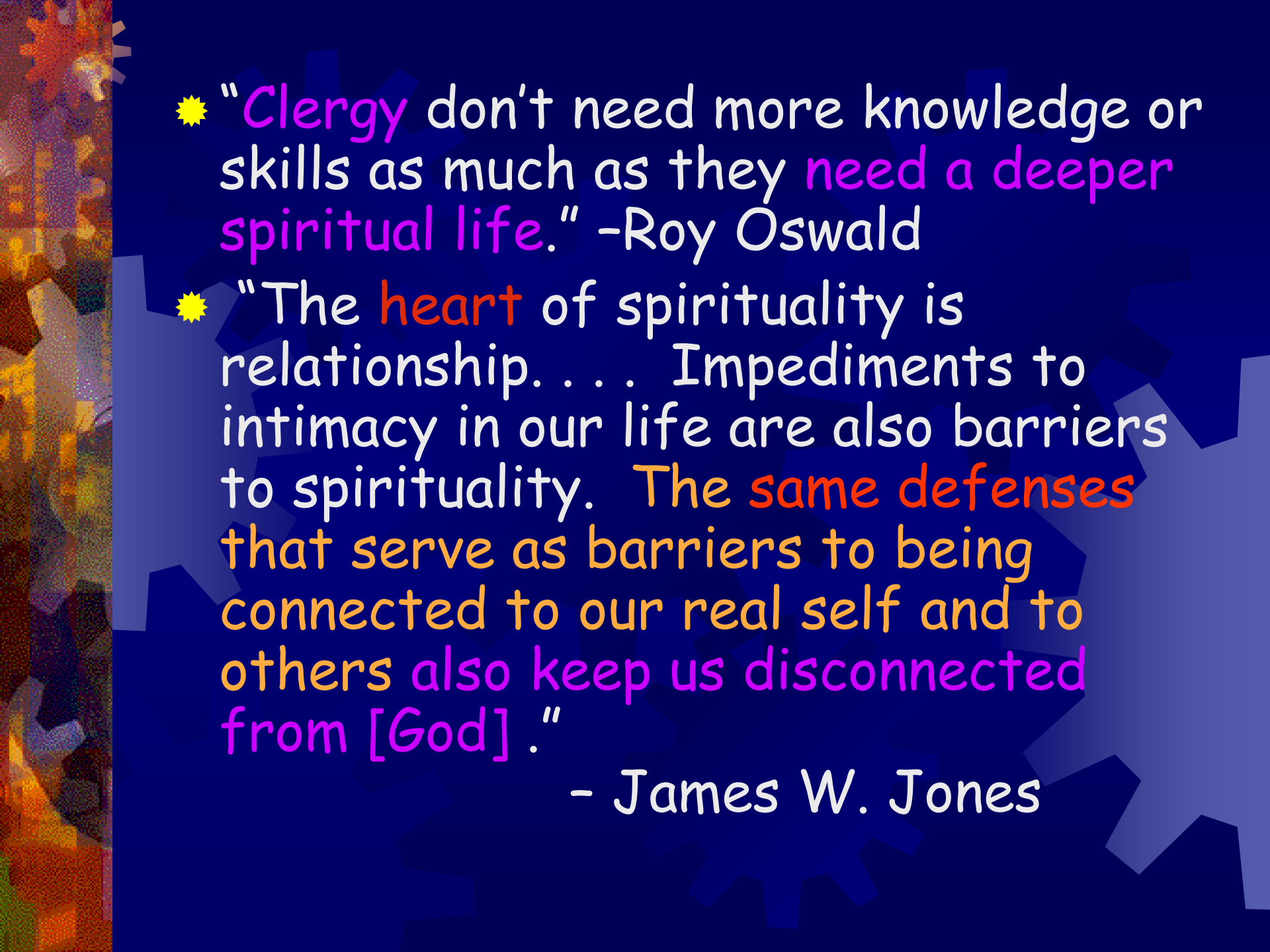
Intimacy is the experience of close, sustained familiarity with another's inner life.

- ✱ Emotional Availability/Presence
- ✱ Genuine Openness
- ✱ High Degree of Care
- ✱ Deep Trust

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- ★ While the fundamental task of youth is to develop a self and to "separate," the fundamental task of adulthood is to "connect."
 - ★ Erik Erikson called these tasks the epigenetic tasks of
Identity vs. Confusion &
Intimacy vs. Isolation
 - ★ Still, while we really do yearn for Relationships that Last, we have quite an approach/avoidance attitude toward the idea of Intimacy ...

Reasons We Fear Intimacy:


- ✱ Fear of **Merger**
- ✱ Fear of **Exposure**
- ✱ Fear of **Attack**
- ✱ Fear of **Abandonment**
- ✱ Fear of our own **Anger**



✦ "Clergy don't need more knowledge or skills as much as they need a deeper spiritual life." -Roy Oswald

✦ "The heart of spirituality is relationship. . . . Impediments to intimacy in our life are also barriers to spirituality. The same defenses that serve as barriers to being connected to our real self and to others also keep us disconnected from [God]."

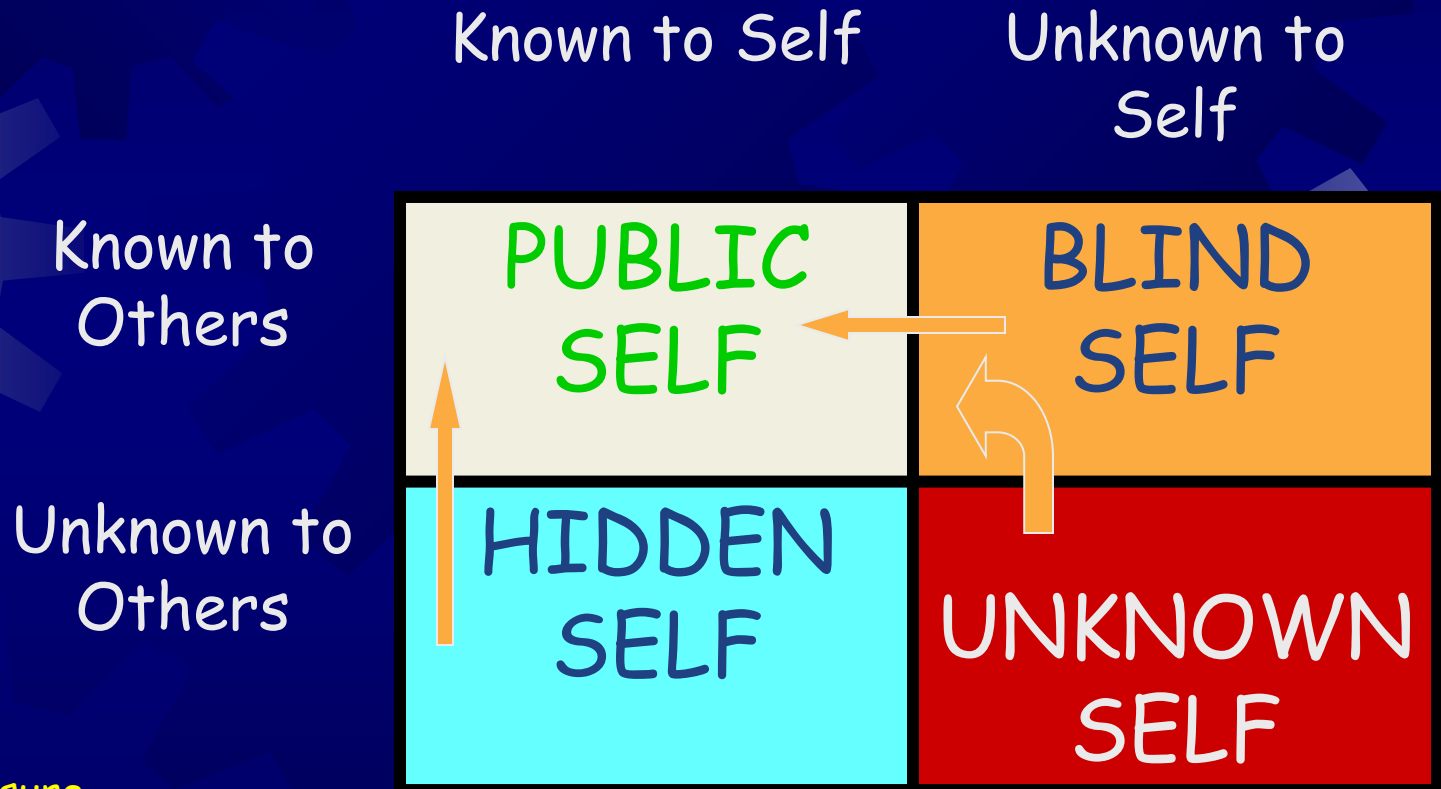
- James W. Jones



Intimacy is possible only by mutual consent. It is not possible in unilateral desire. If one seeks closeness with another who will have none of it, then the relation is not intimate. One may have intimate knowledge of another, but not be intimate with the other.

Intimacy is the two-fold flow of caring and being cared about, of loving and being loved, of knowing and being known
--Thomas Oden

The Jo-Hari Window



*Disclosure

*Feedback ("Carefrontation"-Bernie Siegel, M.D.)

*Surfacing

Area Five: JOY!

★ Joy is the most certain sign of the presence of God.

-Teilhard de Chardin

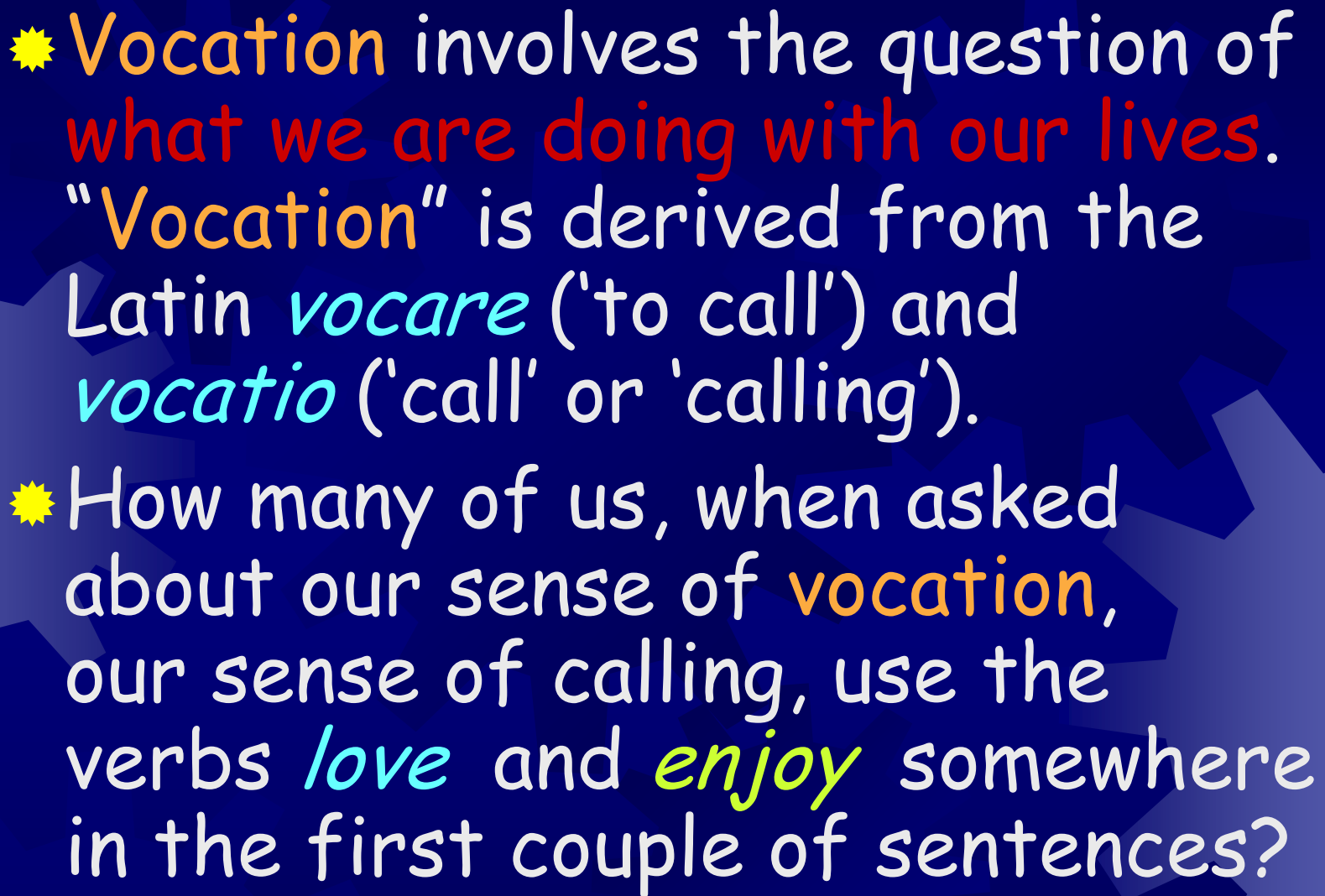
★ "For the joyful heart,
it is festival always" (Proverbs 15:15).

★ "The glory of God is the glory of
people fully alive"

-Irenaeus of Lyon (A.D. 130-200)

Trios & Quads

- ★ What IS **Joy**?
- ★ What is the source of your **Joy**?
What "brings you back to **Life**"?
- ★ How do you understand the idea of "**Vocation**"?

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- The background is a dark blue field with several light blue gears of various sizes scattered across it. On the left side, there is a vertical strip with a colorful, abstract, and somewhat pixelated pattern in shades of orange, yellow, and brown. A small white starburst icon is located in the top left corner of this strip.
- ★ Vocation involves the question of what we are doing with our lives. "Vocation" is derived from the Latin *vocare* ('to call') and *vocatio* ('call' or 'calling').
 - ★ How many of us, when asked about our sense of vocation, our sense of calling, use the verbs *love* and *enjoy* somewhere in the first couple of sentences?



Vocation as
"Finding"

(anxiety-ridden)

or as

"Being Found"

(grace-filled)

Three Questions


1. If you had your life to live over, would you be doing what you're doing now? If not, why keep doing it?
2. What would you do with your life . . . if you were not afraid?
3. If you knew that you would die suddenly at the end of ninety days, what would you do differently? Why not do it anyway?

Seven Principles

1. "Time is a non-expandable commodity. We cannot manage time better. Time manages itself quite well—it just keeps going. *We must learn to manage ourselves better.*"

2. "The truly **happy** person is the one who wants, more than anything else, *what he [or she] already has.*"

--Roy Oswald

- 
3. "But in fact God has arranged the parts in the body, **every one of them**, just as he wanted them to be."


1 Corinthians 12:18

4. "The best thing you can do is to get very good at being you."

--Dennis the Menace

5. "Neither the hair shirt nor the soft berth will do. The place God calls you to is the place where your deep gladness and the world's deep hunger meet."

--Rainer Rilke



6. When we finally stand before God, we will have to account for all of the **God-given pleasures** of life of which we did not take full advantage.

-Sam Levinson

7. **The Sabbath Principle:**
Six days a week we work to manipulate the world for the better.
On the seventh day we enjoy everything just as it is.

-Roy Oswald



Does
your life
have any
MARGIN?



A Proposal . . .

Block out time for yourself.

Put it on the calendar.

Look forward to it.

“Look for your oldest and most enjoyable skills. If your work does not employ them, choose leisure activities that will.”

-Howard Clinebell

The Cat's in the CRAIDL

"We'll have a good time . . . Then." --Harry Chapin

- ☀️ **C**ut workload
- ☀️ **R**eassess goals
- ☀️ **A**CCEPT GOD'S ACCEPTANCE
- ☀️ **I**ncrease physical health
- ☀️ **D**eal with childhood issues
- ☀️ **L**earn to release anger and to forgive

RESTORING THE JOY!

Our Hearts *Yearn* for ...

- ★ **A Life that Matters**
(Significance)
- ★ **Relationships that Last**
(Community)

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★ The **DEVIL** may be
in the **DETAILS**,
but **JOY** is in the
MARGIN.

★ *Spiritual
Values
Inventory*

Thank you.
Thank you very much.

