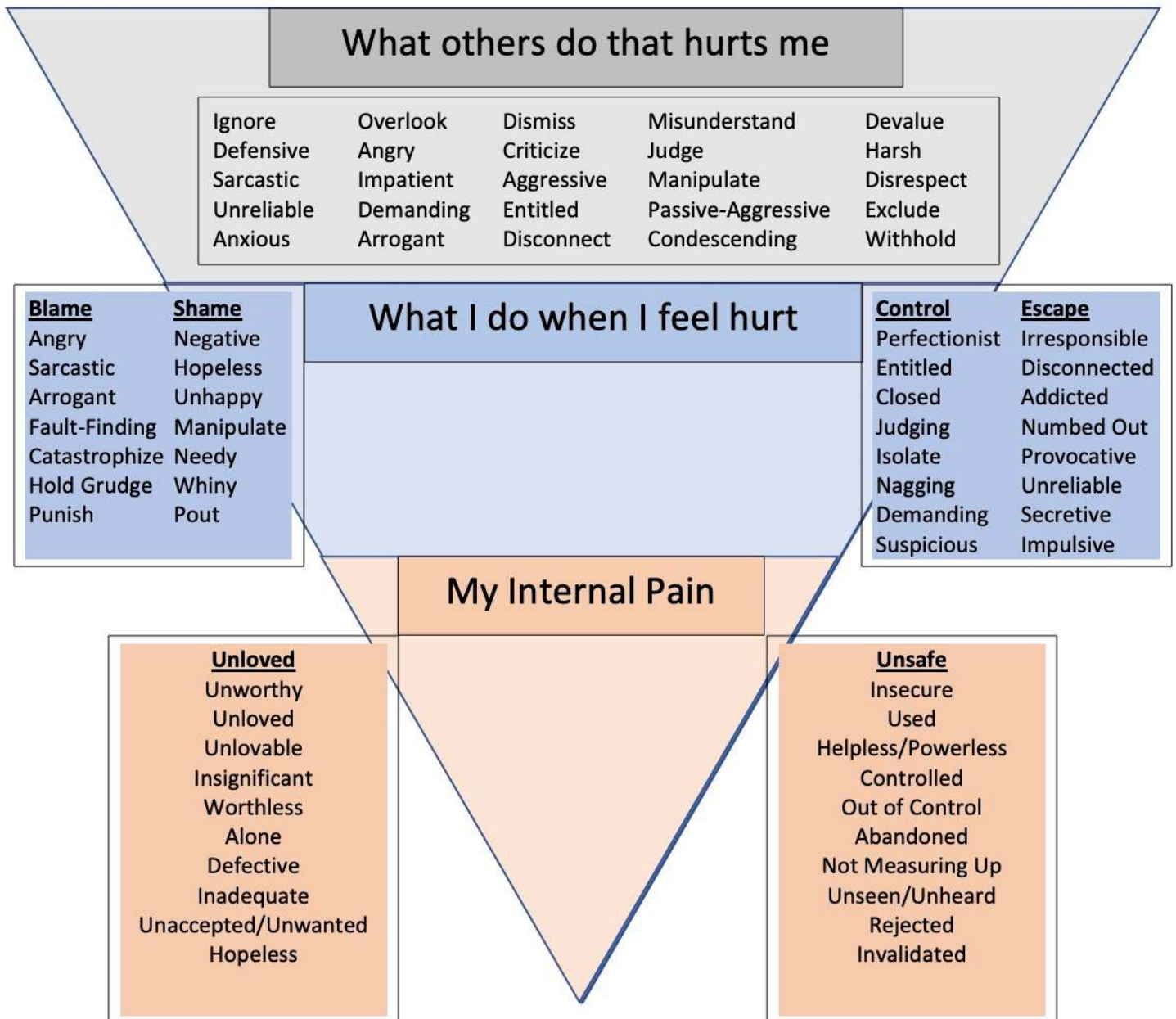


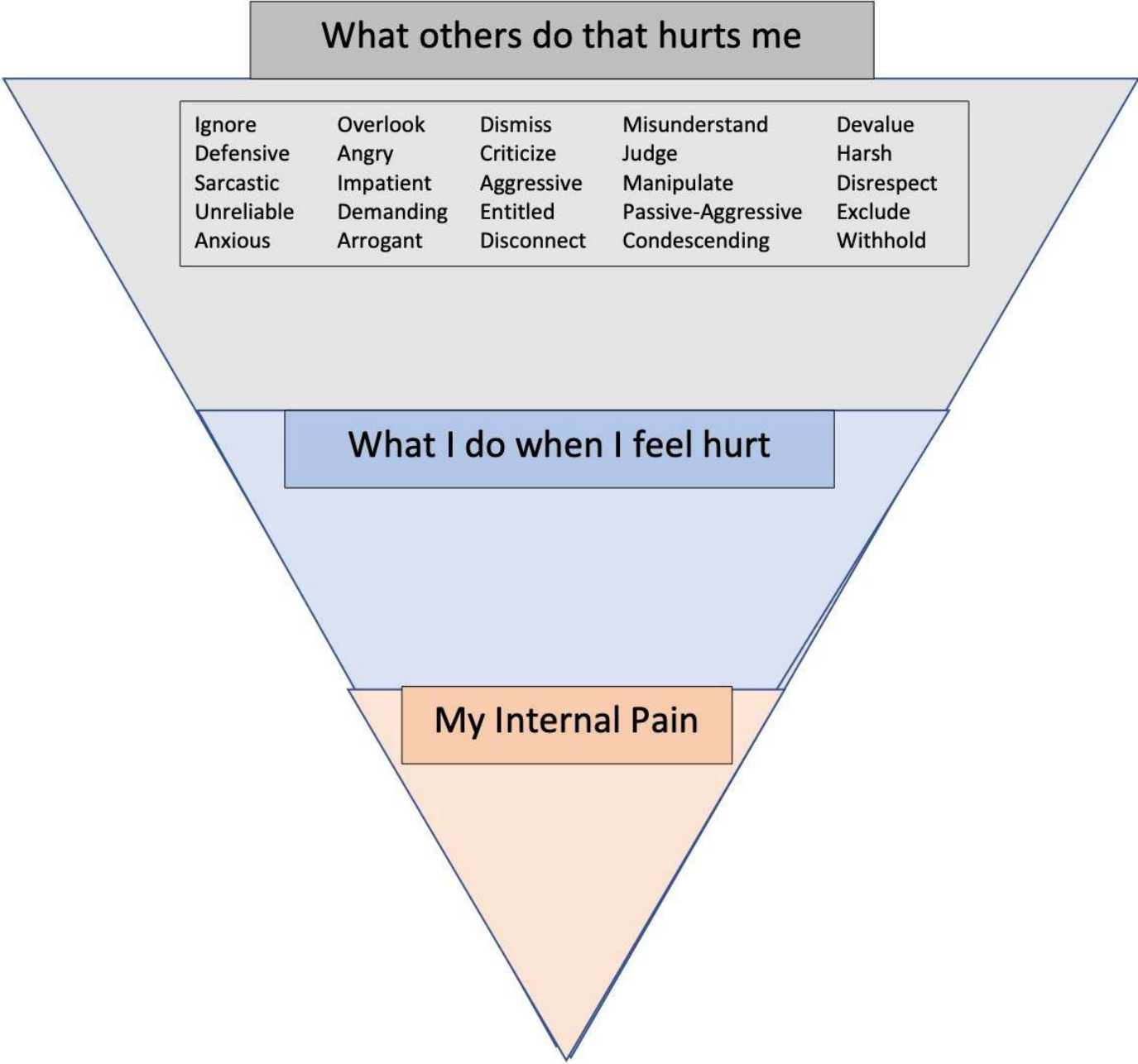
PAIN TRIANGLE

BRIAN JAMES MCMAHON



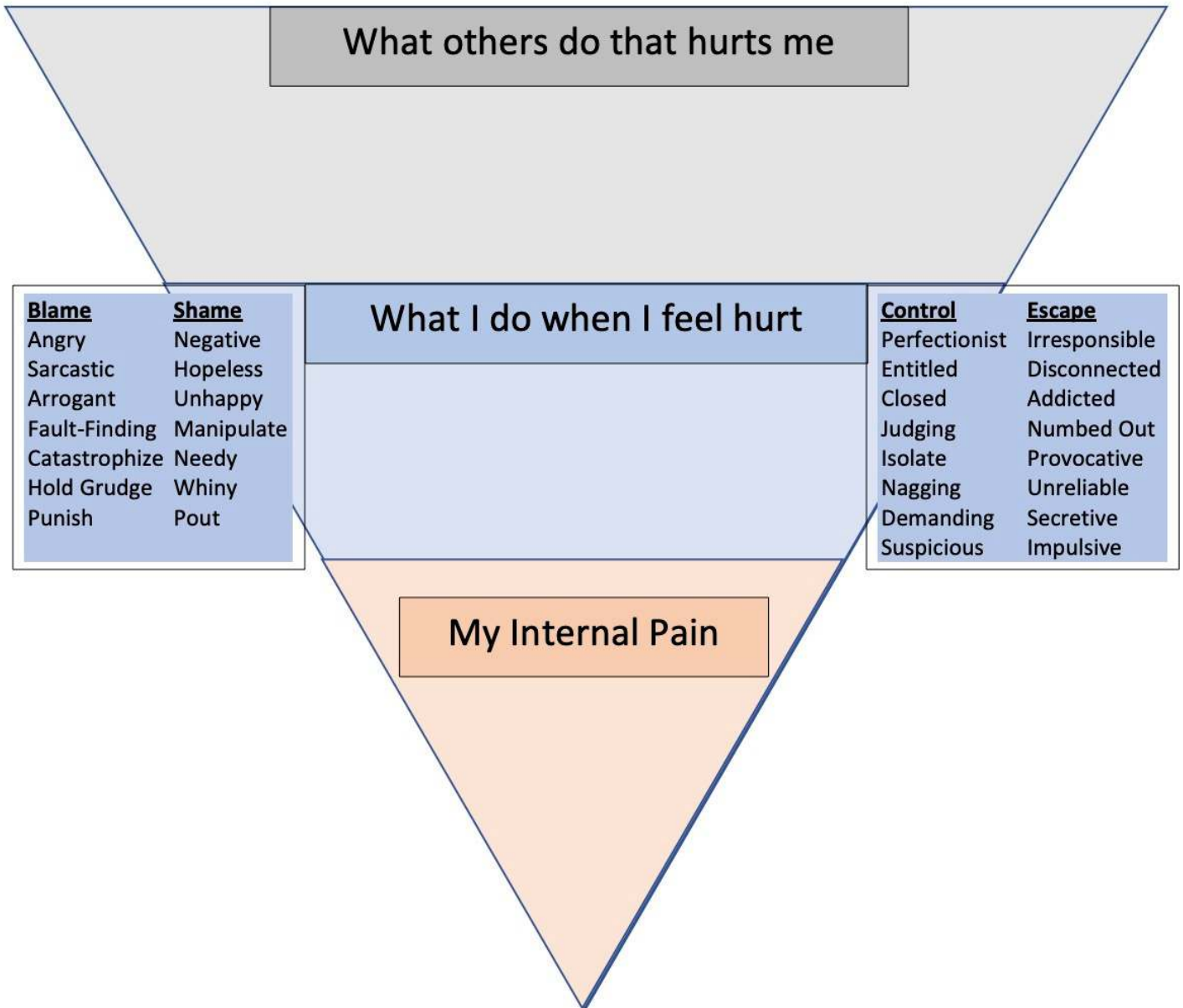
PAIN TRIANGLE

BRIAN JAMES MCMAHON



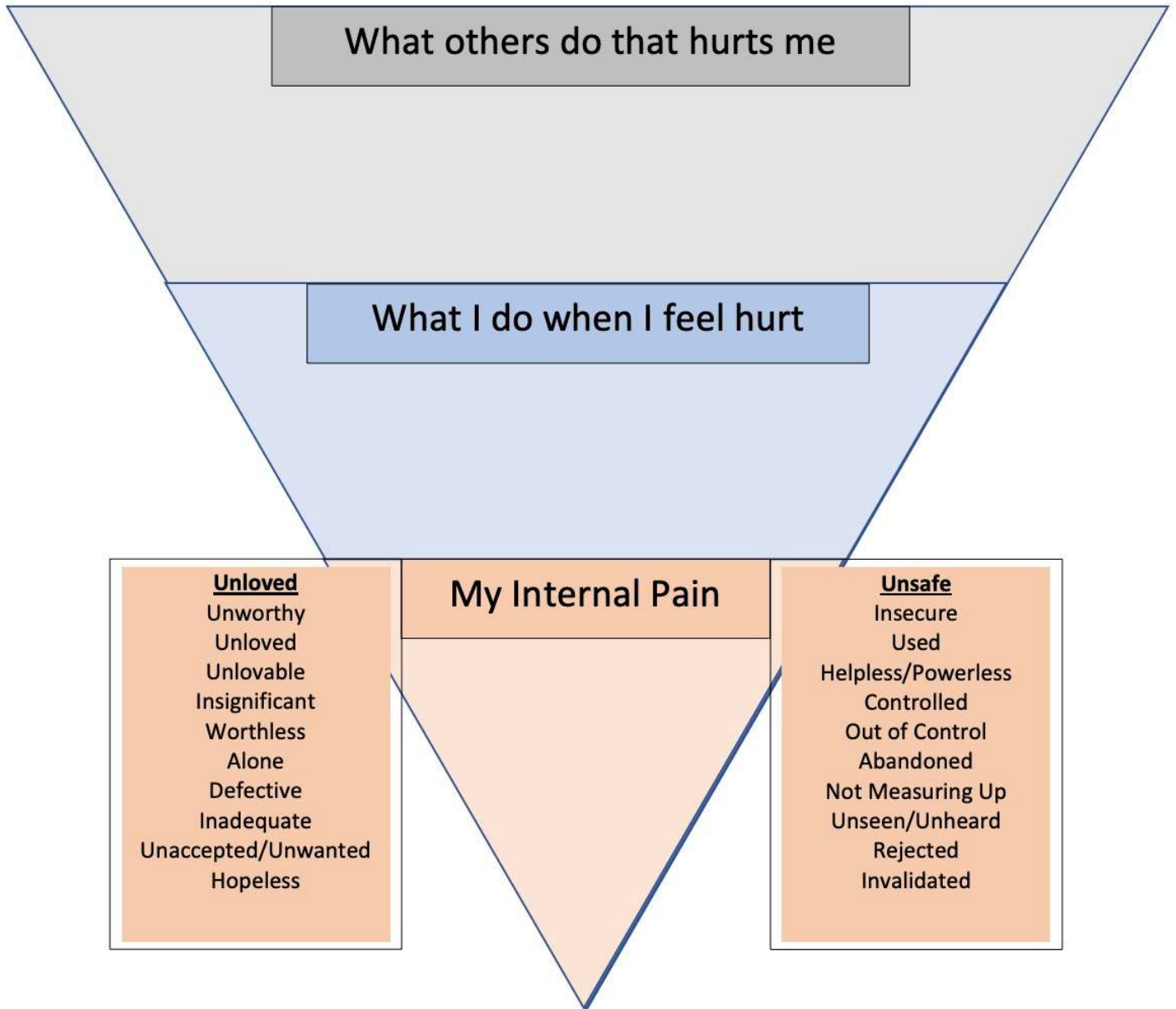
PAIN TRIANGLE

BRIAN JAMES MCMAHON



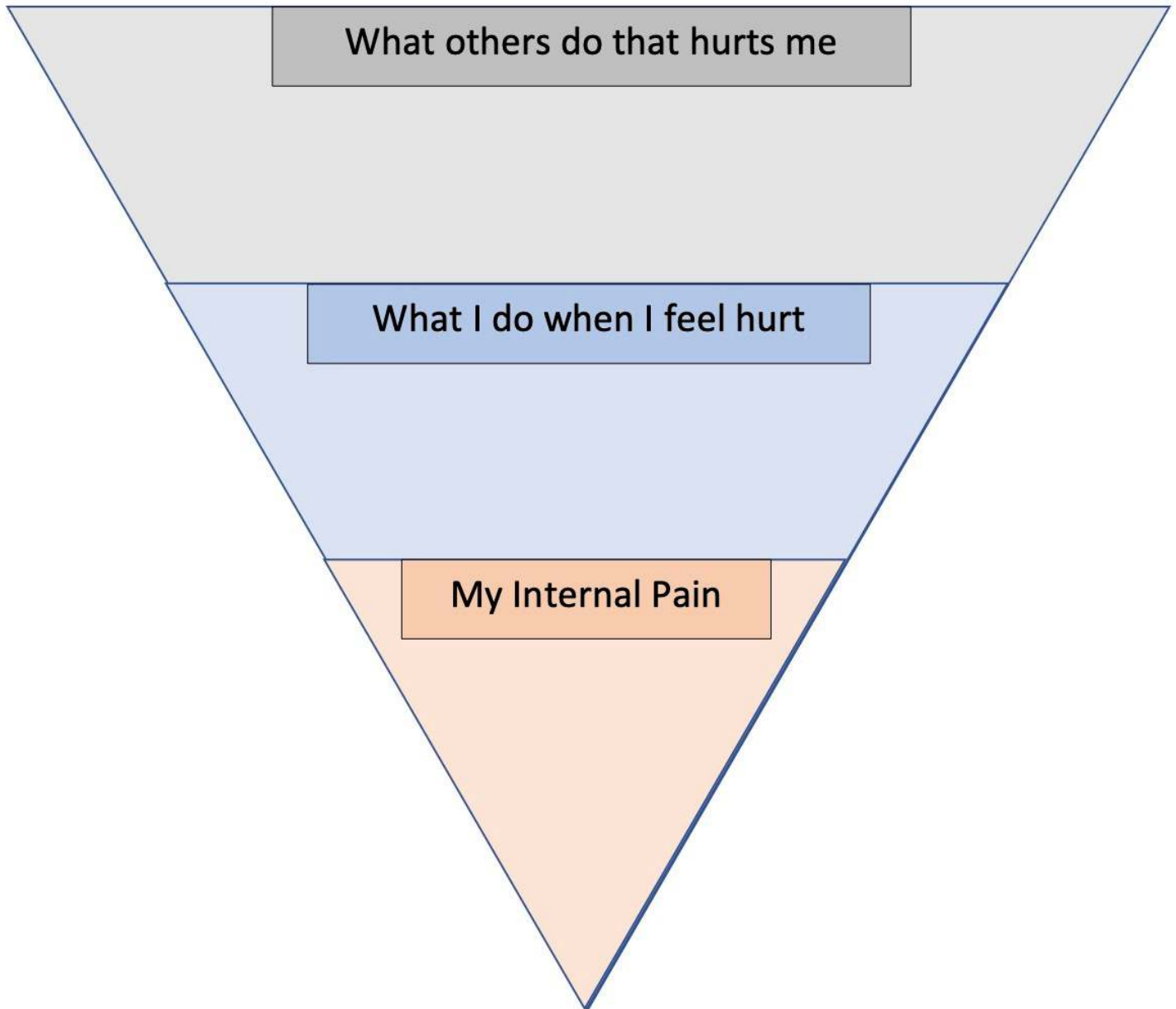
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PAIN TRIANGLE

BRIAN JAMES MCMAHON



Partner Connect - anytime (Phone, FaceTime, etc. - 30 min.)

- a. Watch Paul Kuzma's SheSaid Video
 - Link on Resource Page
- b. Emotionally Healthy Discipleship Assessment
 - Link on Resource Page
- c. Reflect on what you are learning about yourself.

Coaching Call #4 - (Living Towards Health)

Before:

RPMS Reflection - Spend time listening & reflecting on R.P.M.S. questions

After:

Answer Coaching Reflection Questions:

What (happened? feelings did I have? did I observe?)

So What (did I learn? am I curious about? conclusions did I make?)

Now What (would I like to change? skill do I want to develop? are my action steps?)

Other (Optional):

Additional Emotional Health Resources - Cultivate Website

Counselors Recommendations - Cultivate Website



CHECKING MY R.P.M.S.

RELATIONAL: Our relational world typically includes the people with whom we interact on a regular basis: our immediate family, friends, neighbors, coworkers, and small group members.

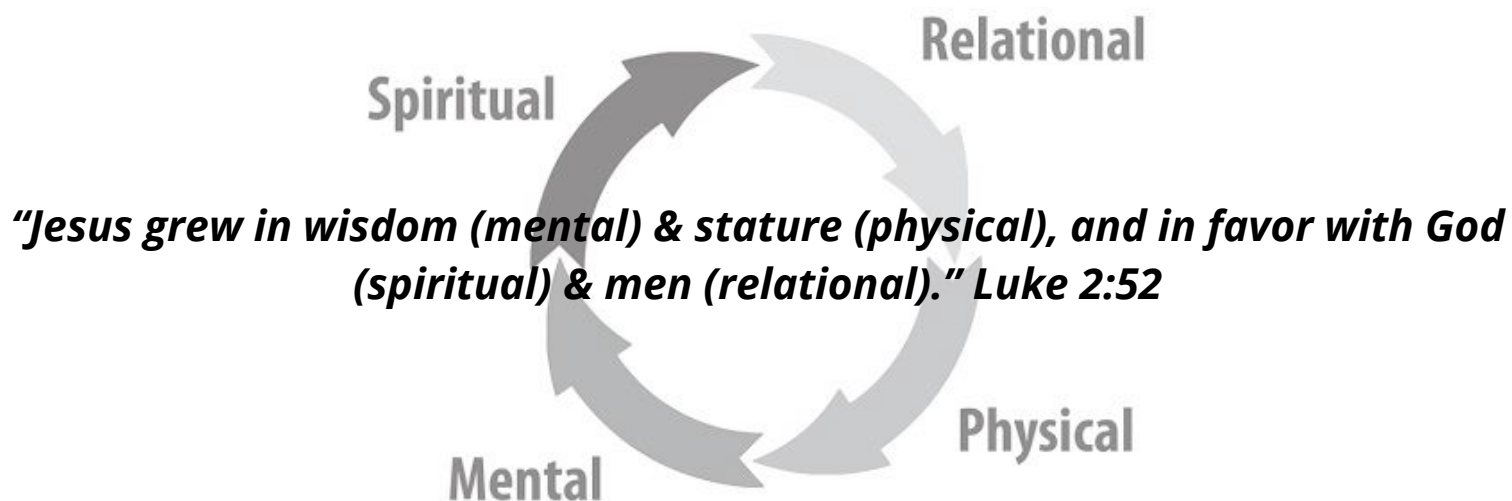
Here are some questions you can ask yourself.

- How are my relationships at home?
- What about my marriage, dating, or family life is going well? What's not going so well? What would I like to change?
- Who do I consider my closest friend? How is God using that relationship to grow me?
- What are my relationships at work like?
- Which of my relationships give my energy and life? Which are the most challenging or draining?

PHYSICAL: Our physical well-being is often the most overlooked aspect of a leader's life. Yet diet, exercise, sleep, and rest are all vital to our ability to lead effectively. If we are serious about developing as a whole person, we have to take seriously our physical well-being.

Here are some good questions to ask:

- Am I getting enough rest?
- How is my current energy level?
- What am I doing to maintain good health when it comes to exercise and eating habits?
- Is there anything about my physical health that I'd like to change?



MENTAL: Another often-overlooked aspect is the development of our minds. In order for us to stay sharp and be lifelong learners, we need to be challenged.

Here are some questions we can ask to see if we are developing mentally:

- What have I been learning lately?
- How am I applying what I am learning?
- What magazines, books, or websites do I read or access?
- What thoughts have been dominating my mind? Are they drawing me closer to God? Are they pulling me away from him?

SPIRITUAL: It is also imperative that we discover and act on whatever it is that helps us grow deeper in our relationship with Jesus.

Here are some questions to ask:

- How would I describe my relationship with Christ right now?
- What does it look like when I am feeling closely connected to God? Which spiritual disciplines seem to help me draw closer to Jesus? Prayer? Journaling? Worship? Solitude?
- Who is holding me accountable to practicing these disciplines? What has God been saying to me lately through his Word? The Holy Spirit? Other Christ followers? Prayer?

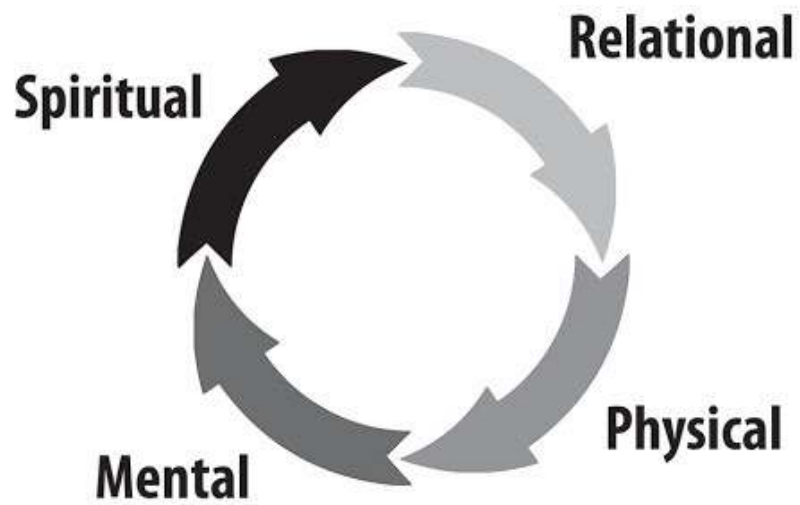
CHECKING MY R.P.M.S.

RELATIONAL:

Empty box for relational reflection.

PHYSICAL:

Empty box for physical reflection.



MENTAL:

Empty box for mental reflection.

SPIRITUAL:

Empty box for spiritual reflection.