

KEEP YOUR LOVE ON!

# KYLO

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S T U D Y   S E R I E S

DANNY SILK

KEEP YOUR LOVE ON!  
Connection, Communication & Boundaries  
Study Series, Study Guide  
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Redding, California

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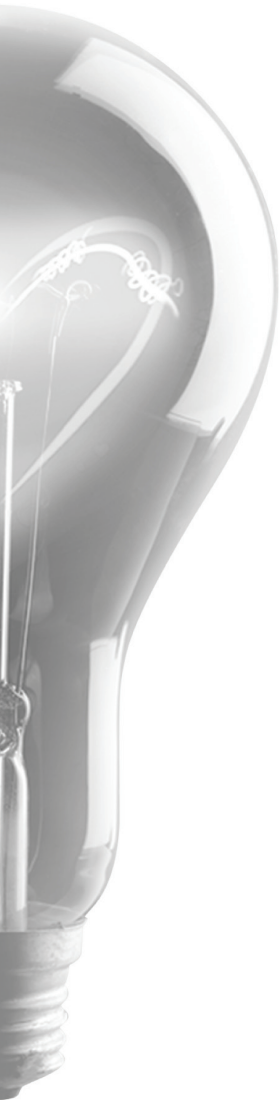


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# INTRODUCTION

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How to use the *Keep Your Love On! Study Guide*

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The *Keep Your Love On! Study Guide* is designed to be used in conjunction with either the *Keep Your Love On!* book, the audio series, or the DVD series. Each unit opens with 1) reading or listening to the corresponding book chapter, or 2) viewing the DVD session. Using the **Viewing & Reading Guide**, the reader follows the main points and identifies key terms in the book chapter or DVD session. Next, the reader is presented with a **Real Life Scenario** selected from Danny's personal ministry and counseling sessions, which depicts a common relational problem. **What is the Problem?** uses points in the book chapter and DVD session to help the reader identify and understand the problem in the scenario, and **KYLO in Action** offers solutions to the problem. The unit concludes with **Discussion & Reflection** questions and **Personal Application** assignments that help the reader practice the principles of KYLO in everyday life.

## Workbook Unit Outline



**Viewing &  
Reading Guide**

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**A Word from Danny**

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**Real Life Scenario**

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**Discussion &  
Reflection Questions**

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**What is the Problem**

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**Personal Application**

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**KYLO in Action**



## SECTION 1

### Powerful People, Powerful Relationships

“Unfortunately, most of us did not grow up to be powerful people. If you were blessed to have parents who taught you to be responsible for your choices, then you should go home and thank them. It’s a rare gift. Most people don’t know that they can be powerful, or even that they ought to be. They are trained from a young age that someone else is responsible for their decisions, and all they have to do is comply and obey. This sets them up to struggle in multiple aspects of life, particularly with building healthy relationships.”

*(Keep Your Love On!, page 20)*



## Viewing & Reading Guide

Read Chapter 1 of *Keep Your Love On!*, listen to Chapter 1 of the audio CD, or watch the first session of the DVD prior to completing this section of the workbook.

- 1) When you choose to become a powerful person, you become \_\_\_\_\_ for your own happiness.
- 2) The foundation of all relationships is the decision, “I \_\_\_\_\_ you.”
- 3) When two powerless people have a relationship, they try to \_\_\_\_\_ one another instead of themselves.
- 4) If you are a powerless person, you experience a lot of anxiety because you believe that others are more \_\_\_\_\_ than you are.
- 5) As a powerful person with a powerful voice, you would say, “I \_\_\_\_\_ and I will.”
- 6) \_\_\_\_\_ is the cycle of irresponsibility powerless people create by refusing to control themselves.
- 7) A powerless mindset makes you behave like a \_\_\_\_\_.
- 8) When you are searching for a “bad guy,” you are attempting to \_\_\_\_\_ someone else for your inability to be powerful.
- 9) As a victim, you are always looking for a \_\_\_\_\_ to make you feel happy and safe.
- 10) Powerful people require other people’s \_\_\_\_\_.



## Real Life Scenario “Who is in Control?”

From the comfort of her beach chair, Lauren glanced up from her book to watch her five-year-old daughter, Emma, and four-year-old son, Carson, kneeling side-by-side as they scooped sand into plastic buckets with their little shovels. Smiling at the haphazard piles dotting their sandcastle site, Lauren looked back down at the page in front of her...only to hear a cry from Ella half a moment later.

“No Carson! I was gonna use that!”

Snapping her eyes back to her children, Lauren saw Carson reaching across Emma for a bucket. Before she could stop him, Carson had snatched it and taken off toward the water’s edge. Emma jumped up after him, calling, “Carson! CAR-SON!”

*Oh no*, Lauren thought. *I really don’t want to have to step into this one. Please just give the bucket back, Carson.*

Carson showed no sign of intending to return the toy, dragging it through the water as Emma chased him. Knowing that Emma would persist relentlessly until Carson yielded, Lauren groaned inwardly and then called out, “Hey, Carson, please give the bucket to your sister.”

Her request was ignored. Lauren put her book down with a sigh, stood up, and headed into the Battle of the Bucket. When she reached Carson, she repeated, “Please give Emma the bucket, Carson.” Before Carson could respond, Emma began screaming at the top of her lungs.

*Oh no... panic swept Lauren. It begins.*

Sure enough, when Lauren turned around, her adorable little daughter had transformed into someone else.

*Drama Queen Emma.*

Emma’s face went beet-red as she began screaming and roaring incoherently, her little hands knotted in fists. Then, waving her arms wildly, she ran back and began stomping on the sand piles they had made. When Laura and Carson reached her, she started scooping up sand and flinging it at them and everywhere else.

Lauren’s heart sank. She knew their day at the lake was over. Whenever Drama Queen Emma made an appearance, there was no reasoning with her. *Why does she do this?* Lauren agonized. *She never pulls this stuff with her father...or her teachers...or anyone else. Why just with me?*

Wearily, Lauren announced to Emma that because she refused to behave, they were leaving. Of course, Emma only responded by launching into a fresh tirade of screams and wild behavior. Somehow Lauren managed to haul her to the van and get her buckled in without bursting an eardrum.

*This is getting exhausting*, Laura thought as they drove home. *My daughter is out of control. I don’t know what to do.*



## What is the Problem?

Lauren doesn’t know how to deal with her daughter Emma’s random temper tantrums. Whenever Emma morphs into “Drama Queen Emma,” Lauren feels powerless to control the situation, and believes her only option is to quit whatever activity the family is engaged in and go home until Emma can calm down and become reasonable again.

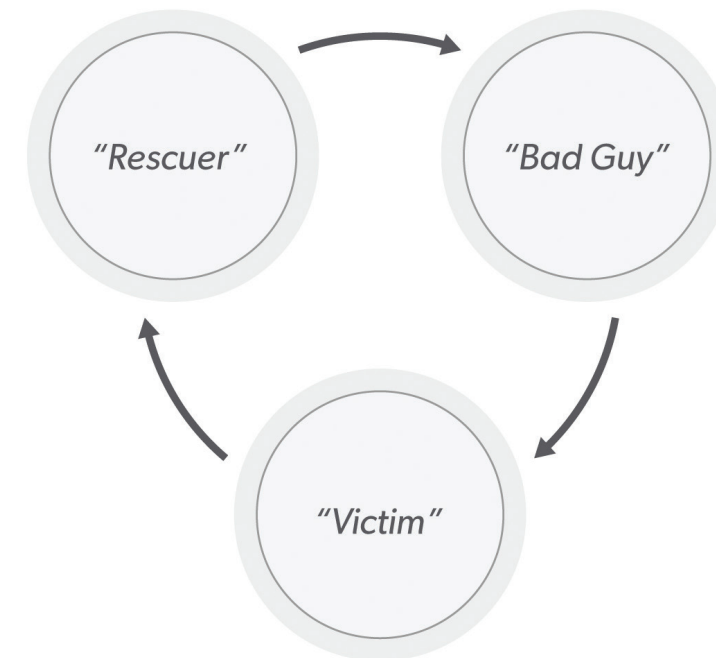
### Lauren

- ...feels out of control
- ...allows her daughter to be disrespectful
- ...dislikes and avoids conflict

### Drama Queen Emma

- ...manipulates the situation with out-of-control behavior
- ...does not respect her mother
- ...tries to control others rather than manage herself

## The Triangulation Cycle





## KYLO in Action

In this scenario, Emma knows how to push her mother's buttons and does not trust her mother's words. Following the principles of KYLO, it would be helpful for Lauren to establish boundaries and limitations in order to gain power in her relationship with her daughter. Lauren's challenge in this situation is to prove to Emma that the level of respect she is requiring is not going to change based on Emma's out-of-control behavior. A way this could be done is to give Emma the choice of either being fun and respectful or choosing a less appealing option, such as going to her room. Both Lauren and Emma will feel empowered in their roles if Lauren finds ways to enforce these consequences to Emma's choices, even in public. By doing so, Emma will learn to respect those boundaries, feel safe to manage herself, and not feel pressured to rule her entire world. Emma may need a few opportunities to adjust to being responsible for her decisions, but if Lauren holds the line, Emma will learn.\*

### Lauren needs to...

feel she is  .  
 empower Ella to manage herself by  
 providing  for her choices.  
 teach Ella to  her.

### Emma needs to...

herself, not her  
 entire world.  
 know she can  what  
 her mother says.  
 understand that she is  for  
 her decisions and actions.



## Discussion & Reflection Questions

1) Based on what you have learned, how could Lauren have solved the situation differently?


2) Think about the close relationships in your life. Would you say that the foundation of these relationships is, "I choose you"? Are you working on managing your end of the relationship, or are you trying to manage the other person's?


3) What are some examples of powerless language that you use or hear others use around you? What would "powerful" sound like in those situations?


4) Have you observed cycles of triangulation in relationships around you? Have you participated in triangulation in your relationships, and if so, which role do you typically play—Victim, Bad Guy, or Rescuer?



## A Word from Danny

“Powerful people bring to the table the very best of who they are. Being powerful means you’re able to say yes when you mean yes, and no when you mean no. It’s not about being the loudest or strongest in the room. It’s about knowing how to manage yourself toward your goal. Remember: the best relationships are when two powerful people partner together with the goal of connection.”



## Personal Application

- 1 Each morning this week, make a statement about what you are choosing to do. Begin the statement with powerful language like:

“I will...”

“I do...”

“I choose...”

- 2 Each evening this week, go back over the day and see if you followed through on what you said you were going to do. How did you do managing yourself?



## Viewing & Reading Guide Answers

- |                |                  |             |
|----------------|------------------|-------------|
| 1) Responsible | 5) Can           | 9) Rescuer  |
| 2) Choose      | 6) Triangulation | 10) Respect |
| 3) Control     | 7) Victim        |             |
| 4) Powerful    | 8) Blame         |             |



## KYLO in Action Answers

- |                |              |
|----------------|--------------|
| <b>Lauren:</b> | <b>Emma:</b> |
| Powerful       | Manage       |
| Consequences   | Trust        |
| Respect        | Responsible  |

*\* For more in-depth instruction on strengthening various types of relationships, see Danny’s other products on pages 90 to 94.*



## SECTION 2

### Turn Your Love On

“Until you commit to the goal of connection, all the relational tools in the world are not going to help you. It’s only when you decide to take responsibility to pursue connection that you will discover just why you need these tools. It’s only when you commit to moving toward someone that you will seek the knowledge and skills necessary to reach them.”

(*Keep Your Love On!*, page 45)



## Viewing & Reading Guide

Read Chapter 2 of *Keep Your Love On!* book, listen to Chapter 2 of the audio CD, or watch the second session of the DVD prior to completing this section of the study guide.

- 1) An important question to ask yourself is, “What is the \_\_\_\_\_ of this relationship?”
- 2) Many people make keeping a safe \_\_\_\_\_ the priority of their relationships.
- 3) If there is a problem in your relationship, the first step is to restore the \_\_\_\_\_.
- 4) When you “keep your love on,” you \_\_\_\_\_ to move toward the other person, even in the face of hurt or mistakes.
- 5) When you shut your love off, you end up filled with \_\_\_\_\_.
- 6) If you have the \_\_\_\_\_ love language, you need regular physical affection to keep your love tank filled.
- 7) Acts of Service people feel anxious if you aren’t \_\_\_\_\_.
- 8) If you are a Gifts person, you feel loved when someone gives you a gift that says, “\_\_\_\_\_.”
- 9) \_\_\_\_\_ people feel loved through your interest in them.
- 10) Encouragement feels like love to the \_\_\_\_\_ person, while criticism increases his or her anxiety.



## Real Life Scenario “Speak My Language”

“Hey T, the movie’s ready when you are,” Clark called.

Tina walked over to the sofa and curled up on one end with a blanket. Clark joined her a moment later, sprawling across the opposite side and leaning on the armrest.

Tentatively, Tina slid her feet under the blanket until she was just touching Clark’s legs. He gave her a quick smile but immediately returned his gaze to the TV screen.

“Do you want to share the blanket?” she offered.

“That’s okay. I’m actually a little hot.” Clark patted her foot beside him and then crossed his hands behind his head. At this, she lifted both feet and rested them across his thighs. Clark kept his eyes glued to the TV screen.

*I think that’s as much as I’m going to get, Tina thought, stifling her disappointment. He never seems to want touch like I do. At least we got that new ambient noise machine. Maybe he will actually be able to sleep in our bed tonight.*

When the movie ended, Tina let out a yawn. “Whew, I’m sleepy.”

“Me too,” Clark said, checking the time on his phone. “I’m gonna head to bed. I have that meeting in the morning.” He moved to stand, gently nudging Tina’s legs off his lap with one hand while he looked at his phone messages.

Tina also stood, finally building up the courage to ask, “So...do you want to see if that new noise machine works? Try sleeping together?”

Clark continued to scroll through his emails. After a moment, without looking at her, he said, “Maybe...I don’t know, T. I have to be at the office early to get ready for that meeting, and I really need to sleep. Last time we tried I only slept two hours. I can try this weekend so I can sleep in.”

*Another night alone in our bed. I know it’s been tough for him to sleep recently, but what if he does this for the rest of our lives? The thought hit Tina with a cold wave of panic. Or...maybe “cute” Tina could convince him.*

Walking up behind her husband and putting her head on his shoulder, Tina said in her best little girl voice: “Don’t you wanna snuggle? You’ll be all alone...”

Clark smiled and leaned his head against hers. “It’s true,” he returned in a silly voice.

“I promise not to snore,” Tina giggled.

After a few minutes of bantering in “kid” voices, Clark agreed to try sleeping in their bed. As they settled down under the comforter, Tina prayed that her husband would sleep deeply. She tried to be content with him lying beside her, but the truth was she still wanted more.



## What *is* the Problem?

Clark and Tina have a difficult time understanding and expressing their individual physical and emotional needs. Clark is a light sleeper, and when he chooses to sleep in another bedroom, Tina’s anxiety levels rise. Tina feels uncomfortable expressing her need for physical affection to her husband and has adopted a playful, childlike persona in order to feel less vulnerable.

### Clark

- ...creates unintentional anxiety
- ...allows Tina to manipulate him
- ...prioritizes his needs over intimacy

### Tina

- ...avoids direct, mature communication
- ...hides behind “cute” behavior
- ...feels abandoned and rejected

## KYLO in Action

In this scenario, Tina and Clark do not understand one another's needs or how to express them. They have both made an unspoken agreement to be so safe in their relationship that neither one feels powerful. Following the principles of KYLO, both partners need to provide specific love "targets" for each other to hit through direct communication. A good way for either person to begin a mature discussion about their needs would be to sit down with each other and initiate a conversation centered on identifying each of their primary love languages. For instance, Tina could express her desire for physical touch and give Clark opportunities to meet this emotional need by communicating something as simple and direct as, "Clark, when you are physically distant, I feel anxious. I really need to feel loved right now." She would then ask Clark to communicate the same on his end. This mutual exchange of truth will build trust in the relationship, lower their anxiety, and establish healthy, genuine connection.\*

**Clark needs to...**

have a clear love \_\_\_\_\_ to hit.  
 help lower Tina's \_\_\_\_\_ by  
 meeting her need.  
 create a new agreement with Tina where  
 both can be \_\_\_\_\_ .

**Tina needs to...**

identify and discuss her primary  
 \_\_\_\_\_ .  
 give Clark \_\_\_\_\_ to meet her  
 need.  
 exchange \_\_\_\_\_ to build a  
 mature and healthy connection.

## A Word from Danny

“Once we have unconditional love as our foundation, we can use the seven pillars to successfully build all of our most important relationships. It’s our job to direct ourselves toward each other and create powerful and loving relationships.”

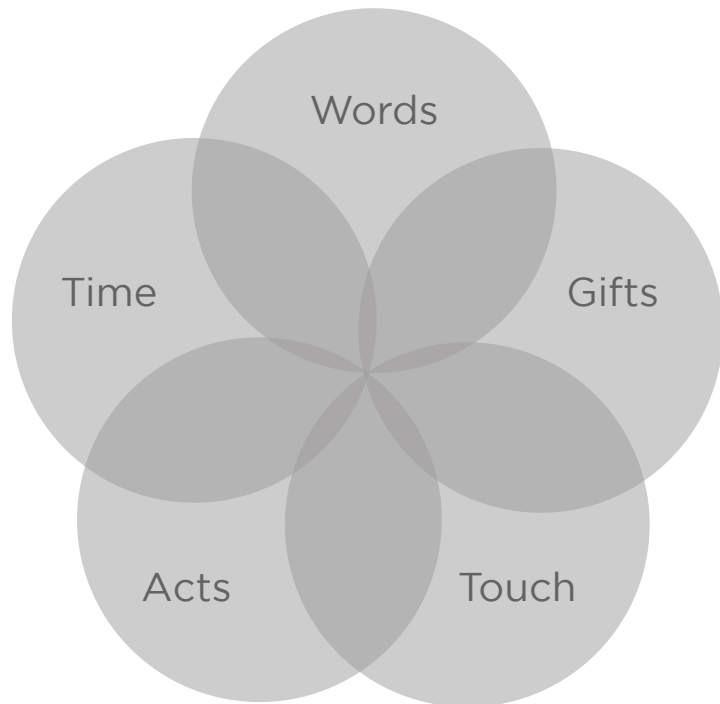
## Discussion & Reflection Questions

- 1) As you saw from this case scenario, one major stumbling block in creating a strong connection is fear of not meeting a loved one's emotional and physical needs. In your closest relationships, do you feel pressure to meet the other person's needs, or do you, like Tina, feel that you have voiced your needs without a satisfying response?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 2) Would you say that your closest relationships are built on the foundation of unconditional love and acceptance? Why or why not?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 3) What are some practical examples of practicing honor in your relationships?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 4) How could you be intentional about looking to God as the ultimate source of your comfort and identity?  
 \_\_\_\_\_  
 \_\_\_\_\_
- 5) What is your vision for your personal relationships? In what ways are you working toward this?  
 \_\_\_\_\_  
 \_\_\_\_\_



## Personal Application

### 5 Love Languages



Be powerful and vulnerable! Set up a time to chat with a person in your life with whom you want to strengthen your connection. Some questions you might ask the person include: “What makes you feel deeply loved and connected? Do I make you feel loved? Do you feel safe and confident to ask me for what you need?” Then reciprocate. Paint a target by letting him or her know, “I feel really loved when you do  for me.”



## Viewing & Reading Guide Answers

- |                  |                          |
|------------------|--------------------------|
| 1) Goal          | 6) Touch                 |
| 2) Distance      | 7) Helping/Serving       |
| 3) Connection    | 8) “I know you”          |
| 4) Choose/Commit | 9) Quality Time          |
| 5) Anxiety       | 10) Words of Affirmation |



## KYLO in Action Answers

**Clark:**

Target  
Anxiety  
Powerful

**Tina:**

Love language  
Opportunities  
Truth

*\*For more in-depth instruction on strengthening various types of relationships, see Danny's other products on pages 90 to 94.*



## SECTION 3

### The Battle Between Fear and Love

“Fear and love are enemies. They come from two opposing kingdoms. Fear comes from the devil, who would like nothing more than to keep you permanently disconnected and isolated. Love comes from God, who is always working to heal and restore your connection with Him and other people and bring you into healthy, life-giving relationships.”

*(Keep Your Love On!, page 52)*



## Viewing & Reading Guide

Read Chapter 3 of *Keep Your Love On!*, listen to Chapter 3 of the audio CD, or watch the third session of the DVD prior to completing this section of the study guide.

- 1) There is a \_\_\_\_\_ battle between fear and love.
- 2) You make a choice in your relationships to \_\_\_\_\_ with either the spirit of fear or the spirit of love. They have opposite agendas and cannot coexist.
- 3) When you operate out of fear, you create a culture of fear around you and reproduce relationships that are \_\_\_\_\_ and disconnected.
- 4) Fear teaches you that it's your job to \_\_\_\_\_ people through intimidation and the threat of punishment.
- 5) Many parents teach their child to be controlled, which creates a \_\_\_\_\_ mentality.
- 6) If you believe that you can be controlled, you will also believe that you can control \_\_\_\_\_.
- 7) God values our \_\_\_\_\_; this is why He gave us a choice by putting two trees in the Garden.
- 8) In order to win the battle between fear and love, you must first recognize that you can only \_\_\_\_\_ yourself.
- 9) By owning your half of the relationship, you are choosing to \_\_\_\_\_ your connection with someone else.
- 10) Connection drives \_\_\_\_\_ away. Losing connection invites that powerful, destructive force to come back.



## Real Life Scenario “Stressed Out”

Rinsing out a sponge in the sink, Elaine went about wiping the countertop. She could hear the tension in her boss Martin’s voice as he ended his conversation on the phone in the next room. Martin had recently opened a new French Bistro and hired Elaine as the sous-chef. Martin was enthusiastic about his business, but the stress of being a start-up in a tough economy was certainly getting to him. Likewise, Elaine was excited about being on staff, yet it took some adjusting to maintain civility with a small staff and a short-tempered boss.

“Why are you cleaning the kitchen?” Martin’s tall frame appeared in the doorway, his tone stern. “I told you that we need supplies at the supermarket.”

“I know...” Elaine’s voice was soft but tense as she continued to clean. “I don’t want to put food in a dirty kitchen, and I still have prep to do.”

“The lunch crowd will be here in a matter of hours,” Martin’s voice rose in exasperation. “We have to work on schedule or we will be out of food by tonight!”

Elaine’s mouth tightened as she thought, *Please don’t start yelling, Martin.* “I know, but the busboy didn’t show up this morning,” she explained, the color rising in her cheeks. “I couldn’t just abandon the morning prep work.”

“Well, now we may have nothing to prepare for!” Martin yelled, slamming his hand against the table.

“I can go now if you arrange for someone to help chop the vegetables...” Elaine suggested quietly.

“That is your responsibility. I don’t have time to manage both of our jobs!” Martin paced the floor.

“I have the list,” Elaine muttered, turning her back to him as she rinsed out the sponge again. “I only wanted to make sure this was taken care of.”

“I don’t care about excuses!” Martin roared.

“I’ll leave now to do the shopping,” said Elaine, her voice breaking.

“Why can’t you just do what I ask in the first place?” Martin threw his arms in the air.

Tossing the sponge in the sink, Elaine grabbed the list and rushed out of the kitchen, holding back tears.



## What *is* the Problem?

The demands of a new restaurant are causing high levels of anxiety in both Martin and Elaine, who have opposite reactions to stressful conditions—Martin counteracts his fear of failure through “scary” behavior that dominates Elaine. Elaine, unable to express her needs for fear of her boss’s reaction, allows herself to be controlled.

### Martin

- ...feels anxious when he’s not in control
- ...uses aggression and intimidation to get his way
- ...creates a hostile work environment

### Elaine

- ...feels unsafe and powerless
- ...reacts to anxiety by withdrawing
- ...takes on a victim mentality



## KYLO in Action

In this scenario, Martin and Elaine react rather than respond in stressful situations. Following the principles of KYLO, Martin and Elaine need to find ways to express their feelings and needs as two powerful people. The first step for Martin to feel powerful in his high-stress environment is to ascertain his needs before attempting to communicate them by asking himself a few simple questions: “Do I feel powerless right now? Why? Am I afraid, and if so, what am I afraid of?” Once Martin answers those questions, he can then approach Elaine from a position of power over his situation, instead of trying to assert power over her. One way to communicate his needs would be to say, “I feel powerless right now because I am responsible for managing everything. I understand that you are just trying to be helpful, but I’m stressed out, and it would help me if you do what has been planned rather than taking on someone else’s job.”

Even though this is an employer/employee relationship, it would be helpful for Elaine to respond to Martin’s aggressive communication style by calmly but directly informing Martin that his behavior is negatively affecting her. One example of this would be to say, “Martin, I understand you are frustrated. I will take care of my responsibilities, but when you talk to me in that tone, I feel overwhelmed, and it’s stressful to me.” If Martin controls himself enough to be vulnerable about his needs, he will lower the anxiety and invite Elaine to move toward him by allowing her to feel safe enough to express her needs. This will give her the opportunity to respond with support and will help bring the real problems into the light in order to find solutions together.\*

### Martin needs to...

respond rather than react by being [ ] about his needs.

determine what his needs are before attempting to [ ] them to Elaine.

create a new agreement with Tina where invite Elaine to move [ ] him.

### Elaine needs to...

feel [ ] to express her needs.

[ ] by informing Martin how his behavior is affecting her.

be empowered to find [ ], rather than expected to yield to demands.



### A Word from Danny

“Ask yourself this simple question: ‘Do I believe I can control other people?’ Control leads me to behave in a way that increases anxiety between me and the person with whom I’m trying to connect. Take some time and ask yourself: ‘What can I do to better control me? What can I do to protect our connection when I really do feel hurt or afraid?’”



### Discussion & Reflection Questions

- 1) As you saw from the case scenario, many people react rather than respond to stressful situations out of anger, frustration, and fear. How do you typically react to anxiety—“fight, flight, or freeze”?  
[ ]  
[ ]
- 2) As with Martin and Elaine, reacting to anxiety affects communication and connection. What are some examples of responding to a situation vs. reacting to one? How do your reactions affect your relationships?  
[ ]  
[ ]
- 3) What are some examples of how Elaine could have responded to Martin’s aggressive and intimidating behavior as a powerful person?  
[ ]  
[ ]
- 4) Do you believe you can control other people or that other people can control you? How do you react when someone is trying to control or manipulate you?  
[ ]  
[ ]
- 5) Do people in your life feel safe to be vulnerable with you? Do you feel safe being vulnerable with them? If not, what would need to happen for you to create a safe place together?  
[ ]  
[ ]



## Personal Application

Becoming aware of your communication style and emotional triggers is the first step to responding rather than reacting in stressful situations. Make a list of the main relationships in your day-to-day life in which you find yourself either trying to control the other person or allowing yourself to be controlled. List the emotional and physical triggers that make you respond aggressively or defensively. Each evening this week, ask yourself how well you did at controlling *you* instead of trying to control others, being powerful through vulnerability instead of control and manipulation, and protecting connection instead of creating distance.



## Viewing & Reading Guide Answers

- |              |                   |
|--------------|-------------------|
| 1) Spiritual | 6) Others         |
| 2) Partner   | 7) Freedom        |
| 3) Distant   | 8) Manage/Control |
| 4) Control   | 9) Protect/Pursue |
| 5) Victim    | 10) Fear          |



## KYLO in Action Answers

<b>Martin:</b>	<b>Elaine:</b>
Vulnerable	Safe
Communicate	Respond
Toward	Solutions

*\*For more in-depth instruction on strengthening various types of relationships, see Danny's other products on pages 90 to 94.*



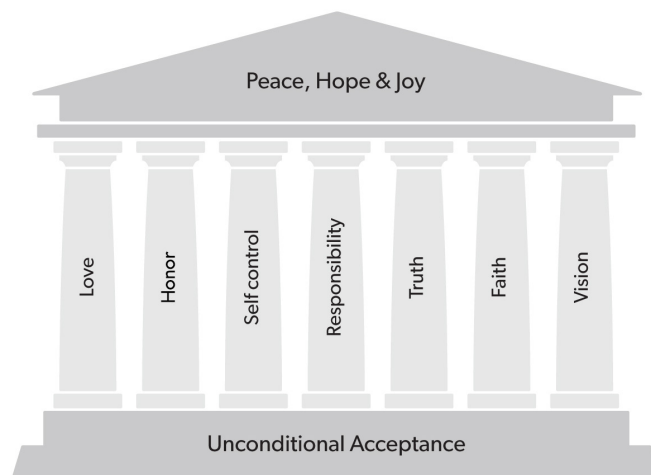


## SECTION 4

### Building Healthy Relationships

“Healthy relationships truly are the most valuable, meaningful, and satisfying of human experiences. But what are the qualities that make up a healthy relational connection? If you don’t know, then you won’t be able to assess whether or not your relational practices are helping to build and strengthen a connection.”

(*Keep Your Love On!*, page 62)



## Viewing & Reading Guide

Read Chapter 4 of *Keep Your Love On!*, listen to Chapter 4 of the audio CD, or watch the fourth session of the DVD prior to completing this section of the study guide.

- 1) The agreement to practice unconditional love and acceptance is the \_\_\_\_\_ of all healthy relationships.
- 2) Unconditional love means this: “You get to be \_\_\_\_\_ and I get to be me in this relationship.”
- 3) Love creates a place of \_\_\_\_\_, connection, peace, and trust.
- 4) True \_\_\_\_\_ is the practice of two powerful people working together to meet the needs of the situation and of each other.
- 5) \_\_\_\_\_ means you tell yourself what to do, and you can make yourself do it. This pillar removes the fantasy of controlling another person.
- 6) The ability to respond rather than react and to make powerful choices in any situation that aligns with who you say you are is the pillar of \_\_\_\_\_.
- 7) \_\_\_\_\_ is the revelation of what’s going on inside of you; this exchange gives you the opportunity to have intimacy, or “in-to-me-see.”
- 8) The pillar of faith is built in a relationship as two people commit to keep \_\_\_\_\_ as their ultimate source, comforter, and authority.
- 9) As a powerful person, you proactively establish practices and build relationships that help to renew your \_\_\_\_\_ in order to build a life that keeps you engaged and excited.
- 10) The seven pillars of healthy relationships help you create and cultivate an environment of \_\_\_\_\_, joy, and hope in your connections with other people.



## Real Life Scenario “Forced Feelings”

As usual, the gray dawn light woke Clark as it crept into the bedroom. He’d slept surprisingly well that night. It seemed the residual effects of the stress that had given him such bad insomnia last year were finally wearing off.

A sleeping Tina lay peacefully beside him. They had been working on communicating their physical and emotional needs over the last four months. Tina had let him know when she needed physical affection, and he had let her know when he needed affirmation. Though it hadn’t been easy for him to be vulnerable like that, Clark had to admit that Tina had responded amazingly well. Almost every day she was praising him or telling him how much she appreciated him for something he’d done, and Clark found himself genuinely wanting to move toward her in return. Their sex life had definitely improved, and two months ago, Tina had told him she was pregnant. They were both thrilled and a little nervous.

Tina shifted, snuggling closer to Clark and draping an arm across his chest. Lifting her face to nuzzle his cheek, she murmured, “Good morning.”

“Morning,” Clark returned, patting her hand on his arm and reaching over to briefly caress her belly. Then he rolled away from her, stood up, and headed to the door. “I think I’ll get some coffee going.”

“Aw...” Tina pouted, stretching her arms toward his back. “Don’t you want to cuddle for a minute before we get out of bed?”

Clark reached for his robe on the back of the bedroom door. *Every morning without fail,* he thought. *All she wants to do is cuddle and kiss. I can’t help it if I’m not touchy-feely. Sometimes I just need space.*

“Let me get the coffee first,” he said. “We can drink it in bed, but I have that 8:30 appointment, remember?”

“Okay...” Tina said sleepily, hugging her arms to her chest.

The tone of his wife’s voice told Clark that she was disappointed, which only made him frustrated. *I try to give her what she wants, but it never feels like enough.*



## What *is* the Problem?

While Clark and Tina have experienced some success in communicating their physical and emotional needs, they are still adjusting to meeting them. Clark feels his approach to his wife is becoming routine and forced, and instead desires for their relationship to be organic and genuine. Tina has been able to communicate her own needs directly, but she still feels they are not being met.

### Clark

- ...feels constant pressure to meet Tina’s need for physical affection
- ...wants his interaction with Tina to be genuine, not forced
- ...gives in to physical closeness out of fear of failing to meet her needs

### Tina

- ...desires and expresses her need for physical affection
- ...interprets Clark’s actions as failing to make her a priority
- ...continues to feel rejected and disappointed



## KYLO in Action

In this scenario, Clark is struggling to meet Tina’s needs outside of his personal preferences. Following the principles of KYLO—and in order to keep from making Tina the “bad guy” in this situation—Clark will need to reassess his goal in the relationship. Right now, Clark is still choosing the goal of distance with Tina because she experiences love and connection differently, and he wants his connection to feel genuine, easy, and organic. While *organic* sounds good, it plays out as *unintentional*. This approach allows both fear and past experiences to shape their future—they will *end up* with a relationship rather than building and cultivating the one they want. Tina can help Clark feel less pressure and lower his anxiety by understanding how he negatively interprets her need for more physical touch. She can affirm that he *is* meeting her needs, only that she enjoys feeling more physically connected to him. This way, Tina will communicate that her need for more touch is not an indictment; it’s an invitation. If Clark can respond from a place of understanding, he will lower the anxiety and choose to make connection the goal of his relationship. Meeting her needs—even though they are different than his needs—can be mutually beneficial: Tina will feel loved, and Clark will feel he is feeding their connection. Choosing connection and being intentional in his approach to showing love will cultivate their marriage in a way that nourishes both people in the relationship.\*

### Clark needs to...

change his goal from [ ] to connection.

readjust his [ ] approach in order to build the relationship.

feel he is feeding their [ ] by speaking her love language.

### Tina needs to...

help lower the [ ] and anxiety Clark feels when she expresses a need.

continue to [ ] and encourage him.

communicate her need as an [ ], not an indictment.



### A Word from Danny

“Once we have unconditional love as our foundation, we can use the seven pillars to successfully build all of our most important relationships. It’s our job to direct ourselves toward each other and create powerful and loving relationships.”



### Discussion & Reflection Questions

- 1) As you saw from this case scenario, one major stumbling block in creating a strong connection is fear of not meeting a loved one’s emotional and physical needs. In your closest relationships, do you feel pressure to meet the other person’s needs, or do you, like Tina, feel that you have voiced your needs without a satisfying response?

- 2) Would you say that your closest relationships are built on the foundation of unconditional love and acceptance? Why or why not?

- 3) What are some practical examples of practicing honor in your relationships?

- 4) How could you be intentional about looking to God as the ultimate source of your comfort and identity?

- 5) What is your vision for your personal relationships? In what ways are you working toward this?



## Personal Application

Write down one thing you can do this week to be intentional about strengthening the seven pillars of healthy relationships in your life:

1 Honor:	
2 Self Control:	
3 Responsibility:	
4 Truth:	
5 Faith:	
6 Honor:	
7 Vision:	



## Viewing & Reading Guide Answers

- |                 |                   |
|-----------------|-------------------|
| 1) Foundation   | 6) Responsibility |
| 2) You          | 7) Truth          |
| 3) Safety       | 8) God            |
| 4) Honor        | 9) Vision         |
| 5) Self-control | 10) Peace/Shalom  |



## KYLO in Action Answers

<b>Clark:</b>	<b>Tina:</b>
Distance	Pressure
Unintentional	Affirm
Connection	Invitation

*\* For more in-depth instruction on strengthening various types of relationships, see Danny's other products on pages 90 to 94.*





## SECTION 5

### Communication: Exchanging the Truth Inside

“If connection is the priority, then the goal of communication cannot be agreement because then one person has to disappear when there is disagreement. And guess what? People do not always agree. If we want to keep two powerful people involved and connected in a conversation, then the first goal in the conversation must be to understand.”

(*Keep Your Love On!*, page 88)



## Viewing & Reading Guide

Read Chapter 5 of *Keep Your Love On!*, listen to Chapter 5 of the audio CD, or watch the fifth session of the DVD prior to completing this section of the study guide.

- 1) The goal in communication is to \_\_\_\_\_ the other person, not to agree with them.
- 2) The greatest skill you could ever cultivate in a relationship is to \_\_\_\_\_ well, especially in a disagreement.
- 3) Exchanging truth means you are sharing what's going on inside of \_\_\_\_\_, not trying to explain what's going on inside of someone else.
- 4) \_\_\_\_\_ communicators devalue themselves by trying to convince the world that they are not important and the only people on the planet without needs.
- 5) The aggressive communicator says, “I \_\_\_\_\_; you don't.”
- 6) If you are a \_\_\_\_\_ communicator, then you use sarcasm, innuendos, veiled threats, and manipulation to communicate your needs.
- 7) \_\_\_\_\_ communicators say, “You matter, and so do I. My thoughts, feelings, and needs matter; so do yours.”
- 8) Cultivating \_\_\_\_\_ allows two powerful people to establish mutual respect and to work through relational conflict.
- 9) Many people only feel safe in superficial conversations, exchanging only facts and \_\_\_\_\_ since they require no vulnerability or connection.
- 10) Building a heart-to-heart connection—the deepest level of communication—begins when you ask, “What is it that you \_\_\_\_\_?”



## Real Life Scenario “Stressed Out”

“I think that’s everything,” Josh said, placing the steaming bowl of mashed potatoes on the overly laden Thanksgiving table. As his family eagerly dug into the feast, Josh couldn’t help but notice with growing alarm that Alan, his rather large brother, was heaping his plate higher than anyone else.

*He has to be almost 400 pounds by now,* Josh thought anxiously.

Try as he did to ignore it, Josh kept glancing over at Alan throughout the entire meal and noting how much and how quickly he was eating. *So now he’s on the third plate...how could he possibly eat that much?*

While the rest of the family enjoyed dessert, Josh wrestled with the idea of whether or not he should say anything to his brother about losing weight. His previous attempts to broach the subject had only resulted in Alan becoming defensive and harsh, which only made the rest of their time together miserable.

Once they helped clear the table after the meal, the two brothers headed up to Josh’s “man cave” to watch football. During the half-time show, Alan got up and left the room, saying, “Be right back, Bro.” He soon returned with a couple of beers and a bag of chips.

“Wow,” Josh couldn’t help saying. “How are you still hungry?”

“It’s football!” Alan responded enthusiastically. “Gotta have a snack with football.”

“Even after Thanksgiving dinner?” Josh pressed, his tone failing to hide his annoyance.

“Dude, that’s the point of Thanksgiving,” Alan grunted.

Josh held his tongue and tried to focus on the game, but the sound of his brother eating was so grating that he finally stood up and looked directly at his brother.

“Alan, this has got to stop. Look at you. You have seriously lost control. Are you trying to kill yourself?”

Alan’s eyes flashed at Josh in anger. For a long, tense moment Alan only stared at his brother before he stood up to leave the room.

“Back off, Josh,” he stated firmly as he left. “You know we’re not talking about this. Period. I could think of some things to tell you to fix, but I will keep my mouth shut.”



## What *is* the Problem?

Josh is experiencing high levels of anxiety and feelings of helplessness about his brother Alan’s out-of-control eating habits and unhealthy weight. When Josh confronts his brother about his concerns, he is motivated by fear and frustration. Alan feels judged by Josh’s forced conversation and unsolicited opinion, and he ends the conversation by using harsh words and leaving the room entirely.

### Josh

...feels anxiety over Alan’s weight and unhealthy lifestyle

...communicates his concern in irritation, frustration, and judgment

...forces his opinion in an effort to control

### Alan

...feels judged by his brother’s unsolicited opinion

...reacts rather than responds, reacts with defensiveness and hostility

...refuses to engage in the confrontation by withdrawing



## KYLO in Action

In this scenario, Josh is trying to communicate his concerns to his brother, but he is expressing them in frustration rather than love. Following the principles of KYLO, Josh has two main jobs to do here: Identify what is going on inside of his own heart and establish a strong connection with his brother. Behind Josh’s frustration is fear—fear of losing Alan to his unhealthy lifestyle and fear that he is unable to prevent this situation from happening. With fear driving Josh’s approach to communication, he ends up giving Alan nothing to connect or respond to; Alan can only react with passive, aggressive, or passive-aggressive behavior. One thing that may help relieve Josh from feeling pressure to control his brother is to realize that he doesn’t have a solution for his brother until his brother realizes he has a problem. Until Alan takes responsibility for his habits and recognizes that he has an issue, nothing Josh says or does will help. The only thing under Josh’s control is Josh. If he wants to have a real voice in his brother’s life, then he will need to protect the connection between them. The first step toward this is for Josh to be vulnerable and invite Alan into his life. Josh could start an honest conversation with Alan by saying, “I feel disconnected to you, and I’m willing to do whatever it takes to reconnect.” Alan needs to know that Josh loves him, rather than feel that Josh is waiting to jump in and try to fix him. Once Alan feels safe and sees what is going on inside of his brother’s heart, he may open up about what is going on inside of his own.\*

### Josh needs to...

identify that the real motivation behind his frustration is \_\_\_\_\_ .

establish and protect the \_\_\_\_\_ with his brother.

recognize the only person Josh can \_\_\_\_\_ is himself.

### Alan needs to...

know what is going on inside his brother's \_\_\_\_\_ .

Feel \_\_\_\_\_ with Josh, not judged by him.

understand that Josh is motivated by \_\_\_\_\_ , not a desire to change him.

## A Word from Danny

“One of the most helpful things you can remember is to keep understanding as the goal of all effective communication. Remember to tell others about you and allow them to tell you about them. Reveal your heart whenever you communicate.”



## Discussion & Reflection Questions

- 1) As you saw from this case scenario, many people find it difficult to identify the true emotions motivating their behavior and communication. Do you feel like you know how to identify your thoughts, feelings, and needs accurately and to communicate them assertively to others? Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_
- 2) Which communication style have you adopted primarily—passive, aggressive, or passive-aggressive?  
\_\_\_\_\_  
\_\_\_\_\_
- 3) When someone shares their feelings with you, are you tempted to invalidate them because they are different than yours?  
\_\_\_\_\_  
\_\_\_\_\_
- 4) When you are having a disagreement with someone, do you find yourself trying to tell the other person about what's going on inside of him or her instead of telling the person what's going on inside of you?  
\_\_\_\_\_  
\_\_\_\_\_
- 5) Do you feel comfortable and safe communicating your needs in your closest relationships? Why or why not?  
\_\_\_\_\_  
\_\_\_\_\_



## Personal Application

- 1 Think through your relationships and determine any area where your communication has either become damaged through passive communication (“my needs don’t matter”), aggressive communication (“only my needs matter”), or passive-aggressive communication (“Let’s pretend your needs matter when they really don’t”). How would an assertive conversation in which the feelings and needs of both parties are honored play out?
- 2 Take note of any relationship where communication has retracted in intimacy or connection. Set up a meeting to invite the person to deepen and strengthen your connection by sharing your feelings and needs.



## Viewing & Reading Guide Answers

- |               |                       |
|---------------|-----------------------|
| 1) Understand | 6) Passive-aggressive |
| 2) Listen     | 7) Assertive          |
| 3) You        | 8) Honor              |
| 4) Passive    | 9) Clichés            |
| 5) Matter     | 10) Need              |



## KYLO in Action Answers

- |              |              |
|--------------|--------------|
| <b>Josh:</b> | <b>Alan:</b> |
| Fear         | Heart        |
| Connection   | Safe         |
| Control      | Love         |

*\* For more in-depth instruction on strengthening various types of relationships, see Danny’s other products on pages 90 to 94.*





## SECTION 6

### The Trust Cycle

“In a respectful relationship each person understands, “I am responsible to know what is going on inside me and communicate it to you. I do not expect you to know it, nor will I allow you to assume that you know it. And I will not make assumptions about what is going on inside you.”

*(Keep Your Love On!, page 100)*

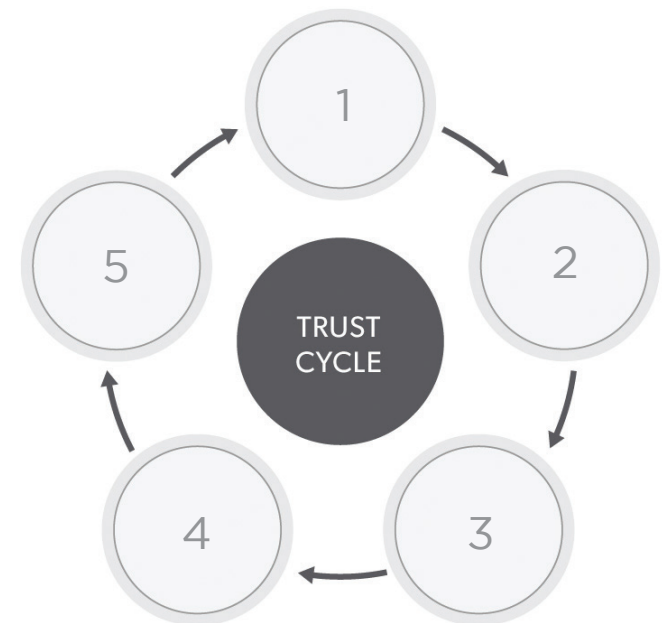


## Viewing & Reading Guide

Read Chapter 6 of *Keep Your Love On!*, listen to Chapter 6 of the audio CD, or watch the sixth session of the DVD prior to completing this section of the study guide.

- 1) When you identify and share a need and another person meets that need, you complete the \_\_\_\_\_ cycle and establish connection.
- 2) A mistrust cycle develops when you communicate a need, but there isn't a \_\_\_\_\_, and you are left in your pain.
- 3) An “\_\_\_\_\_” is one of the best tools to communicate what is going on inside you.
- 4) The “I message” begins with “I \_\_\_\_\_”, not “I think” or “I feel like...”
- 5) Exchanging the \_\_\_\_\_ will help you deepen the level of trust with another person.

- 1
- 2
- 3
- 4
- 5





## Real Life Scenario “Talk It Out”

Lauren cleaned her kitchen while Emma and Carson worked on art projects in the playroom. A whole month had passed since Lauren and her husband, Jacob, had successfully intervened in Emma’s tantrums. Whenever Emma started to devolve into “Drama Queen Emma”—one time at a grocery store and another at a park—Lauren confronted her with a direct, “Are you sure you want to do this, Emma?” Each time Emma continued to fall apart, Jacob scooped her into the car, drove home, and escorted her to her bedroom with a gentle but firm, “Let us know when you’re ready to be fun, Emma.” After the second intervention, when Lauren had set a limit by saying, “fun or room,” Emma had consistently run to her bedroom.

*She still gets so frustrated,* Lauren mused, as she watched Carson and Emma filling their pages with colors. *I don’t want to teach her that her only option is to run away when she gets upset.*

Emma’s brow was furrowed with concentration as she struggled to draw the petals of a purple flower on her paper. Lauren noticed a pile of crumpled papers beside her on the table. *Typical,* Lauren noted. *She’s a little perfectionist. She gets an idea in her head and wants to get it just right...*

Emma’s crayon went askew. She threw it down and wadded the paper into a ball.

“Carson, can I have some more paper?” Emma asked in exasperation.

“Just a sec,” he said. The stack of copy paper was sitting on the table beside him.

“Carson!” Emma whined.

“Emma, you need to be patient,” her brother directed.

“Ugh!” Emma exclaimed in anger, jumping up. Picking up her purple crayon, she leaned over her brother and started scribbling on his paper.

“Whoa, Emma!” Lauren interjected in a firm but calm voice. “Are you sure you want to do that?”

Emma froze, tight-lipped and wild-eyed, at the sight of her mother, then dropped the crayon on the table and took off running past Lauren with a roar of frustration. Seconds later, Emma’s bedroom door slammed. The sounds of sobbing and thumps of abused furniture filled the house.

Lauren sighed and waited for the noise to subside before gently knocking on Emma’s bedroom door.

“You doing okay, Emma-love? Can we talk?”

“No!” Emma sulked.

“Please tell me what happened,” Lauren pressed.

Emma violently shook her head.

“It’s okay, honey,” Lauren soothed. “We all get upset sometimes. Do you know why you were upset?”

Emma folded her arms and set her mouth in stubborn silence.

After a moment, Lauren sighed. “Okay, El. Well, you know you need to apologize to your brother. Let me know when you’re ready.” She walked out of the room and closed the door behind her.



## What *is* the Problem?

Lauren is having success in setting and enforcing boundaries with her daughter Emma, but she is now concerned that Emma is only learning how to submit to punishment, which could be stifling her strong personality. Emma, who is now yielding to her mother’s new standard for behavior, is still trying to assert her own boundaries by withholding communication about her emotions from her mother.

### Lauren

...sets and enforces her boundaries

...worries Emma is only submitting to punishment

...wants Emma to communicate her negative emotions in a healthy way

### Emma

...submits to a new standard of behavior

...asserts her boundaries by withholding

...does not know how to separate emotions from behavior



## KYLO in Action

In this scenario, Lauren has successfully enforced her boundaries, but Emma still only knows how to behave according to her emotions. Following the principles of KYLO, Emma needs to learn that in a respectful relationship, people communicate what they are feeling and ask for what they need. The next time Emma starts to show signs of frustration, Lauren could help her put words to emotions by asking questions like, “What are you feeling right now? What is it that you need? How can I help get you what you need?” Once Emma expresses her needs, Lauren has the opportunity to establish trust by meeting those needs. As Emma begins to experience comfort and satisfaction from those respectful exchanges, she is going to figure out that this is a better way of reaching her goals. Practicing these conversations will strengthen the connection between Lauren and Emma by showing Emma that she can trust her mother and establishing in her mind that Lauren is the helper, not the cop.\*

### Lauren needs to...

begin helping Emma process emotions at first signs of \_\_\_\_\_.

ask Emma questions to help her put \_\_\_\_\_ to emotions.

establish \_\_\_\_\_ by meeting Emma’s expressed needs.

### Emma needs to...

learn to communicate feelings and \_\_\_\_\_.

experience comfort and \_\_\_\_\_ from respectful exchanges.

learn she can trust her mother to be a \_\_\_\_\_, not a cop.



## A Word from Danny

“Most of us are scared to be hurt or controlled in our relationships, therefore being vulnerable and revealing our feelings and needs is counter-intuitive, but it is also one of the most effective ways to build lasting intimacy. Knowing the truth sets us free. Exchanging the truth will help us deepen levels of trust.”



## Discussion & Reflection Questions

- 1) As you saw in this scenario, learning to communicate emotions and needs is an important step to establish trust in a relationship. Do you believe your feelings and needs will be respected and satisfied after you communicate them directly? Why or why not?

- 2) Do you ever feel that you have to manipulate people or situations in order to get your needs met? Do you identify any “counterfeits” to intimacy in your life, such as using money, food, or sex to try to meet your needs through control?

- 3) Can you think of an experience where you received the message, “Your feelings and needs are invalid and unimportant?” How did you respond to this experience?

- 4) Have you ever had a confrontation where you felt it was your job to tell the other person about what was going on inside of him or her instead of what was going on inside of you? How did it affect the conversation or the relationship?

- 5) Have you ever been on the receiving end of a judgment statement? How did this affect your trust, safety, and connection with the other person?



## Personal Application

Each day this week, practice asking yourself these questions:

- 1) What do I need in my close relationships?
- 2) Am I being vulnerable about communicating my feelings and needs?
- 3) How can I strengthen trust with those I love?
- 4) How can I let someone know how they're affecting me—both positively and negatively?



## Viewing & Reading Guide Answers

- |                     |              |
|---------------------|--------------|
| 1) Need             | 6) Trust     |
| 2) Need Expressed   | 7) Response  |
| 3) Response to Need | 8) I message |
| 4) Need Satisfied   | 9) Feel      |
| 5) Comfort          | 10) Truth    |



## KYLO in Action Answers

- |                |              |
|----------------|--------------|
| <b>Lauren:</b> | <b>Emma:</b> |
| Frustration    | Needs        |
| Words          | Satisfaction |
| Trust          | Helper       |

*\* For more in-depth instruction on strengthening various types of relationships, see Danny's other products on pages 90 to 94.*





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## SECTION 7

### Communicating in Conflict

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“Communicating the message, ‘I care about your needs,’ at the beginning of a respectful conversation is crucial. The next step is discovering the need through the process of sending and receiving clear messages to one another. In order for this process to be successful, you must have both a speaker and a listener. If either component is missing, you have silence or a collective monologue, not a conversation.”

(*Keep Your Love On!*, page 115)



## Viewing & Reading Guide

Read Chapter 7 of *Keep Your Love On!* book, listen to Chapter 7 of the audio CD, or watch the seventh session of the DVD prior to completing this section of the study guide.

- 1) \_\_\_\_\_ is going to happen when you have a relationship with another human being.
- 2) You choose either connection or distance in every conflict. Resolving a relational conflict begins by choosing the right \_\_\_\_\_.
- 3) The key is to prioritize the \_\_\_\_\_ in conflict above offense, confusion, or disagreement.
- 4) Conflict becomes ugly when you \_\_\_\_\_ out of fear and pain.
- 5) Two people who are disconnected are not going to “work things out”—they’re only going to try to \_\_\_\_\_ one another to get their needs met.
- 6) Often the first issue in conflict is the misbelief that the other person does not \_\_\_\_\_ about meeting your needs.
- 7) A respectful conversation involves getting vital \_\_\_\_\_ from the other person about how to meet his or her need.
- 8) As a skilled listener, you send the message that you are willing to adjust and \_\_\_\_\_ those you love.



## Real Life Scenario “We Can’t Agree”

As David walked into the conference room, he was surprised to see that Mark was already sitting at the table. *Well, I guess that’s a good sign*, David thought. Though they had seen each other frequently over the past three weeks, they hadn’t been face-to-face or alone in the same room. David knew they would only have a minute together before the others arrived.

“How’s it going,” Mark said, looking up briefly before returning his attention to his laptop.

“Good,” David replied, finding a seat at the end of the table. “I’m glad you are here.”

Mark glanced up, saying nothing.

*Well, at least we’re actually talking now*, David thought. *Instead of all those impersonal emails or messages sent through our secretaries.*

During the meeting, everyone—Mark and David included—seemed to be in good moods although neither made eye contact with or addressed one another specifically. When the meeting concluded, David waited for the room to clear before approaching Mark.

“Do you think we could meet in my office for a minute?” David asked.

“If it’s all right with you, I’d like to stay in here,” Mark said, closing his laptop. “I’ve got another meeting in ten minutes.”

“I think we need to discuss this...*situation* before it goes on any longer. This doesn’t make sense to me anymore.”

“I’m not sure what good that will do. You know we’re not going to see eye-to-eye. I don’t think it’s a good idea to get into it all over again,” Mark countered.

“I want to work through this, and I don’t see another way to do that but to talk it out.”

“Okay. Well...I’m not sure that there’s anything we haven’t already said. I think the way you handled Kent was...unacceptable. He had been here for seven years. He never made too much of a mess, and the first time he does, you fire him. It wasn’t fair, and it wasn’t right. More than that, you did it while I was away at a conference.”

David could sense the anger behind Mark’s words. “You are friends with Kent,” he answered, “so you don’t see it objectively. He always did what he wanted. He never listened to what I had to say. He was more than disrespectful to me, and I did what I thought was best. If it had been someone else, you wouldn’t see it the way you do.”

“You know him too, David.” Mark said. “You know that he needed this job. You know that he’s important to me. More than that, you and I started this business *together*, and we always said that we would make the important decisions *together*. You wouldn’t have fired him if I had been here. You made that important decision on your own.”

David sighed. “We go back a long time, Mark. More than twenty years. I’d hate to think something like this could end everything.”



## What *is* the Problem?

David and Mark’s twenty-year friendship and business partnership is threatened by David’s choice to fire Kent, an employee and Mark’s personal friend. David feels that Mark cannot see the situation objectively and is putting his relationship with Kent above his relationship with David. Mark feels that David put his own issues with Kent above his partnership with Mark and went behind his back to deal with the situation.

### David

...takes steps to confront Mark about their disconnection

...desires to resolve the situation for the sake of their personal and business relationship

...wants Mark to be more objective and not to take his decision personally

### Mark

...feels dishonored and devalued as an equal partner

...disagrees with how David treated a personal friend and long-time employee

...has made himself a “rescuer” for Kent and made David the “bad guy”



## KYLO in Action

In this scenario, David and Mark are struggling to protect their connection after a strong disagreement has altered their relationship. By taking on the “rescuer” mentality on behalf of his friend, Mark now approaches David as though he is the “bad guy” in the situation, which hinders his desire to connect. Following the principles of KYLO, the only way for their friendship and partnership to heal is for both to put their connection above the problem. Currently, Mark and David’s goal in communication is agreement, and since they cannot agree, they do not know how to move toward each other. Making the goal of their communication to understand rather than to agree with one another requires a different set of skills. First, they must make connection the goal; then they will have to protect it by having a respectful conversation where both are able to express how the other person’s behavior is affecting each of them. Once they exchange the truth, they will be able to find a place to connect—not by agreement, since that may not happen in this case—but by understanding what one person feels and needs from the other. By listening to and being vulnerable with each other, they will be able to take ownership of the problem and try to create an effective solution. While connection may not solve the problem or ever resolve the disagreement, it will help to keep the problem from becoming the driving force of the relationship.\*

### What hurts the connection...

making the goal of communication to [redacted], not to understand.

putting the [redacted] above their connection.

creating “victim,” “ [redacted] ,” and “bad guy” roles.

### What helps the connection...

deciding to move [redacted] each other.

protecting the connection by having a respectful [redacted].

exchanging the [redacted] and listening in order to understand.



### A Word from Danny

“When you make your goal to protect connection, conflict becomes an opportunity to strengthen your most important relationships. Ask yourself a few questions: ‘Am I aware of my goal going into confrontation? What is the strength of my connection with this person right now? Do I understand what they need from me?’ Make it a point to practice your listening and communication skills. Make connection your goal—it may be your greatest investment.”



### Discussion & Reflection Questions

- 1) Have you ever prioritized an issue above a relationship? Based on what you have learned, what are some ways you could have handled the situation differently?  
[redacted]  
[redacted]
- 2) Have you ever tried to work out a problem while disconnected from the other person? How did it go?  
[redacted]  
[redacted]
- 3) What is your boundary for engaging in disrespectful conversations? Do you typically react to the other person’s fear and pain in the same vein, or do you respond and invite the person to a respectful conversation?  
[redacted]  
[redacted]
- 4) When you need to express a need and ask the other person to adjust, how hard is it for you to believe that he or she cares about meeting your need? Conversely, when someone comes to you with a need, how hard is it for you to care about meeting his or her need?  
[redacted]  
[redacted]
- 5) In a confrontation, do you have the goal of listening to understand and finding out the person’s need, or do you focus on protecting yourself?  
[redacted]  
[redacted]



## Personal Application

Think about a person with whom you have a close connection. When was the last time that person asked you for something he or she needed from you? How did you respond? Have you created a strong enough connection where both of you feel comfortable confronting one another? How can you strengthen your connection and assure that person that you care about meeting his or her needs this week?



## Viewing & Reading Guide Answers

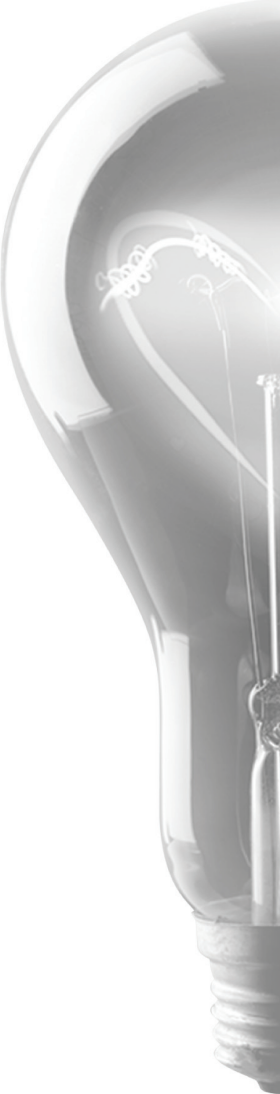
- |               |                |
|---------------|----------------|
| 1) Conflict   | 5) Control     |
| 2) Goal       | 6) Care        |
| 3) Connection | 7) Information |
| 4) React      | 8) Serve       |

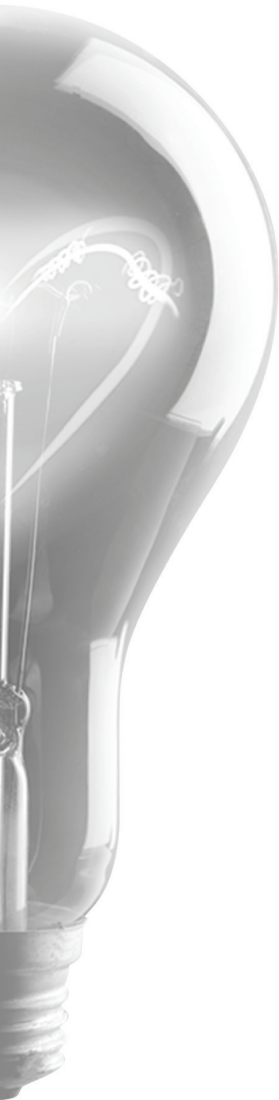


## KYLO in Action Answers

- |               |               |
|---------------|---------------|
| <b>Hurts:</b> | <b>Helps:</b> |
| Rescuer       | Truth         |
| Problem       | Conversation  |
| Agree         | Toward        |

*\* For more in-depth instruction on strengthening various types of relationships, see Danny's other products on pages 90 to 94.*





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## SECTION 8

### Levels of Intimacy

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“You are responsible to manage different levels of intimacy, responsibility, influence, and trust with people in your life. Likewise, you are responsible to honor the different levels of access and influence others allow you to have in their lives. These levels are absolutely righteous, healthy, normal, and good. It is supposed to be like this! It has to be like this.”

*(Keep Your Love On!, Page 124)*



## Viewing & Reading Guide

Read Chapter 8 of *Keep Your Love On!*, listen to Chapter 8 of the audio CD, or watch the eighth session of the DVD prior to completing this section of the study guide.

- 1) There are levels of intimacy naturally built into relationships, and it's your job to identify and [ ] them.
- 2) The more intimacy you have with me, the more access you have to my [ ], my time, and my resources.
- 3) The most intimate relationship you could ever have is with [ ] .
- 4) The next level of intimacy—your most intimate human connection—has room for [ ] person.
- 5) After God and your most intimate human relationship, your [ ] should have the priority of your time and resources.
- 6) When people become disrespectful or violate your trust, you need to move them out to a place of [ ] that they can handle.
- 7) [ ] communicate access and priorities.
- 8) If I don't have boundaries protecting my level of intimacy with someone, I send the message that I have no [ ] for the relationship.
- 9) In order to say “ [ ] ” to your priorities, you must say “no” to other things along the way.
- 10) Desperate people will put a [ ] on you to get what they need, so you need to be able to protect your resources.



## Real Life Scenario “Family First”

“Honey, my brother called this morning to talk about Christmas,” Karen announced to her husband, Brian, while they were preparing dinner together one night. “He assumed Olivia and I would be joining them as usual this year,” she carried on, “so he just wanted to find out what our plans are.”

Brian continued stirring spaghetti sauce as he decided how to respond to his wife. He already knew what he wanted to say. *We are not spending Christmas with your family.*

In the six months since Brian had married Karen, single mom to 10-year-old Olivia, they had visited her mother and her brother’s family on several occasions. Each time, there had been conflict. From Brian’s viewpoint, Karen’s family had ignored Karen’s new allegiance to Brian and expected her to defer to their plans and preferences. Once, when Karen had excused them from a family dinner, her mother made cutting, sarcastic comments at Karen about disappointing them...until Brian stepped in to defend Karen.

*They need to respect that we are a family now and we come first,* Brian thought. *The only way to do that is to create some distance.*

“I’ve been thinking about Christmas,” he began slowly, turning toward Karen. “I’d really like us to have Christmas together here. I’ve even picked out a great place for the tree.”

Karen looked uncomfortable. “I’d hate to disappoint Olivia. She always loves getting up early with her cousins on Christmas morning.” Then, without warning, she raised her voice and called to her daughter in the next room, “Hey, Liv! What do you want to do for Christmas this year?”

“Hey!” Brian whispered loudly, affronted. “Could we talk about this first?”

A moment later Olivia skipped into the kitchen and grabbed Karen around the waist. “We’re going to Grandma’s like we always do, right?” she asked.

“This is a decision we need to make *together*, Karen,” Brian declared firmly as he held Karen’s gaze, struggling to remain calm.

“Can’t we do our own Christmas a few days before or after?” Karen asked Brian, anxiously. “Or, could we send Olivia back and do our own thing here?”

“Absolutely not!” Brian insisted. “Spend our first Christmas apart? Karen, we really need to talk about this together. Could we go in the other room, please?”

“I *have* to go to Grandma’s!” Olivia cried, clinging more tightly to Karen.

“Don’t worry, Liv,” Karen said, patting her head. “Finish your TV show while we work it out.”



## What *is* the Problem?

For years as a single mother, Karen’s closest relationships were with her daughter, Olivia, and their immediate family. As happy as she was to find a wonderful husband and stepfather for Olivia, she was not prepared for the challenging dynamics of moving him into her innermost circle of intimacy. Though she and Brian have agreed that they are one another’s top priority, she continues to struggle to communicate this clearly and maintain her boundaries when her family or Olivia are involved.

### Brian

- ...feels hurt when Karen puts Olivia or her family before him
- ...does not proactively express his concern about Karen’s priorities
- ...wants Karen to set boundaries with her family

### Karen

- ...fears being punished by her family for disappointing them
- ...doesn’t understand that she is hurting Brian when she prioritizes others above him
- ...allows others outside of her inner circle to influence her decisions

 **KYLO in Action**

In this scenario, Brian and Katie are still figuring out the dynamics of their new relationship. While Karen wants to *add* Brian to her life, Brian wants to *create* a new life with Karen—one with clear boundaries. According to the principles of KYLO, Brian’s first step will be to identify how Karen’s behavior makes him *feel*, not what he *thinks* about her actions or her family. Once he knows what is going on inside himself, he can then share how he needs to feel with Karen by communicating with a clear “I message,” such as: “When you asked Olivia what she wanted to do before we had talked through the decision as a couple, I felt disrespected and demoted. I need to feel secure that we will put one another first in making family decisions, and that no one else’s opinion gets to have that priority or place of influence.” Once Karen understands what Brian is experiencing in the relationship, she will have an opportunity to respond by adjusting her behavior. One way Karen could lower Brian’s anxiety could be to create boundaries that protect her relationship with him and establish him as a priority above the other relationships in her life. Together, Brian and Karen should assess the people and activities to say “yes” or “no” to in order to protect their connection.\*

**Brian needs to...**

identify how Karen’s actions make him .

send a clear “” to Karen about his feelings and needs.

feel secure as a priority and place of  in Karen’s life.

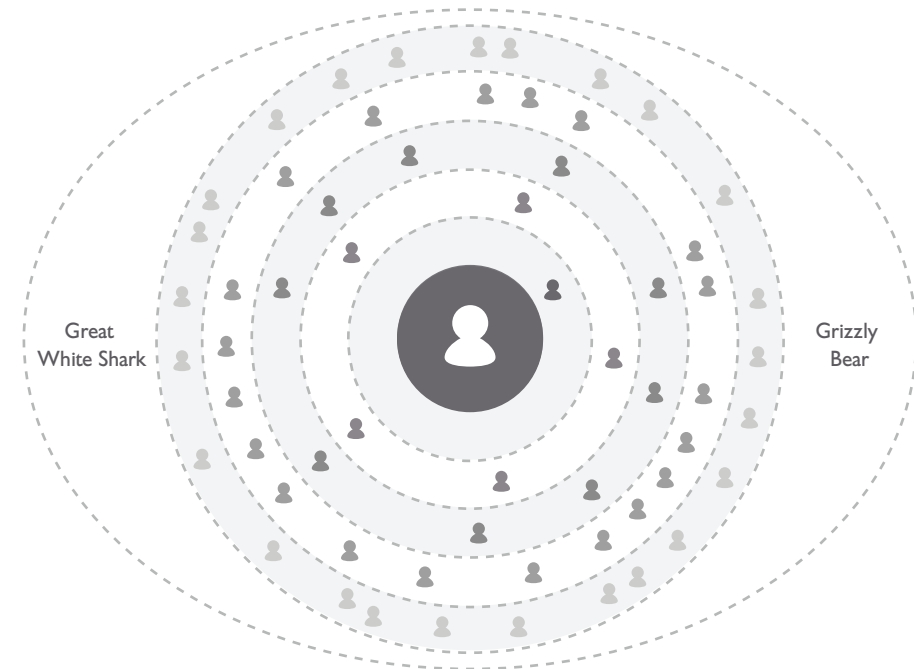
**Karen needs to...**

understand what Brian is  because of her behavior.

set and maintain clear  with Olivia and members of her family.

protect their  by knowing to whom and what she can say “yes” or “no.”

**Levels of Intimacy**



 **A Word from Danny**

“When we don’t set boundaries around our relationships, we attract disrespectful relationships into our lives. We must protect what’s important to us, and what’s important to us are the things we’ve said ‘yes’ to. In order to say ‘yes’ to your priorities, you must say ‘no’ to other things along the way.”



## Discussion & Reflection Questions

1) Have you ever wrongly prioritized someone on the outer circles of intimacy above those in your inner circles? Conversely, has someone you love wrongly prioritized someone else above you? How have those circumstances affected your relationships?

2) Have you ever had to set a boundary with someone in your inner circle? Would you say the people in your inner circles of intimacy are consistent in both setting and honoring boundaries?

3) Do you allow the needs and demands of other people to pull on your time, energy, and resources too much?

4) Have you ever put a human being in your “God spot,” making that person your reason for life and the source of your happiness? How did this affect you?

5) Can you say “no” to people? If not, what does this say about your ability to protect the things you want to say “yes” to?


## Personal Application

For this week, list 2-3 things you are going to say “yes” to in order to honor the priorities you have set for each of your circles of intimacy:

- 1 God:
- 2 Spouse/Best Friend:
- 3 Children:
- 4 Friend/Family:
- 5 Coworkers:
- 6 Community:
- 7 World:



## Viewing & Reading Guide Answers

- |                    |                  |
|--------------------|------------------|
| 1) Manage          | 6) Access        |
| 2) Core            | 7) Boundaries    |
| 3) Jesus/God       | 8) Value/Respect |
| 4) One             | 9) Yes           |
| 5) Family/Children | 10) Demand       |



## KYLO in Action Answers

- |               |                      |
|---------------|----------------------|
| <b>Brian:</b> | <b>Karen:</b>        |
| Feel          | Experiencing/Feeling |
| I-message     | Boundaries           |
| Influence     | Connection           |

*\* For more in-depth instruction on strengthening various types of relationships, see Danny's other products on pages 90 to 94.*



## SECTION 9

### Guidelines for Setting Boundaries

“When people see how you care for your garden and taste the good fruit of your life, their words and behavior should demonstrate that they recognize your value. If they don’t recognize the value of your life and what you have to offer, then you know that you cannot be in a relationship with them. The only people you want to connect yourself with are those who respect the value of your life and their own lives. Only then will your relationships be based on mutual respect and shared fruitfulness.”

(*Keep Your Love On!*, pages 139-140)



## Viewing & Reading Guide

Read Chapter 9 of *Keep Your Love On!*, listen to Chapter 9 of the audio CD, or watch the ninth session of the DVD prior to completing this section of the study guide.

- 1) A powerless person likes to pretend that he or she is a [redacted] who needs a Rescuer to step in and confront anyone who violates a level of access.
- 2) [redacted] keep in what you want to keep in your life, and keep out what you want to keep out.
- 3) If you struggle to set boundaries with people, you need to learn to value your life and require [redacted] for the things that are important to you.
- 4) You [redacted] your value through your “yes” and your “no.”
- 5) As a powerful person, you need to get good at [redacted] others what you are going to do instead of what they have to do.
- 6) It’s not your words that convince people to believe you; it’s your [redacted].
- 7) You have the power to walk away from a [redacted] conversation in order to set a healthy standard with others.



## Real Life Scenario “Protecting Priorities”

Before moving to New York to attend fashion school, Kelly had paid her way through college as a freelance graphic designer. When she discovered that her student loans wouldn't cover all her living expenses in the big city, she found a part-time job as a personal assistant for Cheryl, a graphic designer who ran her business from her home. At their informal and friendly job interview, Cheryl told Kelly that she didn't have any design projects to offer her at the moment, but that if any came up, she would consider Cheryl's services. In the meantime, Kelly agreed to spend twenty hours a week doing Cheryl's grocery shopping, walking her poodle, cleaning her cluttered apartment, and doing various administrative tasks for the business.

The first three months working for Cheryl were busy but enjoyable. The only thing was that Cheryl was always adding more to Kelly's list. By the end of month three, she was averaging thirty hours a week at Cheryl's house, and was starting to feel strained trying to keep up with work and school.

Then one day, Cheryl called Kelly into the office.

“Can you take a look at this layout for me?” Cheryl asked her. “I'm about to send it off to a client, but I'd just love a fresh set of eyes to look at it before I do. I'm going to run down to Starbucks, so take your time.”

“Sure, no problem,” Kelly replied, sitting in front of the computer. For twenty minutes, she made minor but significant tweaks to the layout. She had just finished when Cheryl returned, latte in hand.

“How'd it go?” Cheryl asked, taking the chair after Kelly had vacated it. After a few moments of critical examination, she turned to Kelly with a grin. “I'm impressed. I thought I had this as perfect as it could be, but you made it better. You're good!”

“Thanks,” Kelly said, blushing slightly.

“I'm going to have to use you more often,” Cheryl murmured as she attached the project file to an email.

The next month Kelly acted essentially as Cheryl's design assistant and even took on a few small projects. Though she appreciated the endless praise Cheryl heaped on her for her excellent work, Kelly sensed a growing resentment, feeling that Cheryl was paying her basement-bargain assistant rates for great design services. Kelly kept expecting her to rectify the inequity, but when Cheryl had happily handed Kelly her most recent paycheck without a word on the subject, Kelly felt sickened with panic and anger.

*She knows what she's doing. She knows what my work is worth! Is she really just going to keep using me? How can she do that?*



## What *is* the Problem?

Kelly is working for a boss who will gladly consume all the time, effort, and skill Kelly will allow her to have without making sure her demands are fair or allowing Kelly to honor her other priorities. She gives more of her resources to Cheryl without setting boundaries around the hours and energy she needs for her other commitments or negotiating higher rates for design projects. She also feels powerless and has taken on a “victim” mentality by hoping that Cheryl will rectify the situation without her having to confront the situation and communicate her concerns. Kelly resents Cheryl for not anticipating and respecting her needs as an employee, but is unwilling to confront her about them.

### Kelly

- ...has created a “Victim-Bad Guy” dynamic
- ...does not communicate her concerns
- ...feels disrespected and exploited

### Cheryl

- ...does not respect Kelly's time or quality of work
- ...alters their previously defined arrangement by consistently adding more work
- ...pushes beyond Kelly's unexpressed boundaries and expectations

## KYLO in Action

In this scenario, Kelly is having a difficult time setting boundaries that protect her priorities because, up to this point in their relationship, Kelly hasn't required Cheryl to respect the things in her life that are important to her, such as her commitment to fashion school. Following the principles of KYLO, in order for Kelly to be powerful in this relationship, she will first need to exchange the truth of her concerns with her employer by letting her know how their current work arrangement is affecting her. After discussing what she *needs* from Cheryl, Kelly will be able to say what she is going to *do*—the actions behind her words. For instance, Kelly could come prepared to ask for a specific number of hours and a certain rate of pay for her design projects. However, she must be prepared for what she will *do* to enforce her boundaries if Cheryl does not agree with her or is unwilling to negotiate. By Kelly providing an opportunity for both to define their expectations as employer and employee, Cheryl will hopefully respond positively. If Cheryl is unable to meet Kelly's new standard, then Kelly must enforce her boundaries by finding a different place of employment.\*

### Kelly needs to...

stop expecting her boss to anticipate her

protect her  by requiring Cheryl to respect her time and quality of work.

communicate her needs and boundaries and back them up with .

### Cheryl needs to...

understand how this arrangement negatively  Kelly..

clearly define her  and needs as an employer.

determine whether she will be able to meet Kelly's new .

## A Word from Danny

“Just because you set boundaries doesn't mean that you don't care deeply for people. Boundaries are one of the best ways to communicate love and value to the people around you. Remember, people believe your actions more than they believe your words. So the more consistently people encounter the boundaries you've set in your life, the more they can trust that it is you that manages your life. The time, energy, and access you give them communicates true value in your relationship.”



## Discussion & Reflection Questions

1) Have you ever, like Kelly, allowed the demands of others to move you away from your priorities? Have you allowed others to devalue you without confronting them? How could you have responded to those situations as a powerful person?

2) Have you ever set a limit with someone who tested it? Did you hold to your “yes” and “no” or did you allow the person to move your boundaries?

3) What practices and habits have you established—or should you establish—to remind you of your value, priorities, and purpose?

4) Have you ever struggled with bitterness over feeling used and exploited by “consumers”—those who consistently demand your time, energy, or resources without giving anything back? If so, how could this be affecting your current life and relationships?

5) Are you currently taking more responsibility for someone else’s life, problems, and choices than you should? What do you need to do to release that person to be powerful and responsible for himself or herself?


## Personal Application

- 1) Spend some time thinking, meditating, and praying about your boundaries with others in your life. Reconnect to your core priorities and purpose. Renew your sense of identity and value by making declarations about who God says you are.
- 2) If you recognize any area of your life where someone is disrespectful of or irresponsible with your time and resources, then choose to be powerful! Decide to set some limits. Determine what you need to do to focus your time and resources fully on your priorities, and then respectfully communicate those priorities to others with clear and powerful statements about what you are choosing to do. Above all, *do what you say you are going to do.*



## Viewing & Reading Guide Answers

- |                |                  |
|----------------|------------------|
| 1) Victim      | 5) Telling       |
| 2) Boundaries  | 6) Actions       |
| 3) Respect     | 7) Disrespectful |
| 4) Communicate |                  |



## KYLO in Action Answers

- |               |                |
|---------------|----------------|
| <b>Kelly:</b> | <b>Cheryl:</b> |
| Needs         | Affects        |
| Priorities    | Expectations   |
| Actions       | Standard       |

*\* For more in-depth instruction on strengthening various types of relationships, see Danny’s other products on pages 90 to 94.*



## SECTION 10

### Did You Learn to Love?

“The whole nature of relationship is that you cannot control it. All you can control is your free choice to love others and receive their love. When you make this choice, freedom grows and fear goes. The sign that you really have love in your relationships is that you and the people around you are free and not scared. Free people are going to tell you the truth. They are going to make mistakes. That will test the relationship and the state of your heart. It will require you to grow up and become powerful.”

(Keep Your Love On!, page 156 )

Read Chapter 10 of *Keep Your Love On!*, listen to Chapter 10 of the audio CD, or watch the tenth session of the DVD prior to completing this section of the study guide.



### Real Life Scenario “Everything is Fine”

After a long and stressful day at the office, Sam needed to unwind and could think of no better way to do this than an impromptu evening at the gym. He sent Hannah, his wife, a text before leaving work: “Going to gym. Be home late.”

When Sam arrived at home, the house was quiet and most of the lights were off. *Hannah must be upstairs reading*, he thought. He walked into the kitchen and looked inside the fridge for leftovers from dinner, but was surprised to find nothing waiting for him there. *That’s odd. Usually she wraps something up if I’m coming home late.*

Walking upstairs and down the darkened hallway, Sam followed the light coming from beneath their bedroom door. “Hey, Honey,” he said, walking inside.

“Hello,” Hannah replied, turning a page of her book without looking up.

“Such a crazy day at the office,” Sam began. “You wouldn’t believe some of the guys I work with.”

“That’s nice,” Hannah responded, sounding disinterested.

*That’s nice?! Sam thought. What’s going on?*

Sam watched his wife as she sat in bed. “Is everything okay?” he asked.

“Everything’s fine.”

“You seem...a little...”

Hannah looked up from her book. “A little...what?”

“Tense.”

“Maybe I should go to the gym.”

*Hmm...something seems off here.* Sam began changing out of his gym clothes, searching in his drawer for a clean pair of pajamas.

Hannah turned back to her book and said, “Brad came by the house earlier. Said something about moving your poker night back an hour on Saturday.”

“Oh, okay. That works. I’ll let him know.”

“I didn’t know you had plans Saturday night. I thought it was your one night off this week.”

“Well, it *is* my night off. That’s why I’m going over there.”

“I see,” Hannah said.

“Do you know where my pants are—the gray ones? I can’t find them in here anywhere.”

“They’re over here,” Hannah replied, pointing to a small disheveled pile of clothes in the chair beside the bed.

“Oh...” *She usually folds my clothes for me.* “Are those clean?” he asked.

“Yes,” she replied, turning another page.

*Wait a minute!* Sam registered. *She already folded and put her clothes away...those are only my clothes.*

“You sure everything is all right?” he asked.

“It’s fine.”

Feeling frustrated and exhausted from a long day, Sam let it go at that. While he put his clothes haphazardly inside his drawers, Hannah closed her book and turned off her bedside lamp.

“Goodnight,” she said, lying down with her back toward his side of the bed.

“Goodnight,” he said. *Good night indeed.*



## What *is* the Problem?

Now that you have completed the *KYLO Series Study Guide*, it's your turn to put KYLO into action! Based on what you have learned in the previous sections, "diagnose" the problem(s) you noticed between Sam and Hannah below.

- 1 Complete the following sentences by listing the actions and the possible motivations behind those actions.

Sam
is...
feels...

Hannah
is...
feels...

- 2 What are Hannah and Sam communicating to each other, and which style of communication are they implementing?

Sam

Hannah

- 3 At this point in the story, what advice would you give both Sam and Hannah?

Sam needs to...

Hannah needs to...



## Continuation of "Everything is Fine"

At work the next day, Sam had a hard time concentrating. He didn't like the way he and Hannah were communicating—or *not* communicating—and knew that something was definitely not "fine" with his wife. He considered her actions over the past few days—leaving him no leftovers, putting only her laundry away, shutting him out by withdrawing into her book. *She usually loves to do things for me, and she knows how much it means to me when she does little thoughtful acts like that.* While Sam didn't know what was going on, he knew that he loved his wife, and that, for whatever reason, she was not happy. Eager to get home, Sam left work a few minutes early.

When Sam walked through the door, he could hear his wife cooking in the kitchen. As he approached, she turned to him and said, "You're here early tonight."

"Yes. Do you think we could sit down for a minute and talk?" Sam asked.

Hannah looked both hesitant and relieved. "Okay."

"You said yesterday that everything was 'fine,' but I know that it's not. I don't know exactly what's wrong, but I don't like feeling disconnected. Have I done something lately that hurt you?"

At that, Hannah had to hold back tears. "I just feel like you don't...I feel hurt. It's like you go away all day at work, or the gym, or playing golf on Sunday afternoon, or having a guy's night...I'm just here at the house, *waiting* for you. You make time to do everything you want to do, but you don't make time to be with me. That makes me feel like you don't really want to spend time with me."

Sam knew she had a point. "I only do those other things because I don't want to bring all the stress from my day home with me. Those things help me relax so that I can enjoy being with you."

Hannah nodded. "I'm sorry I've been so... 'tense,'" she said, cracking a smile. "I resented the fact that it felt like all you really wanted from me was a meal or a clean house. I want to be the biggest part of your life."

Sam took Hannah's hand and said, "What do you need me to do in order for you to know how much I really do appreciate you?"

"I don't know..." Hannah began hesitantly. "I need to feel like I'm above other people or things in your life."

Sam nodded his head. *I have been gone every night this week*, he thought. *Hmm...I need to fix this.* "I'm sorry that I haven't made you feel like the priority that you are in my life..." Suddenly, he took out his phone and then looked at his wife. "Excuse me for one minute," he said. "I need to make a phone call."

Surprised and curious, Hannah drew her hand away.

"Hi, Brad?" Sam said into the phone. "I just wanted to tell you that I won't be coming to Saturday's poker game after all. That's my only free night, and I'd like to take my wife out to dinner."

Hannah grinned at her husband, and when he sat down next to her, she took his hand again and kissed him on the cheek.

"Now things are *'fine,'*" Sam joked, causing Hannah to laugh.



## KYLO in Action

- 1) Based on what you've learned, in what ways was Sam powerful in his approach to protect his connection with Hannah?



- 2) Was there a "Bad Guy" and a "Victim" in this situation? If so, who took on which part?



- 3) From what you have read, what would you say are Hannah and Sam's love languages? How can you tell?



- 4) Hannah also followed the principles of KYLO by exchanging the truth about her feelings and needs. What was her "I-message" and how did she effectively communicate in this scenario?



- 5) Sam was not making Hannah feel loved or like a priority in his life. Which principle(s) of KYLO did he apply in order to correct this? What other KYLO principles did you notice in this scenario?




## A Word from Danny

“We often judge ourselves by our intentions and others by their behavior. Loving unconditionally is learning to love as God loves us. So how is it that He loves us unconditionally, but sometimes we feel it is impossible to see past someone's smallest flaw? If God can see past all our messes, are you willing to do the same? No situation or shortcoming ever gives us permission to turn our love off. We always have the choice to keep our love on. Ask the people around you how free they feel when you're around. It may be the greatest measure of love in your life.”



## Discussion & Reflection Questions

- 1) Considering everything you've learned over the past ten sections, what advice or principle(s) have you found the most applicable in your own day-to-day life?



- 2) How has Danny helped you "keep your love on"? In other words, what are you taking away from this series?



## Personal Application

In *Keep Your Love On!*, Danny references an important question that he once heard about the most important goal of our lives: “Did you learn to love?” What does this question mean to you?

Reflect on this and write down ways that you have displayed love in your life. Then answer: What can you continue to do in order to keep your love on toward God, others, and yourself?

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See **Appendix A** for daily affirmations that will strengthen your perspective as a powerful person who feels capable of creating, managing, and maintaining healthy communication in your relationships.

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# APPENDIX A

## Affirmations

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I am powerful.

I can and will choose love.

Pain is inevitable, but my misery is a choice.

I don't need a 'bad guy.'

I am not a victim.

I can create and protect connections.

I can keep my love on no matter what others do.

Everyday I manage my heart, live in self-control, cast out fear,  
and respond in love.

We both matter, so I'll keep my love on and share vulnerably to  
display trust and to displace fear in both of us.

I choose you. I choose love, connection, and covenant, regard-  
less of my feelings or your choices.

I listen well to call out your best, protect your heart, and nurture  
our connection to understand, not agree.

We are both powerful people all the time. We are royalty who  
love courageously through Christ who strengthens us.

I will face my fear of rejection, be healed of shame, and risk my  
heart in relationship.

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# Loving On Purpose

Other Loving on Purpose Resources

Love is a choice.  
Learn to love on purpose at  
[lovingonpurpose.com](http://lovingonpurpose.com)



Thank you for choosing KYLO Series Study Guide.  
Find us at *Amazon.com* or *Barnesandnoble.com* to leave a  
review of your experience.

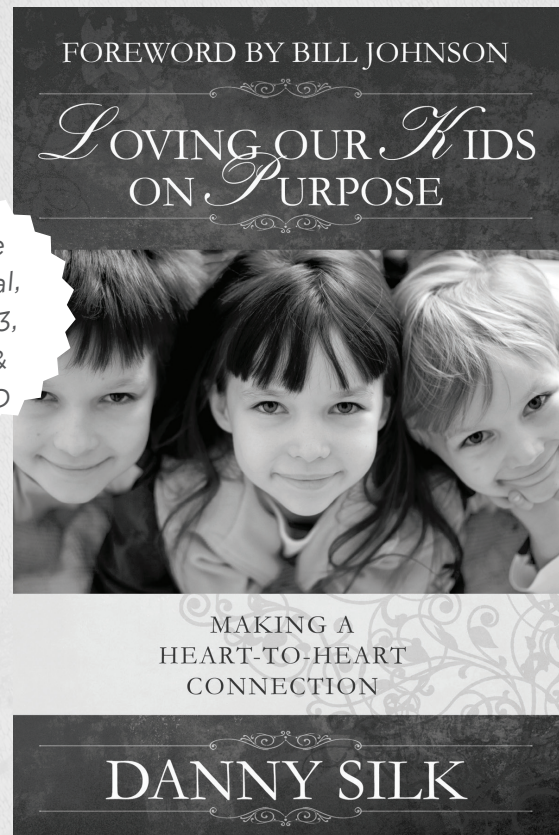
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A FRESH, FREEDOM-BASED  
PERSPECTIVE ON PARENTING



Available  
as Manual,  
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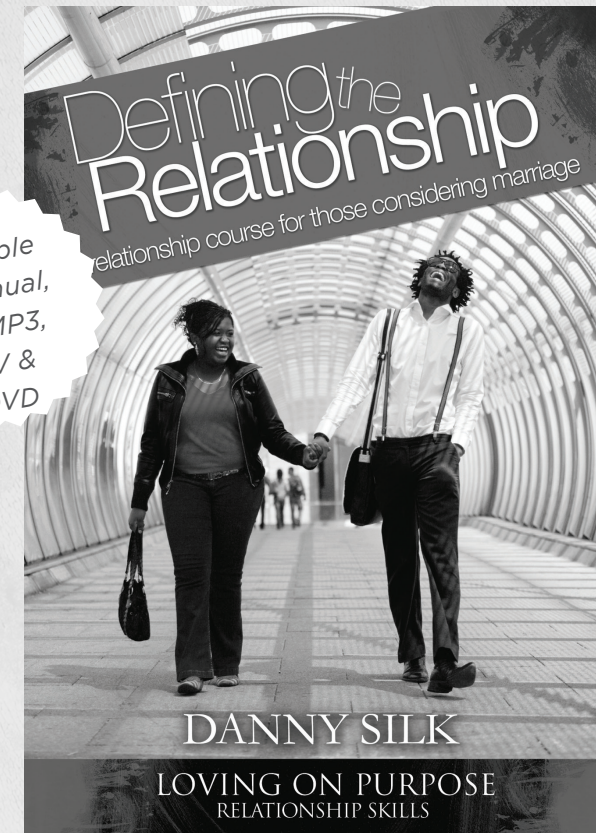
Loving Our Kids On Purpose brings fresh perspective to the age-old role of parenting. Through teaching, storytelling and humor, Danny shares his personal family stories as well as numerous experiences he's had helping other families. You will learn to:

- Protect your heart-to-heart connection with your children
- Teach your children to manage increasing levels of freedom
- Replace the tools of intimidation and control
- Create a safe place for children to build confidence and personal responsibility

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READY FOR MARRIAGE? DANNY EQUIPS  
YOU FOR THE "BIG" CONVERSATION



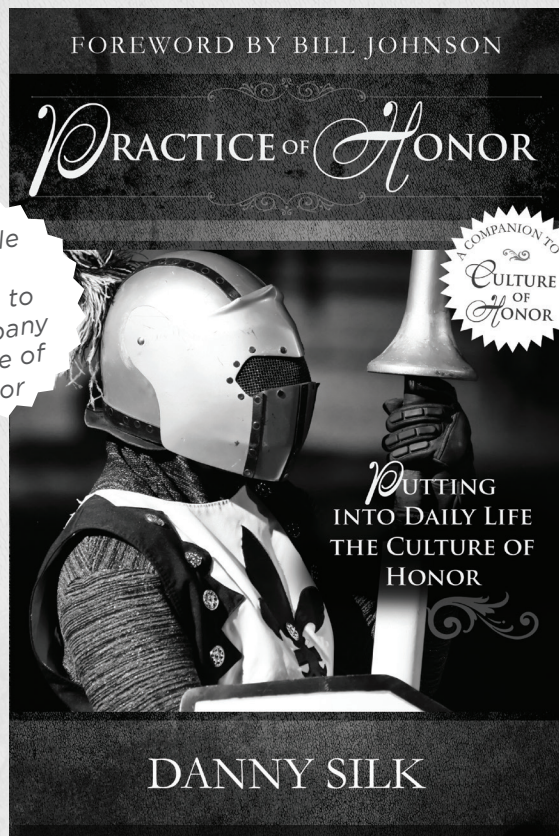
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Many Christian couples come to a point where they must "Define their Relationship." In this series, Danny's comedic style of teaching will inspire, challenge, and bring couples into a serious reality check about their decision toward marriage. The goal of this series is to impart COURAGE—the courage to either push through the rugged realities of a loving relationship or the courage to walk away. Whether you are single, dating, or already engaged, this course will teach you how to love on purpose.

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WHAT IS HONOR AND HOW DO YOU PRACTICE IT?



Available as a Manual to accompany Culture of Honor

The Practice of Honor manual is a practical resource for those who have read the Culture of Honor by Danny Silk and for leaders, individuals, or those who desire to learn how to cultivate a culture of honor in their sphere of influence. In some realms, honor is something to defend...The Practice of Honor may require a significant paradigm shift in your thinking. Based on the revival culture of Bethel Church in Redding, California, it is a template to help any leader develop an environment that brings out the very best in people. It is a recipe for introducing the Spirit of God—His freedom—and how to host and embrace that freedom as a community of believers.

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A GENDER-NEUTRAL KINGDOM PERSPECTIVE ON WOMEN IN CHURCH LEADERSHIP



Now Available as an Ebook

What comes to mind when you hear the phrase, “women in ministry?”

- A. Nursery Worker
- B. Children’s leader
- C. Pastor
- D. It’s complicated...

If you are like most, your answer would be, “It’s complicated.” Many believers are still confused about the proper place for women in the Church. Powerful and Free is a call to address the structural message of inequality. It is not a theological treatise on the biblical case for female leaders (there are many excellent resources for this already). It is not a political program to implement some kind of affirmative action in our leadership teams, because that doesn’t work. Rather, it is an appeal to the hearts of men and women to recognize the existence of the glass ceiling for women and to challenge themselves to align more fully with a Kingdom vision for gender-blind leadership in the Body and equal male-female partnership in the home.

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