

Notes

Introduction

1. Learn more about the work of Dr. Jim Wilder and the Life Model for transformation at lifemodelworks.org.
2. This circuit goes by many names. The *control center* in Life Model literature (lifemodelworks.org), Dr. Karl Lehman (immanuelapproach.com) refers to the brain's control center as the *relational circuitry* in Karl Lehman, *Outsmarting Yourself: Catching Your Past Invading the Present and What to Do about It* (Libertyville, IL: This JOY! Books, 2011), the *fast-track system* by Marcus Warner and E. James Wilder, *RARE Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016), the *On/Off switch* in Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019); the work of Dr. Allan Schore out of UCLA (allanschore.com) goes into great detail on the role and function of this brain system.
3. The teachings of Dr. Jim Wilder in the THRIVE-at-Home course (thrivetoday.org) and Dr. Karl Lehman (immanuelapproach.com) apply the research of Dr. Allan Schore from UCLA (allanschore.com) on the levels that make up the relational circuitry.
4. Brain plasticity refers to the brain's ability to change over time and rewire itself for new skills and to regain lost or impaired abilities.

Chapter 1: Firing Up Your Relational Circuit

1. I use a version of this story in Chris Coursey, *Transforming Fellowship: 19 Brain Skills That Build Joyful Community* (Holland, MI: Coursey Creations, LLC, 2016), 129–31.
2. This is a fictitious name and elements of this story have been altered to protect Mason's identity.
3. The vast writings and works of Dr. Allan Schore (allanschore.com) discuss this right hemispheric brain system, while Dr. Jim Wilder (lifemodelworks.org) applies this research.
4. Dr. Jim Wilder came up with this terminology as part of the Life Model curriculum. *Acting Like Yourself* is Skill 12 in the THRIVEtoday list of nineteen relational skills (thrivetoday.org).

5. Those who rely on the Bible for guidance can refer to Ephesians 2:10 on how acting like ourselves produces “good works,” which are *the result* of being who we were created to be.
6. The writings and teachings of Dr. Jim Wilder (lifemodelworks.org) apply the research of Dr. Allan Schore (allanschore.com) on relational joy.
7. The work and research of Dr. Allan Schore (allanschore.com). More about joy can be found in Life Model materials (lifemodelworks.org) including E. James Wilder, Ed Khouri, Chris. M. Coursey, Shelia D. Sutton, *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd’s House, Inc., 2013).
8. Learn more about joy and the brain’s fast-track and slow-track processor in Marcus Warner and E. James Wilder, *RARE Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016).
9. Learn about these capacities in the following two books: Chris Coursey, *Transforming Fellowship*; Amy Brown and Chris Coursey, *Relational Skills in the Bible: A Bible Study Focused on Relationships* (Carmel, IN: Deeper Walk International, 2019).
10. E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders & Ourselves* (Carmel, IN: Deeper Walk International, 2018).
11. Michel Hendricks and E. James Wilder, *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation* (Chicago: Moody Publishers, 2020).
12. Visit thrivetoday.org to see the nineteen relational skills.
13. Learn more with Wilder, *The Pandora Problem*.
14. Wilder et al., *Joy Starts Here: The Transformation Zone*.
15. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019).
16. Wilder et al., *Joy Starts Here: The Transformation Zone*.
17. Ibid.
18. Stephanie Hinman and Marcus Warner, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2020).

Chapter 2: Offline: Recognizing a Shutdown

1. Learn more about these levels with the teachings of Dr. Jim Wilder in the THRIVE-at-Home curriculum (thrivetoday.org), the work of Dr. Karl Lehman (immanuelapproach.com), and Marcus Warner and E. James Wilder, *RARE Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016).
2. Term used by Dr. Jim Wilder.
3. I talk more about the role of nonverbal stories in Coursey, *Transforming Fellowship*, 139–47.
4. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019).
5. Dr. Jim Wilder is the source of the different versions and terms of Enemy Mode. Learn more with Michel Hendricks and E. James Wilder, *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation* (Chicago: Moody Publishers, 2020) and E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders & Ourselves* (Carmel, IN: Deeper Walk International, 2018).
6. Hendricks and Wilder, *The Other Half of Church*, 88.
7. Adapted from the *Belonging* module in the Connexus program designed by Ed Khouri (equippinghearts.com) and Dr. Jim Wilder (lifemodelworks.org) and the book *Outsmarting Yourself: Catching Your Past Invading the Present and What to Do about It* (Libertyville, IL: This JOY! Books, 2011) by Karl Lehman.
8. For an in-depth look at relational circuits in the ON or OFF position, review Lehman, *Outsmarting Yourself* and Khouri and Wilder, *Belonging* in the Connexus program.
9. Hendricks and Wilder, *The Other Half of Church*, 88.
10. Ibid.
11. This point is from the work and writings of Dr. Jim Wilder.

Chapter 3: Get Back on Track!

1. Wilder et al., *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House, Inc., 2013).
2. I recommend the VCR process for attunement. Learn more with Marcus Warner and E. James Wilder, *RARE Leadership: 4 Uncom-*

mon Habits for Increasing Trust, Joy, and Engagement in the People You Lead (Chicago: Moody Publishers, 2016). Also, Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019).

3. Learn more about attunement with Karl Lehman, *Outsmarting Yourself: Catching Your Past Invading the Present and What to Do about It* (Libertyville, IL: This JOY! Books, 2011); Warner and Wilder, *RARE Leadership*; Warner and Coursey, *The 4 Habits of Joy-Filled Marriages*.

Chapter 4: Removing Roadblocks

1. This story was used in a blog I wrote: Chris Coursey, “When the Fuse Is Too Short,” THRIVEtoday, June 4, 2019, <https://thrive.today.org/when-the-fuse-is-too-short/>.
2. Learn more with Stephanie Hinman and Marcus Warner, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2020).
3. Learn more about the Life Model at lifemodelworks.org.
4. James G. Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke, and Maribeth Poole, *Living from the Heart Jesus Gave You* (East Peoria, IL: Shepherd’s House, Inc., 2013), 83–89.
5. These and more can be found in Friesen et al., *Living from the Heart Jesus Gave You*, 85.
6. Learn more with Friesen et al., *Living from the Heart Jesus Gave You*, and Karl Lehman, *Outsmarting Yourself: Catching Your Past Invading the Present and What to Do about It* (Libertyville, IL: This JOY! Books, 2011).
7. Lehman, *Outsmarting Yourself*.
8. Learn more in E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders & Ourselves* (Carmel, IN: Deeper Walk International, 2018).
9. Learn more with Wilder et al., *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd’s House, Inc., 2013).
10. Dr. Jim Wilder developed this training in 2001 while I tested the exercises. Together we ran the first training in 2002. Visit thrivetoday.org to see the nineteen relational skills.

11. A lot of hands-on practice on appreciation can be found in Brown and Coursey, *Relational Skills in the Bible: A Bible Study Focused on Relationships* (Carmel, IN: Deeper Walk International, 2019).
12. Alex Korb, *The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time* (Oakland, CA: New Harbinger Publications, Inc, 2015). The areas of the brain are the ventromedial and lateral prefrontal cortex, which is part of the Level 4 in the control center.
13. Korb, *The Upward Spiral*.
14. Learn more with the research of Joel Wong, PhD, associate professor at Indiana University and Joshua Brown, PhD, professor at Indiana University.
15. Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019).

Chapter 5: How to Stay Relational

1. Marcus Warner and E. James Wilder, *RARE Leadership: 4 Uncommon Habits for Increasing Trust, Joy, and Engagement in the People You Lead* (Chicago: Moody Publishers, 2016), 26–27.
2. Learn more about habits, and the fast-track and slow-track processor in Warner and Wilder, *RARE Leadership*, 29–31.
3. Ibid.
4. Ibid.
5. Learn more in Coursey, *Transforming Fellowship*.
6. Dr. Allan Schore teaches regulating high-energy states (joy) to low-energy states (rest) are the best predictors for lifelong mental health. Learn more about the significance of rest in Wilder et al., *Joy Starts Here: The Transformation Zone* (East Peoria, IL: Shepherd's House, Inc., 2013).
7. Learn more with Wilder et al., *Joy Starts Here: The Transformation Zone*.
8. Adrian Ward, Kristen Duke, Ayelet Gneezy, Maarten Bos, "The Effects of Smartphones on Studying," McCombs School of Business, University of Texas at Austin, February 21, 2018, <https://research.utexas.edu/showcase/articles/view/the-effects-of-smartphones-on-studying>.
9. Ward et al., "The Effects of Smartphones."

10. See more with Larry D. Rosen, “The Distracted Student Mind—Enhancing Its Focus and Attention,” *Phi Delta Kappan*, October 1, 2017, <https://kappanonline.org/rosen-distracted-student-mind-attention/>.
11. Linda Stone, “Are You Breathing? Do You Have Email Apnea?,” LindaStone.net, November 24, 2014, <https://lindastone.net/tag/screen-apnea/>.
12. Stone mentions these were dancers, musicians, an Ironman triathlete (among other high performance athletes), and a test pilot.
13. We are indebted to Dr. Jim Wilder for helping us develop this habit.
14. This exercise is based on the work and writings of Dr. Daniel Siegel at drdansiegel.com.
15. Based on the “Rest and Joy” exercise by Marcus Warner and Chris Coursey, *The 4 Habits of Joy-Filled Marriages: How 15 Minutes a Day Will Help You Stay in Love* (Chicago: Moody Publishers, 2019), 109–10.

Chapter 6: Sustaining the Switched-On Life

1. Learn more with Allan Schore, *The Development of the Unconscious Mind* (New York: W. W. Norton & Company, 2019).
2. Suffering well is a Life Model concept from Thomas Gerlauch used to contrast trauma. Suffering well means we are still relational; we remember who we are while we endure pain. Trauma pushes us into nonrelational mode where we lose ourselves.
3. E. James Wilder, *The Pandora Problem: Facing Narcissism in Leaders & Ourselves* (Carmel, IN: Deeper Walk International, 2018).
4. Learn more about enemy mode in Wilder, *The Pandora Problem*.
5. Shepherd’s House, Inc., *Passing the Peace after a Crisis*, vs. 3.1 (East Peoria, IL: Shepherd’s House, Inc., 2015), 7.
6. Ed Khouri and Jim Wilder, *Belonging Facilitator Workbook* (Pasadena, CA: Shepherd’s House, Inc., 2010), 48.
7. For more on this, read Shepherd’s House, Inc., *Passing the Peace*.
8. The work of Dr. Jim Wilder (lifemodelworks.org), Dr. Karl Lehman (immanuelapproach.com), and Ed Khouri (equippinghearts.com) have contributed to these exercises.
9. The Shalom My Body exercises are based on the work of neurotherapist Suzanne Day (neuroclinicbarrie.com) and the work of Dr. Jim Wilder (lifemodelworks.org), Ed Khouri (equippinghearts.com),

and Dr. Karl Lehman (immanuelapproach.com). Watch a demonstration of the Shalom My Body exercises on the Chris Coursey – THRIVEtoday YouTube page at <https://www.youtube.com/user/Thrivingtoday>.

10. Learn more about this practice with Lehman, *Outsmarting Yourself*, 200ff.
11. Chris Coursey – THRIVEtoday, YouTube page at <https://www.youtube.com/user/Thrivingtoday>.
12. Chris Coursey – THRIVEtoday, YouTube page at <https://www.youtube.com/user/Thrivingtoday> and Dr. Jim Wilder demonstrates the exercises in the Year One course in the THRIVE-at-Home series at thrivetoday.org.
13. Stephanie Hinman and Marcus Warner, *Building Bounce: How to Grow Emotional Resilience* (Carmel, IN: Deeper Walk International, 2020).
14. Lehman, *Outsmarting Yourself*, 245.

Chapter 7: Starting a Relational Revival

1. Training through THRIVEtoday events (thrivetoday.org), including the work of Dr. Jim Wilder (lifemodelworks.org), Dr. Karl Lehman (immanuelapproach.com), John and Sungshim Loppnow (presenceandpractice.com), and more colleagues and partner organizations. Visit thrivetoday.org to view resources.
2. Christians believe the prophet Isaiah prophesied Jesus to be the Prince of Peace in Isaiah 9:6, and 1 Corinthians 14:33 refers to God as a God of peace.
3. Reference to Matthew 5:45.
4. Learn more with Michel Hendricks and E. James Wilder, *The Other Half of Church: Christian Community, Brain Science, and Overcoming Spiritual Stagnation* (Chicago: Moody Publishers, 2020).
5. One example is Korah in Psalm 42.
6. A few examples are Psalm 46:1, Matthew 7:7, and Hebrews 4:15–16.
7. Psalm 50:10.
8. Learn more in Karl Lehman, *The Immanuel Approach: For Emotional Healing & for Life* (Evanston, IL: Immanuel Publishing, 2016) and E. James Wilder, Anna Kang, John Loppnow, and Sungshim Lop-

pnow, *Joyful Journey: Listening to Immanuel* (East Peoria, IL: Shepherd's House, Inc., 2015).

9. Learn more about these steps with E. James Wilder and Chris Coursey, *Share Immanuel: The Healing Lifestyle* (East Peoria, IL: Shepherd's House, Inc., 2010).
10. Reference to 2 Corinthians 12:9.
11. This exercise is based on Skill 16 of the 19 skills, *Recognizing High and Low Energy Response Styles*. Learn more about this skill in my book Coursey, *Transforming Fellowship*.