



## Our Personal Internal GPS — Lines & Arrows

**Under Stress**

*What we are like when we are under stress.*

**Type 3** moves toward Average to Unhealthy **Type 9**

- Driven Threes suddenly become disengaged and apathetic.
- They neglect themselves and possibly numb out by watching TV, playing video games, shopping, eating, etc.

**Security Point**

*The way we behave with those we are totally secure with.*

**Type 3** moves toward Average to Unhealthy **Type 6**

- More openly express their anxieties and frustrations.
- After appearing “positive” to others, they come home and vent their dissatisfactions, self-doubt, dread, anger, and suspicion of others.

**Growth Point**

*When the Holy Spirit enables us to begin to transform and grow.*

**Type 3** moves toward Healthy side of **Type 6**

- Vain, deceitful Threes become more cooperative and committed to others.
- They become aware of their feelings and reveal who they are behind their “achieving” masks.

**The Missing Piece**

*After we begin to grow, we can transcend to this level.*

**Type 3** moves toward Healthy side of **Type 9**

- Threes need to learn most from the high side of Type Nine by learning how to simply “be” instead of constantly doing, achieving, and performing.

### Reflection Questions

#### Moving toward Type 9

- Describe a time when you were under stress and you became more disengaged and numbed out by watching TV, shopping, sleeping, eating, or some other method.
- Describe your normal “go-to” strategies when you disengage from life.
- What would it look like if you let go of needing to have a successful image and rely solely on the image you now possess in Christ?
- How does this allow you to **just be YOU**?
- What are some ways you can just be you and not perform and strive for an image?

#### Moving toward Type 6

- When around those you are secure with (mainly your family), do you express some of your anxieties and frustrations?
- Do you tend to vent to those closest to you? Does it help? Are there other ways that would benefit you and your family?
- Describe a time when you were growing that you turned your focus away from gaining a successful image for yourself and began to focus on others?
- How did this benefit others and bring you joy, even if there was no other big gain?

### Internal Message

Each of us has an internal record player that says many things to us. One message you receive often is:

**“If I do something valuable or admirable, then I am okay.”**

#### Contradiction

- How do you know that a particular accomplishment or image will make you valuable?
- How will you know if others really do admire and see your accomplishments as valuable?
- When will you reach “success”? Is there a certain measurement where it ends and you are completely satisfied?
- Can you see how being valued by God is all you need and that people cannot come through for you?