



## Wrong Responses to My Mate

1. **Unforgiveness** – Punishing one another having been hurt by them.  
**Retaliation** – You don't do the things the other wants you to do.  
**Solution** – Is there any sin in your life you need to confess to your mate and ask for his/her forgiveness?  
Read: Matthew 5:23,24.  
James 5:16 says, *"Confess your sins to one another, and pray for one another, so that you may be healed."*
2. **Rejection** – The inability to love or to feel loved; always feel on trial, as if being judged; never shown affection.  
**Solution** – Is there any area where you have been trying to change your mate rather than loving him/her and praying for God to do it?  
*"Accept one another, then, just as Christ accepted you, in order to bring praise to God."* Romans 15:7 (NIV)  
*"Husbands, love your wives, just as Christ loved the church and gave Himself up for her..."* Ephesians 5:25 (NIV)
3. **Pride – Defensiveness** – "I'm right, you have a wrong attitude."  
Stubbornness; unable to say, "I'm sorry, it was my fault."  
*"If anyone wishes to come after Me, let him deny himself, and take up his cross daily, and follow Me."* Luke 9:23  
*"... we ought to lay down our lives..."* I John 3:16
4. **Truth Without Love** – "You're wrong." "That was stupid." "Can't you do anything right?" "... for the letter kills, but the Spirit gives life." II Corinthians 3:6, "*He was full of grace and truth.*"
5. **Withdrawal** – TV, newspapers, work, activities, etc. The biggest reason we withdraw is that we are afraid of being hurt, judged, or rejected.  
*"You shall know the truth, and the truth shall make you free."* John 8:32  
*"Do not judge lest you be judges yourselves."* Matthew 7:1



6. **Disallowance of Feelings** – “You shouldn’t feel that way, that’s stupid.”  
*“Love is patient, love is kind, and is not jealous; love does not brag and is not arrogant, does not act unbecomingly; it does not seek its own, is not provoked, does not take into account a wrong suffered.” I Corinthians 13:4,5*
7. **Counter Attack** – “Let’s not look at my problem, let’s look at what’s wrong with you!” *“Let no unwholesome word proceed from your mouth, but only such a word as is good for edification... that it may give grace to those who hear.” Ephesians 4:29*
8. **Guilt** – “I am awful.” “I don’t know how you put up with me.”
9. **Anger** – The most common response to hurt and rejection. If not adequately dealt with can result in deep resentment, hostility and bitterness. James 1:20, “The anger of man will not produce the righteousness of God,” James 3:18; Ephesians 5:26,27
10. **Fear of Rejection** – “I knew you’d reject me too!” – anticipates that others will reject him; longs of approval of others through agreeing to their wishes. The lie believed is that one must be approved by certain others to feel good about themselves. This leads to superficial relationship and isolation, believing that others will reject if they know what we are really like. Colossians 1:22, *“You are reconciled through Christ’s fleshly body through His death, so you may be presented before the Father, holy, blameless, and beyond reproach.”*
11. **Fear of Failure** – “No matter how hard I try, I can’t win.” One feels he must meet certain standards in order to feel good about himself, which can lead to mood disorders, anticipation of rejection, defensive reaction to criticism, perfectionism, and domineering actions.
12. **Rebellion** – An attitude of “I want to do what I want to do, not what you want.” Active or passive resistance and opposition to authority and control (God or man). Titus 3:1-3; 1 Peter 3:1-15



13. **Change Your Mate** – Rarely satisfied with certain aspects of your mate. Continually reminding them of faults or weaknesses. This can become a battle of the wills or result in an outer change one, but a losing of one's personhood and individuality. Romans 15:7, "Accept one another, as Christ accepted you in order to bring praise to God."
14. **Self-Pity** – "Poor me, nobody understands me, I wish I could die." – pouty attitude. Depression, despair, and hopelessness are often a part of this package of responses. II Corinthians 5:21, *"The Father made Christ who knew no sin to become sin on our behalf, that we might become the righteousness of God in Him."*
15. **Denial and Repression** – "Your words don't bother me." Denies hurts and feelings and pushes them down. Creates superficial relationships at best with hidden anger and bitterness erupting to the surface. James 8:32, *"You shall know the truth and the truth will set you free."*
16. **Addiction** – Strong habits that seem to have control of one's self. Eating, smoking, shopping, drugs and medication, alcohol, TV, gambling, Romans 6:12, *"Do not let sin reign in your mortal body that you should obey its lusts."*