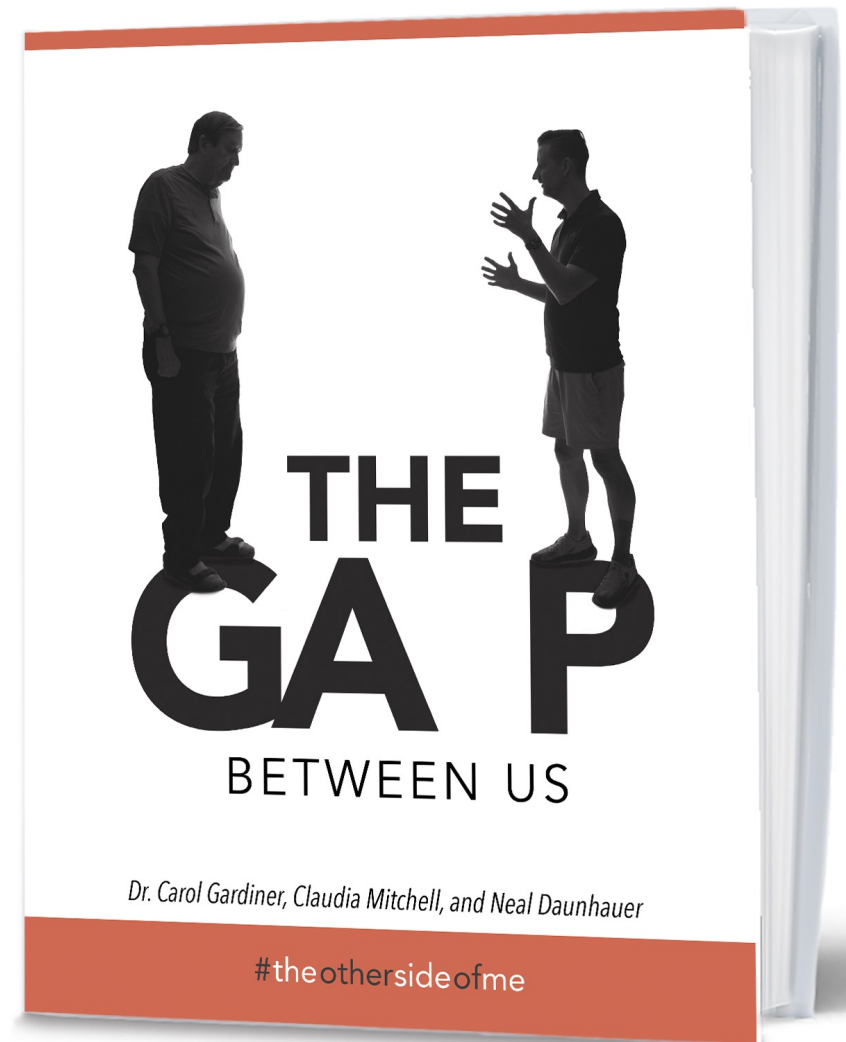


MEN'S LIFE- SESSION 3 OF 3

# The Gap Between Us

---

Neal Daunhauer, Dr. Carol Gardiner,  
and Claudia Mitchell  
30May2023



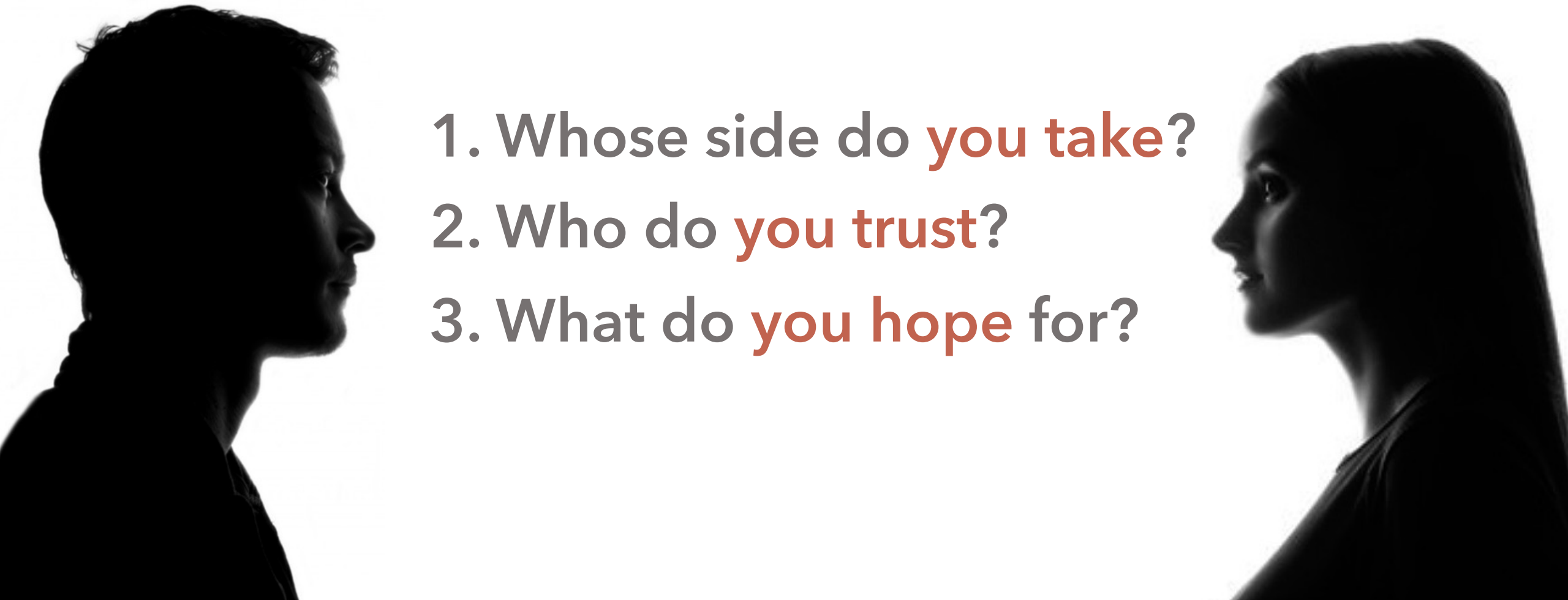


*“When we are no longer able to change a situation, we are challenged to change ourselves.”*

## *Man's Search For Meaning*

VIKTOR FRANKL - 1946

THREE CRITICAL QUESTIONS FACING YOUR RELATIONSHIPS

- 
- A silhouette of a man on the left and a woman on the right, both facing each other in profile. They are positioned on either side of the central text, creating a sense of dialogue or conflict.
1. Whose side do **you take**?
  2. Who do **you trust**?
  3. What do **you hope** for?

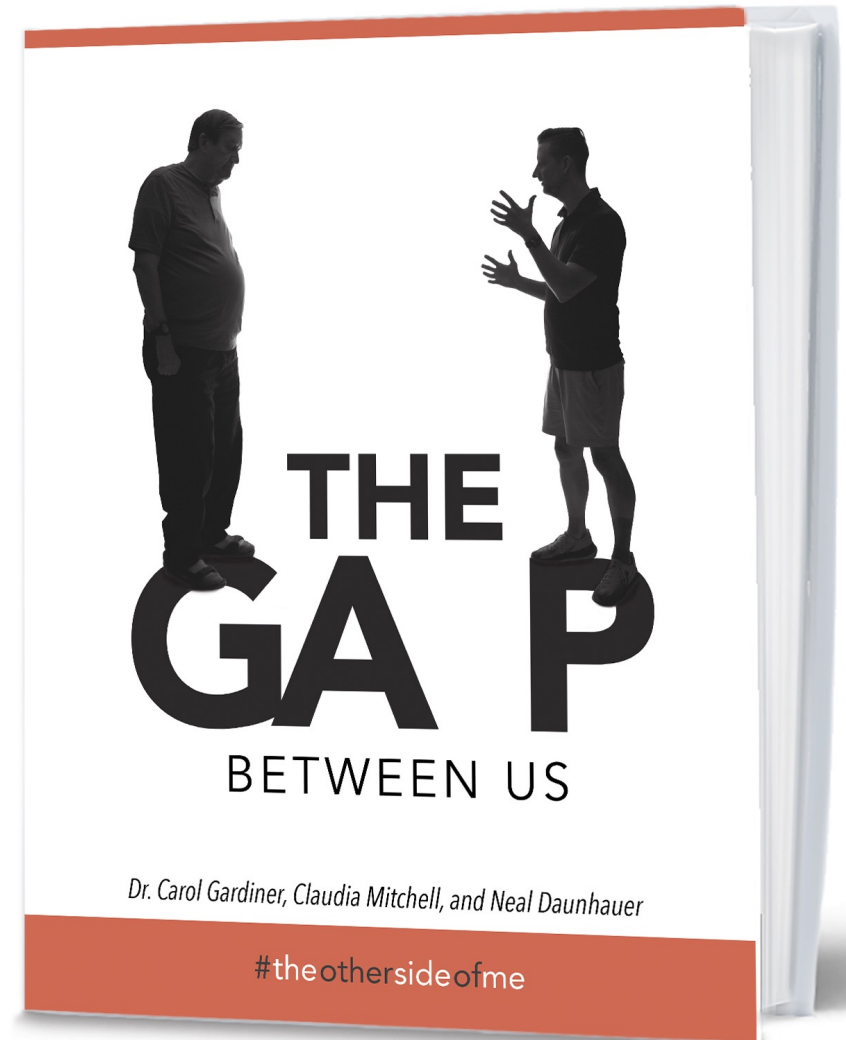
MEN'S LIFE- SESSION 3 OF 3

# The Gap Between Us

---

“For perceptive people who worry about how to engage **polarizing** relationships in a **posturing** society, we want to know how to appropriately **recognize** and **reconcile** opposing viewpoints.”

THE PURPOSE OF “THE GAP BETWEEN US”



# The Fight -or- Flight Response System

THE "I's OF MISTRUST"

## FIGHT

- Intolerant
- Insulted\*
- Infuriated

52%

## FLIGHT

- Isolated
- Indifferent\* 45%
- Insignificant
- Intimidated

ALARM > RESISTANCE > EXHAUSTION

## GAPCheck® Men's Life-Group Assessment Insights

---

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

**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** of us often **worry about the future**.

DISCUSSION CONCERN:

**What do we do when reconciliation seems hopeless?**

**WE BUILD BRIDGES. WE BRING HOPE!**

BUILDING BRIDGES OVER "THE GAP BETWEEN US"

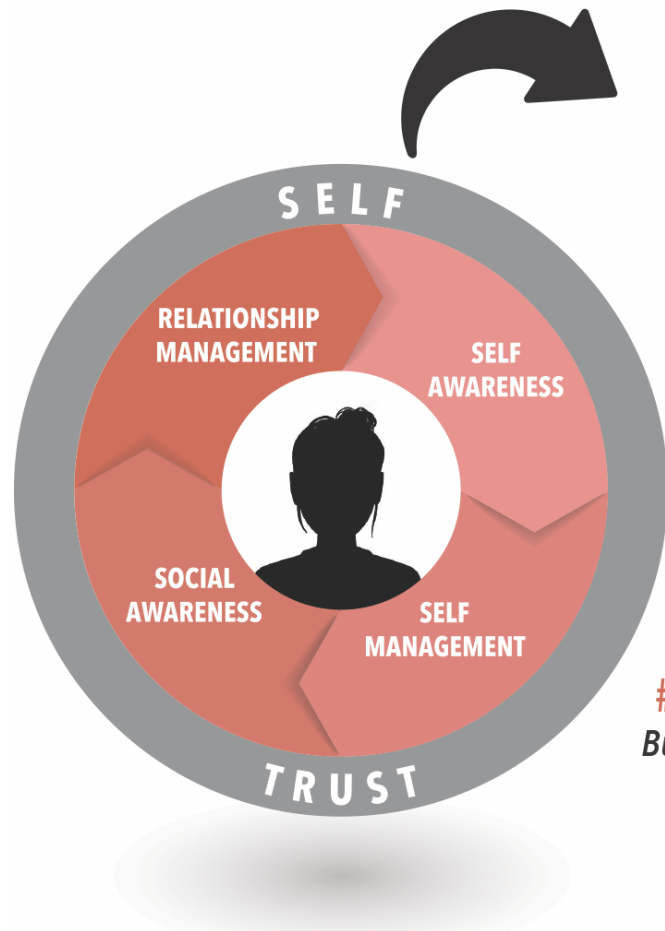
# The **HOPE** Brain Connects our...



Through his great mercy He has given us  
a new birth and a living hope. **1 PETER 1:3**



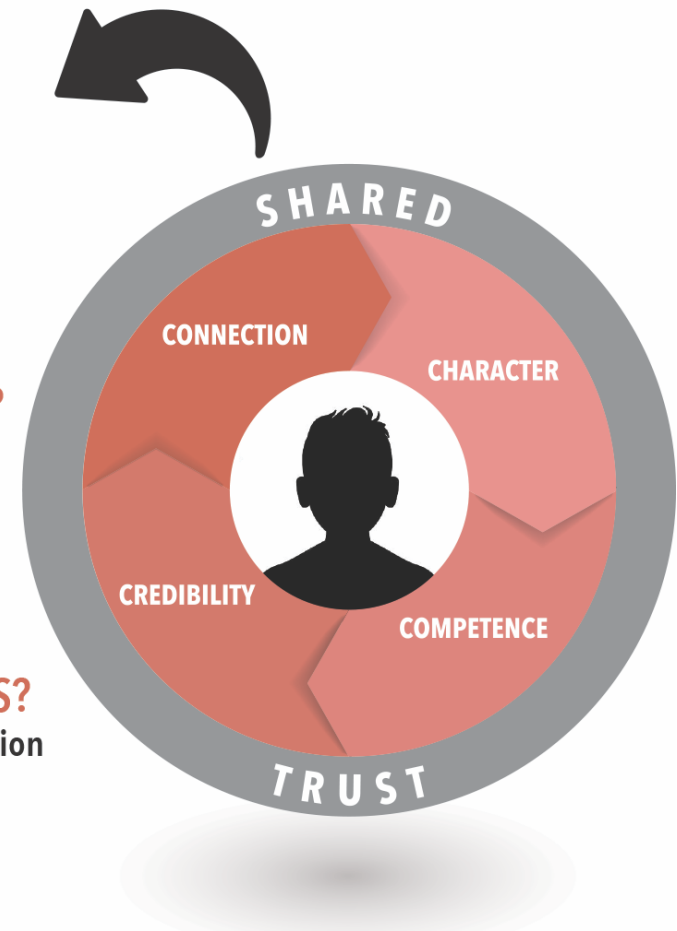
# Two Sides of Trust ... Building Bridges













## TrUSt Rules

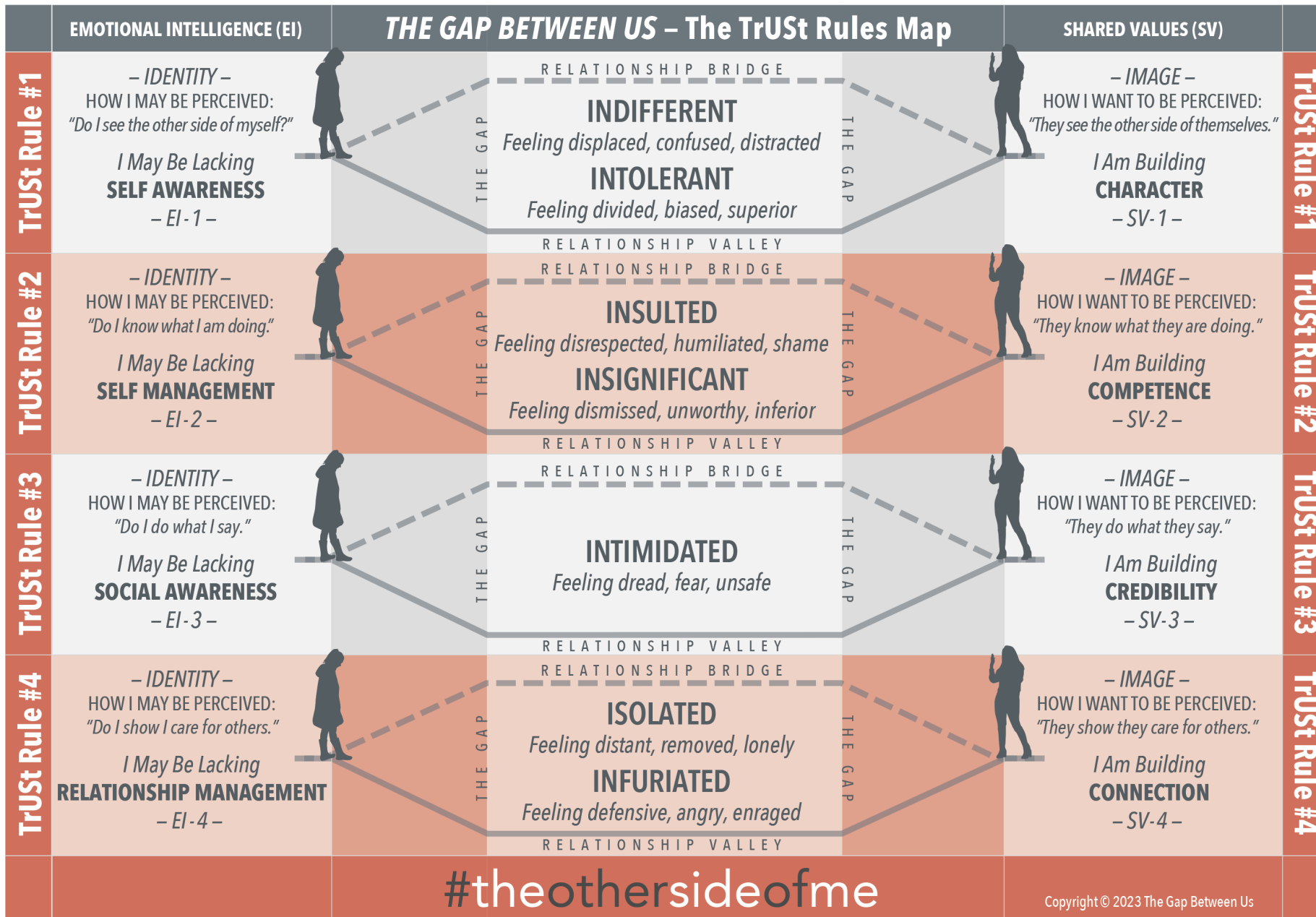
*BUILDING BRIDGES to CLOSE THE GAP BETWEEN US*

- #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*



EMOTIONAL INTELLIGENCE (EI)	<b>THE GAP BETWEEN US – The Gap Illustrated</b>			SHARED VALUES (SV)
<b>MY IDENTITY ISSUE</b> How I may be perceived	<b>BUILDING...</b> - Review your concern(s) - Reveal your conflict ("I's")	<b>MANAGING MY GAP</b> The "I's" of Mistrust I am Experiencing and the Shared Values I am Exercising	<b>BRIDGES</b> - Release your control - Reset your confidence - Renew your commitment	<b>MY IMAGE GOAL</b> How I want to be perceived
<p>"Hey, Dee, how was your weekend?"</p>	 LAURA	<b>EI DOMAIN #4</b> <b>RELATIONSHIP MANAGEMENT</b> <i>Showing care for others.</i> Bridge CONNECTION	 DEE	<b>COMBATIVE RESPONSE:</b> <i>"Hi, Laura, it was fine until I saw the rioters tearing down the city."</i> <b>CONNECTIVE RESPONSE:</b> <i>"Hi, Laura, it was fine although I was concerned for our city and people's safety."</i>
<b>COMBATIVE RESPONSE:</b> <i>"Oh, you mean the protests? I thought they were making some good points."</i> <b>CONNECTIVE RESPONSE:</b> <i>Dee sounds dismissed, maybe I should recognize it, "I'm sorry that bothered you."</i>	 LAURA	<i>Feeling dismissed, unworthy, inferior...</i> <b>INSIGNIFICANT</b> Bridge CONNECTION	 DEE	<b>COMBATIVE RESPONSE:</b> <i>"Good points? The only point is that violence is wrong and they are wrong."</i> <b>CONNECTIVE RESPONSE:</b> <i>Laura sees another side of this, I should ask, "What were the 'good points?'"</i>
<b>COMBATIVE RESPONSE:</b> <i>"You can't really say someone is wrong for speaking their mind."</i> <b>CONNECTIVE RESPONSE:</b> <i>Dee is feeling divided, and I can empathize with her this way, "Violence never helps."</i>	 LAURA	<i>Feeling divided, biased, superior...</i> <b>INTOLERANT</b> Bridge CONNECTION	 DEE	<b>COMBATIVE RESPONSE:</b> <i>"If you think speaking your mind like that is ok, do you agree with the violence?"</i> <b>CONNECTIVE RESPONSE:</b> <i>Laura may be feeling that I am biased, "Yes, people deserve to be heard."</i>
<b>COMBATIVE RESPONSE:</b> <i>"We were there, Dee. The protest was positive and this is what is needed."</i> <b>CONNECTIVE RESPONSE:</b> <i>"Violence" is creating distance with us, I can respond, "Violence is not a good approach."</i>	 LAURA	<i>Feeling distant, removed, lonely...</i> <b>ISOLATED</b> Bridge CONNECTION	 DEE	<b>COMBATIVE RESPONSE:</b> <i>"The only thing needed is for people to realize they are wrong, like you."</i> <b>CONNECTIVE RESPONSE:</b> <i>Laura was there, I should inquire, "What was it like to be there, were you scared?"</i>
<b>COMBATIVE RESPONSE:</b> <i>"If exercising my freedom is wrong, then maybe we are what's wrong."</i> <b>CONNECTIVE RESPONSE:</b> <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> <b>INFURIATED</b> Bridge CONNECTION	 DEE	<b>COMBATIVE RESPONSE:</b> <i>"That's what I'm thinking, you stay on your side and I'll stay on mine."</i> <b>CONNECTIVE RESPONSE:</b> <i>Laura is my friend, we can't end this way, "Let's agree to help those who are hurting."</i>
<h1>#theothersideofme</h1>				

Copyright © 2023 The Gap Between Us



#theothersideofme

Copyright © 2023 The Gap Between Us

**"It Takes Time"**



THE GAP BETWEEN US

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. **ROMANS 15:13**

WISDOM IN THE GAP BETWEEN US

Do not speak evil against one another. **JAMES 4:11**

Do not grumble against one another. **JAMES 5:9**

Do not to quarrel with one another over opinions. **ROMANS 14:1**

Live in harmony with one another. **ROMANS 15:5**

Do not be conceited, provoke, or envy one another. **GALATIANS 5:26**

Let no root of bitterness spring up against one another. **GALATIANS 5:26**

Rejoice in hope, be patient in trials, be constant in prayer. **ROMANS 12:12**

MEN'S LIFE- SESSION 3 OF 3

# Building Bridges in The Gap Between Us

---

- 1) Identify your "I's" of Mistrust, seek opportunities to engage.
- 2) Ask "the other side" to identify their "I's" and apply EI.
- 3) If they are unwilling to participate, LEAN IN carefully, love anyway...pray always!

MEN'S LIFE- SESSION 3 OF 3

# The Co-authors

---



Dr. Carol Gardiner



Claudia Mitchell



Neal Daunhauer

