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New People?

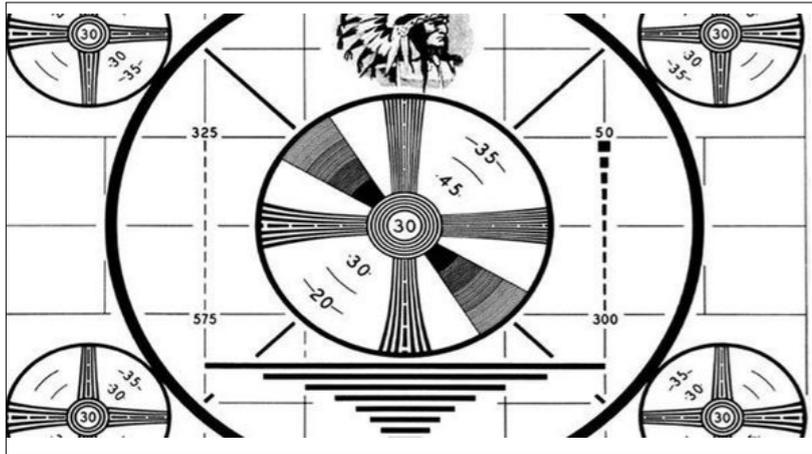
- Your name.
- What do you hope to get out of this class?

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Disclosures

- This course is for informational purposes only
- It is not, nor is it intended as a substitute for therapy
- It is not a support group
- I cannot guarantee your confidentiality
- This course may trigger painful memories and emotions
- This course is a summary. It doesn't cover everything
- This course may be emotionally and physically upsetting



What Healthy Looks Like



Humility
Awareness
Responsibility
Empathy
Reliability

7



Humility

Humility is the ability to acknowledge personal wrongness.

8



Humility

Healthy people recognize that they can be wrong and, not only admit the possibility, but are willing to acknowledge when they are.

9



Awareness

Healthy people are aware when they are in the “wrong” and seek to correct themselves to keep the relationship fair (your needs, wants, thoughts, and feelings are as important as their own).

10



Responsibility

Responsibility is that capacity for a healthy person to be bothered by the awareness that we have been unfair to another person and are willing to take responsibility for their legitimate contributions to harm to another person.

11



Empathy

Empathy is the ability to be bothered by personal wrongness. Healthy people not only recognize what’s important to them, they seek to “participate in another’s feelings and ideas.”

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Empathy

Participating in another's feelings and ideas is not simply to look back on an incident and say, "O, I'm sorry, I missed that." Participating is also about seeking to understand another's feelings and ideas before forming a course of action or saying anything. And, when they don't or haven't understood, healthy people are ready to "back up" their thinking and adjust their actions to consider another's perspective.

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Reliability

Reliability is the capacity to correct personal wrongness.

14



5 Habits of Healthy People

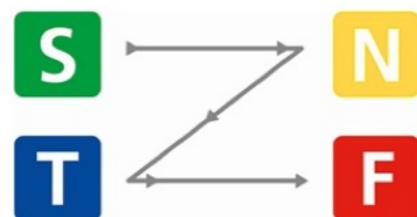
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5 Habits of Healthy People

1. Healthy people demonstrate open, consistent, and clear reality processing.

16



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5 Habits of Healthy People

2. Healthy people balance good and bad

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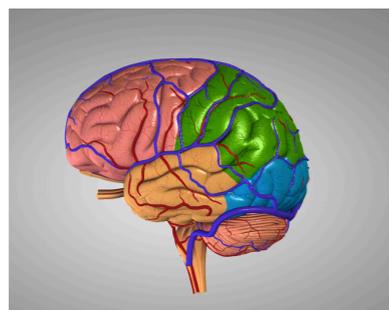


5 Habits of Healthy People

3. Healthy people manage their impulses and emotions



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Sad Glad Hurt Angry Scared Safe

20



5 Habits of Healthy People

4. Humble people maintain a “solid sense of self”.

They keep clear, consistent, firm, and fair boundaries. They recognize and respect where they end and you begin.

They have an “I” and a “Thou”; an “I” and “You”.

- **“I manage myself in relation to the world around me.”**

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5 Habits of Healthy People

5. Healthy people utilize other healthy people to help them assess situations, thinking, options and solutions.



Your Questions



Questions To Consider

25



Questions to Consider

1. List some of the healthy people you know on who you might rely to help you maintain your own “health”.

26



Questions to Consider

2. Which of these capacities might you still need help as you recover from your experience with a toxic person?

27



Questions to Consider

3. What are some of the strategies you are considering now to increase your capacity to live “healthy”?

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Between Sessions

- Watch the video
- Pick up your handouts

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