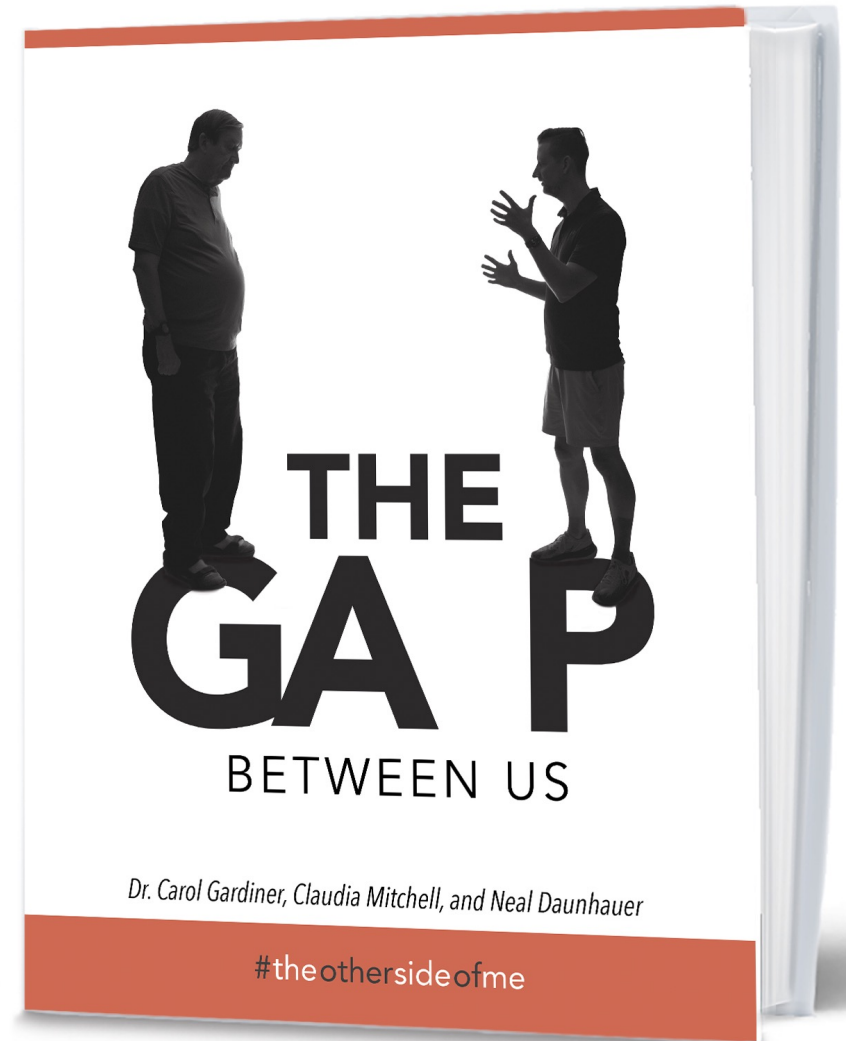



MEN'S LIFE- SESSION 2 OF 3

The Gap Between Us

Neal Daunhauer & Sean Bowman
23May2023





Please do not
write on these
walls.

Do not write on
these walls under
any circumstances.

What did they find after two weeks?

THE STUDY OF "THE EFFECTS OF AUTHORITY AROUSAL"



The **Reactance** Theory

THE MOTIVATION DRIVER BEHIND
A THREATENED COMMAND
WILL MORE OFTEN BE OPPOSED
AND DEFENDED TO PROVE FREE WILL!

The **FOLLY** of Fuel!



The Fight -or- Flight Response System

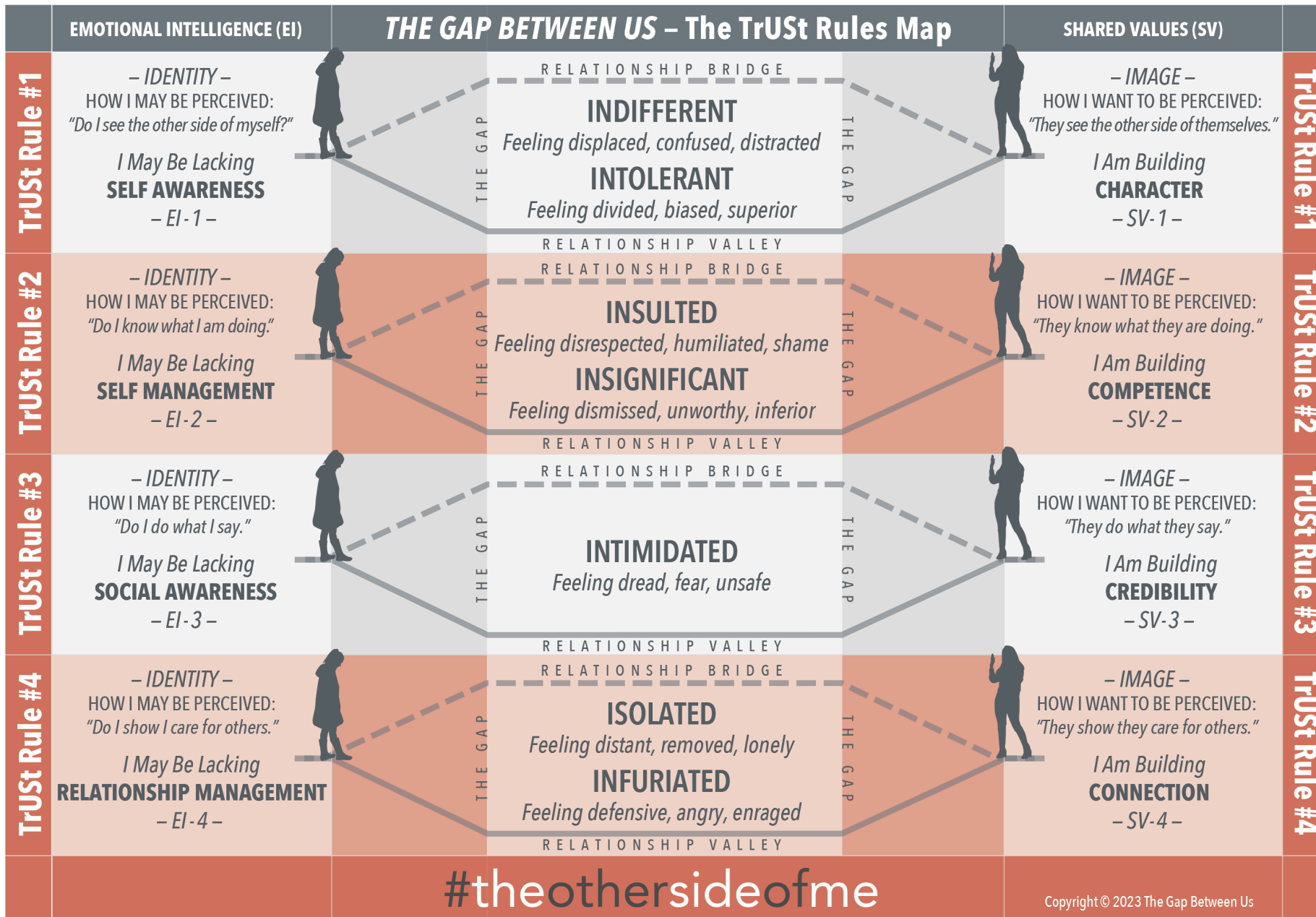
FIGHT

- Intolerant
- Insulted
- Infuriated

FLIGHT











- Isolated
- Indifferent
- Insignificant
- Intimidated

ALARM > RESISTANCE > EXHAUSTION



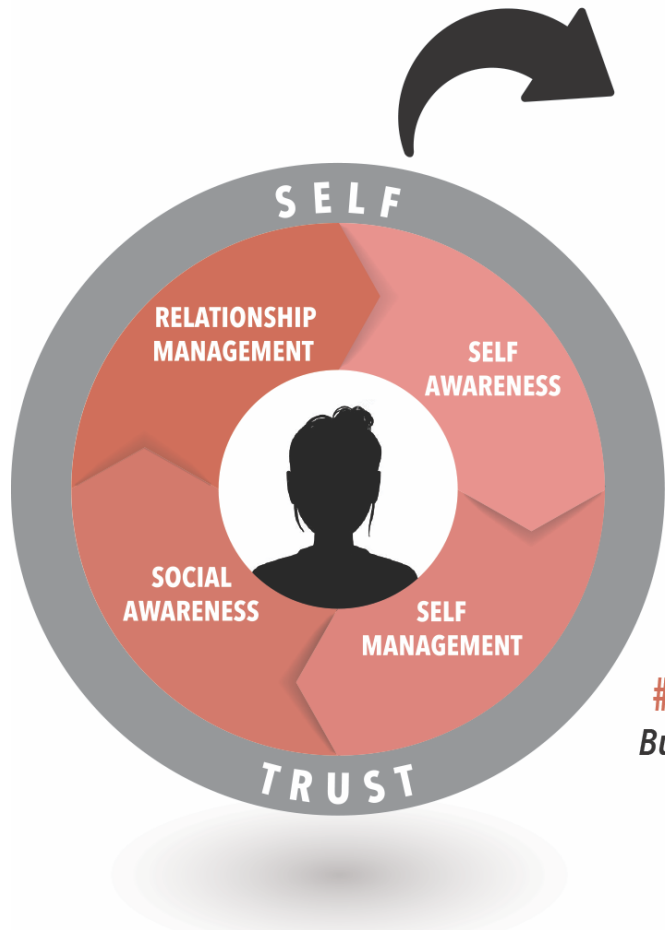
#theothersideofme

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EMOTIONAL INTELLIGENCE (EI)	THE GAP BETWEEN US – The Gap Illustrated			SHARED VALUES (SV)
MY IDENTITY ISSUE How I may be perceived	BUILDING... - Review your concern(s) - Reveal your conflict ("I's")	MANAGING MY GAP The "I's" of Mistrust I am Experiencing and the Shared Values I am Exercising	BRIDGES - Release your control - Reset your confidence - Renew your commitment	MY IMAGE GOAL How I want to be perceived
<p>"Hey, Dee, how was your weekend?"</p>	 LAURA	EI DOMAIN #4 RELATIONSHIP MANAGEMENT <i>Showing care for others.</i> Bridge CONNECTION	 DEE	COMBATIVE RESPONSE: <i>"Hi, Laura, it was fine until I saw the rioters tearing down the city."</i> CONNECTIVE RESPONSE: <i>"Hi, Laura, it was fine although I was concerned for our city and people's safety."</i>
COMBATIVE RESPONSE: <i>"Oh, you mean the protests? I thought they were making some good points."</i> CONNECTIVE RESPONSE: <i>Dee sounds dismissed, maybe I should recognize it, "I'm sorry that bothered you."</i>	 LAURA	<i>Feeling dismissed, unworthy, inferior...</i> INSIGNIFICANT Bridge CONNECTION	 DEE	COMBATIVE RESPONSE: <i>"Good points? The only point is that violence is wrong and they are wrong."</i> CONNECTIVE RESPONSE: <i>Laura sees another side of this, I should ask, "What were the 'good points?'"</i>
COMBATIVE RESPONSE: <i>"You can't really say someone is wrong for speaking their mind."</i> CONNECTIVE RESPONSE: <i>Dee is feeling divided, and I can empathize with her this way, "Violence never helps."</i>	 LAURA	<i>Feeling divided, biased, superior...</i> INTOLERANT Bridge CONNECTION	 DEE	COMBATIVE RESPONSE: <i>"If you think speaking your mind like that is ok, do you agree with the violence?"</i> CONNECTIVE RESPONSE: <i>Laura may be feeling that I am biased, "Yes, people deserve to be heard."</i>
COMBATIVE RESPONSE: <i>"We were there, Dee. The protest was positive and this is what is needed."</i> CONNECTIVE RESPONSE: <i>"Violence" is creating distance with us, I can respond, "Violence is not a good approach."</i>	 LAURA	<i>Feeling distant, removed, lonely...</i> ISOLATED Bridge CONNECTION	 DEE	COMBATIVE RESPONSE: <i>"The only thing needed is for people to realize they are wrong, like you."</i> CONNECTIVE RESPONSE: <i>Laura was there, I should inquire, "What was it like to be there, were you scared?"</i>
COMBATIVE RESPONSE: <i>"If exercising my freedom is wrong, then maybe we are what's wrong."</i> CONNECTIVE RESPONSE: <i>Dee is my friend, we can't end this way, "Let's agree to help those who are hurting."</i>	 LAURA	<i>Feeling defensive, angry, enraged...</i> INFURIATED Bridge CONNECTION	 DEE	COMBATIVE RESPONSE: <i>"That's what I'm thinking, you stay on your side and I'll stay on mine."</i> CONNECTIVE RESPONSE: <i>Laura is my friend, we can't end this way, "Let's agree to help those who are hurting."</i>
#theothersideofme				

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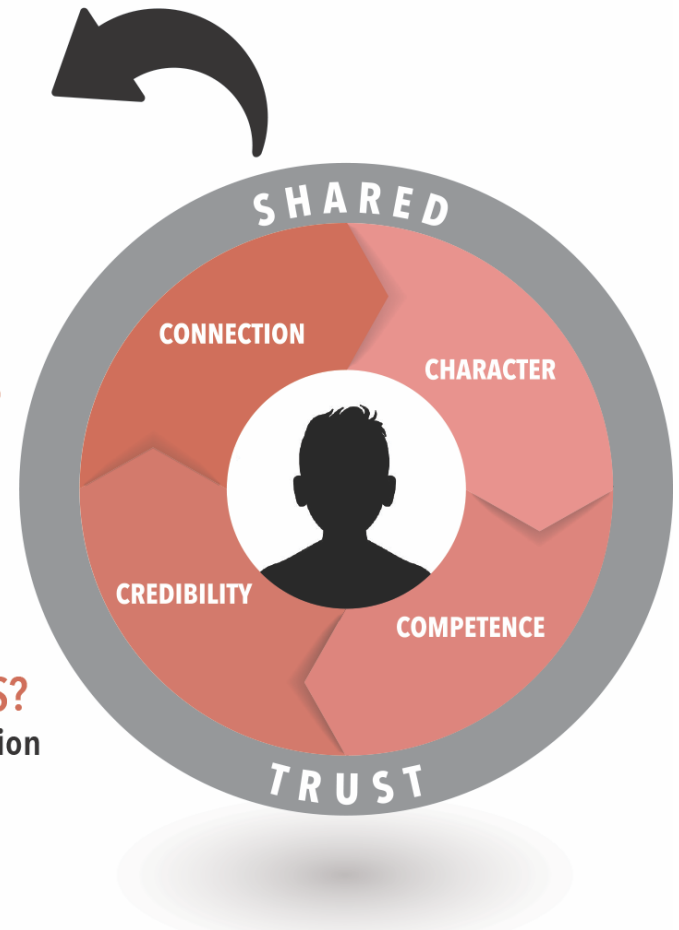
Two Sides of Building Trust



TrUSt Rules

BUILDING BRIDGES to CLOSE THE GAP BETWEEN US

- #1 - DO YOU SEE THE OTHER SIDE OF YOU?**
Building Self Awareness < > Bridges Character
- #2 - DO YOU KNOW WHAT YOU ARE DOING?**
Building Self Management < > Bridges Competence
- #3 - DO YOU DO WHAT YOU SAY?**
Building Social Awareness < > Bridges Credibility
- #4 - DO YOU SHOW YOU CARE ABOUT OTHERS?**
Building Relationship Management < > Bridges Connection

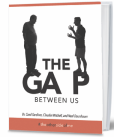


The image features two black silhouettes of a man and a woman in profile, facing each other. The man is on the left, and the woman is on the right. They are positioned against a white background. In the center, between them, is the text "Who do you trust?" and "Who trusts you?". The words "you" and "trusts" are highlighted in a reddish-brown color, while the other words are in a dark grey color. The overall composition is simple and evocative, suggesting a conversation about trust.

Who do **you** trust?
Who **trusts** you?

GAPCheck® Self-Assessment

GAPCheck® Self Assessment



SELF AWARENESS

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
It's easy to identify which emotions I'm feeling.			X		
I usually know what's causing me to feel a certain way.			X		
I often avoid thinking about why I'm sad or angry.			X		
I know when I need to take a break and to relax.			X		
I'm eager to share my feelings with people who are close to me.			X		

SELF-MANAGEMENT

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
I typically find myself dwelling on past mistakes.			X		
I'm usually my own worst critic.			X		
I fear that people are thinking the worst of me.			X		
I find myself often worried about my future.			X		
My moods usually get the best of me.			X		
I actively seek feedback from others.			X		

SOCIAL AWARENESS

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
I usually know how others are feeling.			X		
Respecting people with different opinions comes easy to me.			X		
I have a habit of avoiding conflict with others.			X		
I find that I am quick to judge people without really knowing who they are.			X		
I frequently believe that people are using me for their personal benefit.			X		
I always seek to find the best in others.			X		

RELATIONSHIP MANAGEMENT

Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
Most people would say that I'm enjoyable to be around.			X		
I find it easy to have meaningful friendships.			X		
I actively seek to better understand the needs of others.			X		
I thrive when working with others.			X		
Adjusting to change is very challenging for me.			X		
I often feel that people don't truly understand me.			X		
I'm quick to admit when I am wrong or when I make a mistake.			X		

GAPCheck[®] Men's Life-Group Assessment Insights

43% have a habit of **avoiding conflict**.

1 in 2 are not eager to **share feelings** with people who are close to them.

20% often do not **feel understood** and a third are in the middle.

60% are not actively **seeking feedback** from others.

80% are their **own worst critic**.

43% typically **dwell on past mistakes**.

About a third often **worry about the future**.

20% find it challenging to **adjust to change**, and a third are in the middle.

About a third find it challenging to know **when to take a break or relax**.

DATA SUPPORTING POINTS ABOVE ARE ON THE SLIDES TO FOLLOW

GAPCheck® Self-Awareness Group Results

1. Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
It's easy to identify which emotions I'm feeling. Count	1	1	0	14	1
I usually know what's causing me to feel a certain way. Count	0	0	0	13	4
I often avoid thinking about why I'm sad or angry. Count	3	8	1	4	1
I know when I need to take a break and to relax. Count	0	2	2	11	2
I'm eager to share my feelings with people who are close to me. Count	1	3	3	9	1

GAPCheck® Self Management Group Results

2. Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree
I typically find myself dwelling on past mistakes. Count	3	5	2	7	0
I'm usually my own worst critic. Count	0	2	4	9	2
I fear that people are thinking the worst of me. Count	3	6	6	2	0
I find myself often worried about my future. Count	4	5	3	5	0
My moods usually get the best of me. Count	4	8	3	2	0
I actively seek feedback from others. Count	0	7	3	7	0

GAPCheck® Social Awareness Group Results

3. Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree	Responses
I usually know how others are feeling. Count Row %	1 2.4%	4 9.5%	4 9.5%	27 64.3%	6 14.3%	42
Respecting people with different opinions comes easy to me. Count Row %	1 2.4%	1 2.4%	7 16.7%	25 59.5%	8 19.0%	42
I have a habit of avoiding conflict with others. Count Row %	2 4.8%	13 31.0%	7 16.7%	15 35.7%	5 11.9%	42
I find that I am quick to judge people without really knowing who they are. Count Row %	7 16.7%	15 35.7%	7 16.7%	13 31.0%	0 0.0%	42
I frequently believe that people are using me for their personal benefit. Count Row %	9 21.4%	23 54.8%	4 9.5%	6 14.3%	0 0.0%	42
I always seek to find the best in others. Count Row %	0 0.0%	2 4.8%	4 9.5%	23 54.8%	13 31.0%	42
Totals Total Responses						42

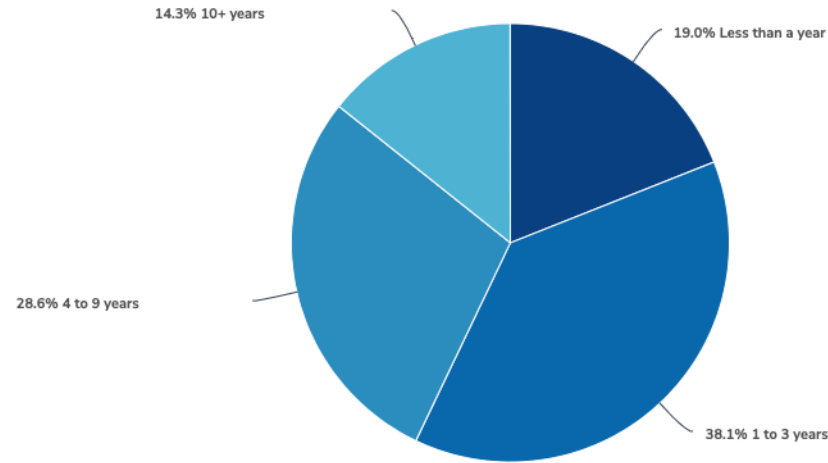
GAPCheck® Relationship Management Results

4. Please share how much you agree or disagree with the following statements.

	Strongly Disagree	Somewhat Disagree	Neither Agree nor Disagree	Somewhat Agree	Strongly Agree	Responses
Most people would say that I'm enjoyable to be around. Count Row %	0 0.0%	0 0.0%	3 7.1%	25 59.5%	14 33.3%	42
I find it easy to have meaningful friendships. Count Row %	0 0.0%	4 9.5%	6 14.3%	21 50.0%	11 26.2%	42
I actively seek to better understand the needs of others. Count Row %	1 2.4%	2 4.8%	4 9.5%	28 66.7%	7 16.7%	42
I thrive when working with others. Count Row %	0 0.0%	4 9.5%	10 23.8%	15 35.7%	13 31.0%	42
Adjusting to change is very challenging for me. Count Row %	3 7.1%	21 50.0%	10 23.8%	7 16.7%	1 2.4%	42
I often feel that people don't truly understand me. Count Row %	3 7.1%	15 35.7%	12 28.6%	10 23.8%	2 4.8%	42
I'm quick to admit when I am wrong or when I make a mistake. Count Row %	0 0.0%	4 9.5%	0 0.0%	33 78.6%	5 11.9%	42
Totals Total Responses						42

GAPCheck® Broken/Strained Relationships Length

5. Think about a relationship in your life that you value which may be broken or strained. About how long has this relationship been this way?

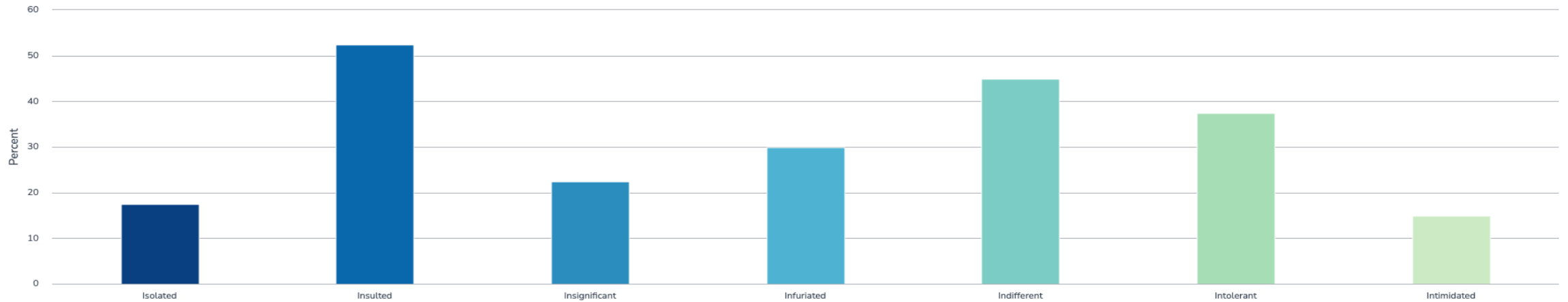


Value	Percent		Responses
Less than a year	19.0%	<div style="width: 19%;"></div>	8
1 to 3 years	38.1%	<div style="width: 38.1%;"></div>	16
4 to 9 years	28.6%	<div style="width: 28.6%;"></div>	12
10+ years	14.3%	<div style="width: 14.3%;"></div>	6

Totals: 42

GAPCheck® Most Common I's of Mistrust

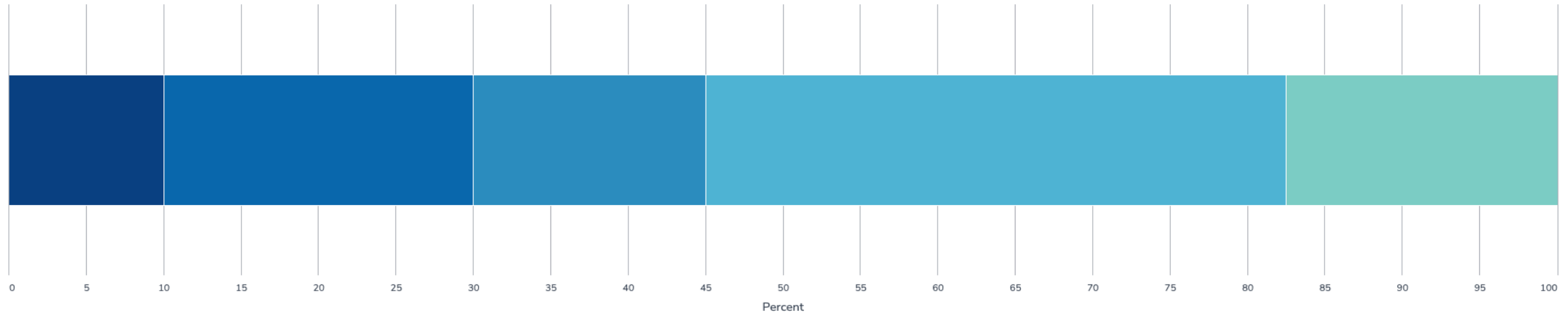
6. Which of the following "I's" do you feel are most responsible for the broken or strained nature of the relationship? (Select all that apply)



Value	Percent	Responses
Isolated	17.5%	7
Insulted	52.5%	21
Insignificant	22.5%	9
Infuriated	30.0%	12
Indifferent	45.0%	18
Intolerant	37.5%	15
Intimidated	15.0%	6

GAPCheck® Relationships Likely to Heal

7. What is the likelihood that the relationship could heal or get better in the next year?



Value	Percent	Responses
Very Unlikely	10.0%	4
Somewhat Unlikely	20.0%	8
Neither Likely or Unlikely	15.0%	6
Somewhat Likely	37.5%	15
Very Likely	17.5%	7

Totals: 40

GAPCheck® Relationship Comments

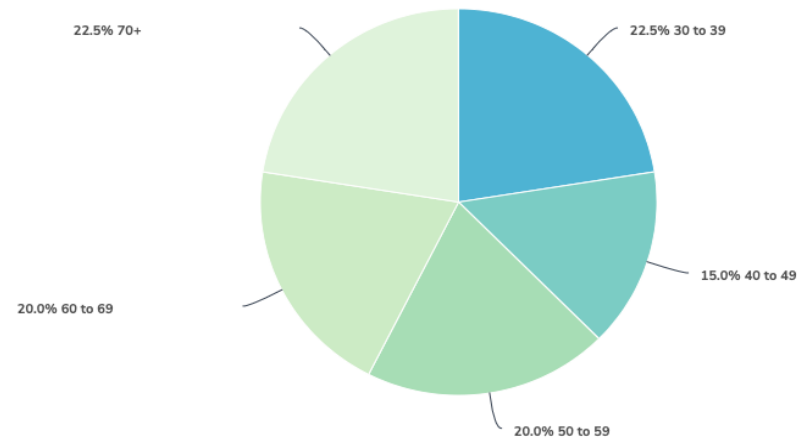
8. Can you briefly explain why you feel this way?

[Hide Responses](#) ▾

ResponseID	Response
23	yes
24	There was been a lot of growth the past couple years which gives me hope it will continue to get better.
25	Sibling who has passed away almost three years ago
26	I have asked God to help and is all Divine Will for it to happen. It is all in God's hands. I pray on it every day.
29	Impossible breach
30	Good communication is possible
31	dealing with a death and the other person does not desire to mend relationship
32	This person refuses to take responsibility for his actions and has refused my attempts to address the issue and make amends.
33	I believe with some of the boundaries set forth the agree to disagree acceptance can allow some quality time ahead but still within walks of lowered expectations and healthy boundaries
34	I'm wanting to contribute time and resources to an organization that is in a state of decline and those in lead roles are opposed or indifferent to my offers.
35	Good people
36	I honestly can't think of a strained relationship that fits these buckets.
37	This is an n/a for me
38	The person has ceased most communications with me.
40	I'm making changes but gradually
41	The previous strength of the relationship over many, many years will override the current strain
42	The other person has communicated that they are unwilling to address the issues from the past that were hurtful.
43	My sincere love and desire for reconciliation in a situation were there can be more compromise and Grace.
45	It's been a history of it and I have not interest in continuing to put myself in that situation.
48	When you live away from people close to you - you naturally drift from them.

GAPCheck® Age Comparison of ML Group

11. Age Category



Value	Percent	Responses
30 to 39	22.5%	9
40 to 49	15.0%	6
50 to 59	20.0%	8
60 to 69	20.0%	8
70+	22.5%	9

Totals: 40

	LOW EMOTIONAL INTELLIGENCE (FOLLY)	THE GAP BETWEEN US – Scripture Map	HIGH EMOTIONAL INTELLIGENCE (WISDOM)	
TrUSt Rule #1	<p><i>The fool deceives himself and pretends that God doesn't see him or what he is doing. He acts as if there is no God. – PSLM. 14:1</i></p> <p>PROV. 12:15; 14:8, 23:9, 28:26</p>	<p>SELF-AWARENESS <i>Recognition of drives and emotions and their effect on others.</i></p> <hr/> <p>We ask God to give you a complete understanding of what he wants to do in your lives. – Col. 1:9</p>	<p><i>The wise person lives life aware of themselves and of God. He lives an honest life before God and in the fear, healthy reverence, of the Lord. – PROV. 9:8, 9</i></p> <p>PROV. 15:31</p>	TrUSt Rule #1
TrUSt Rule #2	<p><i>The fool is emotionally out of control. He is quick to anger and shows little restraint, using his tongue to destroy himself and others around him. – PROV. 10:8</i></p> <p>PROV. 11:12; 12:23; 13:16; 14:29; 29:11, 20</p>	<p>SELF-MANAGEMENT <i>Control of disruptive impulses and ability to think before acting.</i></p> <hr/> <p>But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. – Gal. 5:22</p>	<p><i>The wise person is self-controlled. He does not give free vent to his anger or act emotionally out of control. – PROV. 10:19</i></p> <p>PROV. 16:21, 23; 29:8</p>	TrUSt Rule #2
TrUSt Rule #3	<p><i>The fool goes about with crooked speech, winks with his eyes, signals with his feet, points with his finger, with a heart devising evil, continually sowing discord. – PROV. 6:12-14</i></p> <p>PROV. 17:5; 18:23; 22:22; 29:7</p>	<p>SOCIAL AWARENESS <i>Ability to understand empathy and the emotions of others.</i></p> <hr/> <p>Love your neighbor as yourself. – Mark 12:31</p>	<p><i>The wise person cares for the plight of others. He is humble in the honor of grace. He is compassionate and kind toward those less fortunate. – PROV. 3:34</i></p> <p>PROV. 14:31, 17:17; 19:22; 24:17; 29:7</p>	TrUSt Rule #3
TrUSt Rule #4	<p><i>The fool brings pain to his parents and all those around him. He leaves a wake of relational devastation behind him. – PROV. 13:20</i></p> <p>PROV. 17:21, 19:1, 20:3</p>	<p>RELATIONSHIP MANAGEMENT <i>Ability to relate with others and build relationships and rapport.</i></p> <hr/> <p>Blessed are the peacemakers for they shall be called the sons of God. – Matt. 5:9</p>	<p><i>The wise person has the trust of others, captivating their souls. He often prospers and rules over the foolish. – PROV. 11:29-30</i></p> <p>PROV. 12:18; 13:14; 14:35; 16:14; 17:2</p>	TrUSt Rule #4
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Be very careful, then, how you live—not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore, do not be foolish but understand what the Lord's will is. **EPHESIANS 5:15-17**

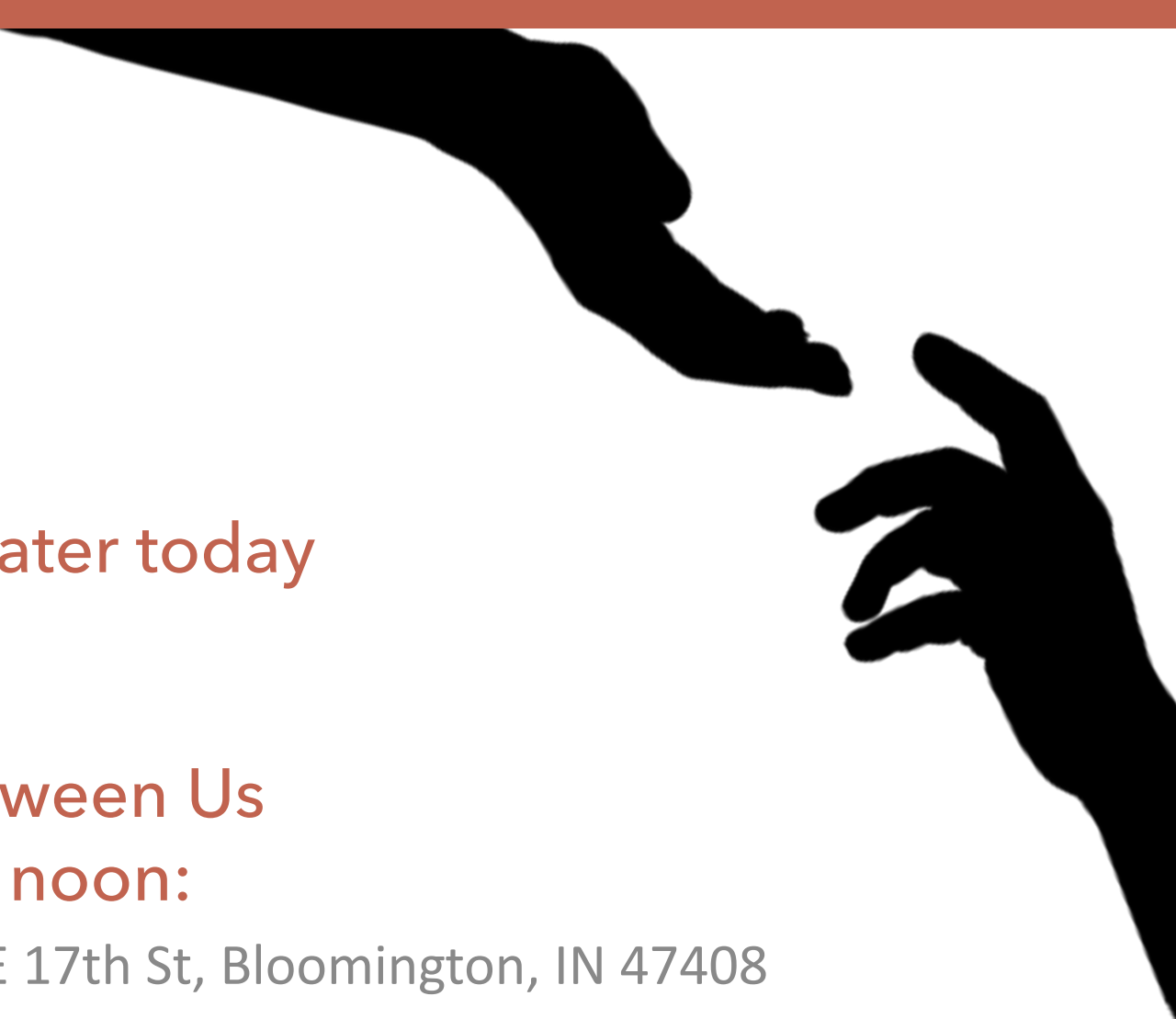
MEN'S LIFE- SESSION 2 OF 3

What's Next?

1) An email will be sent to you later today with the ML group results.

2) Final session on The Gap Between Us be next Tuesday, May 30th at noon:

Virgil T. Devault Alumni Center, 1000 E 17th St, Bloomington, IN 47408



MEN'S LIFE- SESSION 2 OF 3

The Co-authors



Dr. Carol Gardiner



Claudia Mitchell



Neal Daunhauer

