

YOUR SUPERPOWER

Your Superpower Under Pressure

Stop Trying to Win Arguments

Start trying to win connection.

Ephesians 2:14, 15, 17(NIV): "...He Himself is our peace..... making peace... preached peace..."

Ephesians 4:2,3(NIV): "Be completely humble and gentle; be patient, bearing with one another in love.³ Make every effort to keep the unity of the Spirit through the bond of peace."

Romans 12:18(NLT): "Do all that you can to live in peace with everyone."

Zero-sum couples are anti-shalom couples — and 58% of them don't just lose connection. They lose their lives.

(Gottman research: 58% of zero-sum couples experienced early death.)

Psalms 34:12-14(NIV): "Whoever of you loves life and desires to see many good days, 13 keep your tongue from evil and your lips from telling lies. 14 Turn from evil and do good; seek peace and pursue it."

Autoimmune disease is anti-peace disease.

Ephesians 6:12(NIV): "For our struggle is not against flesh and blood..."

Fighting people isn't strength — it's spiritual self-harm.

Soft Start – Strong Finish

"96% of conversations that begin with a harsh start... end badly."— *The Gottman Institute*

Proverbs 15:1(ERV): "A gentle answer makes anger disappear, but a rough answer makes it grow."

The way you start a conversation determines the way it will end — 96% of the time.

Have a talk with the wisest person you know — YOU!

Psalms 42:5(ERV): "Why am I so sad? Why am I so upset? I tell myself..."

Talk to Yourself in the Third Person

- ✓ **Regulates Emotion**
- ✓ **Gains Perspective**
- ✓ **Reduces Stress**
- ✓ **Accesses Wisdom**

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All scriptures referenced are from the New International Version (NIV) translation of the Bible unless otherwise indicated.