

## Relationship Restart

### What To Do When A Wall Goes Up In Your Relationship

1. \_\_\_\_\_

**Mark 3:4-6** *But they wouldn't answer him. He looked around at them angrily and was deeply saddened by their hard hearts. Then he said to the man, "Hold out your hand." So the man held out his hand, and it was restored! At once the Pharisees went away and met with the supporters of Herod to plot how to kill Jesus.*

**Definition:** "Stonewalling is when someone emotionally shuts down and withdraws from the interaction. It can appear they are ignoring you, pretending you aren't there." (Kari Rusnak, LPC)

85% of stonewallers are \_\_\_\_\_

**Impact:** No communication; no problem solving; no repair

2. \_\_\_\_\_

a) \_\_\_\_\_

**Proverbs 27:4** *Anger is cruel, and wrath is like a flood...*

Key: Take a break \_\_\_\_\_

b) \_\_\_\_\_

**Proverbs 14:29** *People with understanding control their anger; a hot temper shows great foolishness.*

Key: Practice \_\_\_\_\_

c) \_\_\_\_\_

**Psalms 6:6-7** *I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears. My eyes grow weak with sorrow; they fail because of all my foes.*

d) \_\_\_\_\_ when you begin again

**Proverbs 15:1** *A gentle answer deflects anger, but harsh words make tempers flare.*

*When one person begins stonewalling, usually they are physiologically flooded, which has a number of indicators: increased heart rate, the release of stress hormones into the bloodstream, and even a fight-or-flight response. When that happens, it is impossible to continue discussing the issue at hand in a rational and respectful way; you're simply too physiologically agitated to do so. Dr. John*

Gottman Blog

#### Common signs of stonewalling:

- Giving the silent treatment
- Abruptly walking away
- Avoiding eye contact
- Acting busy or abruptly moving on to another task
- Refusing to answer any questions
- Ignoring you or pretending they don't hear you
- Simply saying "I'm fine," and nothing else

#### Gentle start up formula:

I feel \_\_\_\_\_

Because \_\_\_\_\_

I need \_\_\_\_\_

#### What signal will we use that we need a 30 minute break?

*"Look, we've been through this over and over again. I'm tired of reminding you—"*

*"Honey, I'm sorry to interrupt you, but I'm feeling overwhelmed and I need to take a break. Can you give me thirty minutes and then we can talk?"*

Or

*"Alright, I'm feeling too angry to keep talking about this. Can we please take a break and come back to it in a bit? It'll be easier to work through this after I've calmed down."*