Agenda: disciple-mentor relationship:

Lack of motivation and interest due to current state, better preoccupation of time with science

Evolutionary of humans, different from animals, finding purpose and why things happen that can or cannot be explained, seem to be random

Difference from other religion based on personal preferences: does it boil down to choice instead of truth? Each can be convinced in their own mind as to who their God is.

Books not helping in faith, not of higher most importance

Logical explanations and no answers to everything, people who accept and believe

Personal testimonials and emotional attachment

Non Christians and other religious people who pray to other gods

Too much confusion over the truth and God’s way of allowing it

Freedom of choice or disillusionment of all the religions

Science is concrete and open to discussion, religion is not knowing and uncertain and having personal stand

Witness change in other’s lives but underestimating God’s work on them

People’s dedication to different religion and spreading it all over the world, what is the difference that separates Christianity from the rest?

Trust in account of Jesus and what he said before death, before Christianity was a religion, its about HIM.

Praying for personal experience?

No reliance or dependence to God, not looking to him as fulfilment and completion and satisfaction. But is there something haunting you daily that only he can fix?

God choses his people or we choose Him

Pleasing people and not God. God’s love for us and salvation, having the desire to know him, is central instead of questions to be answered.

Is there a purpose or meaning to life? Is there a reason for everything? Is there randomness?

Loving the idea of Christianity? Sinners and loving your enemies, who loves that?

Ego and self glorification

True freedom from being slave to the world and people ; even pain, sorrow, disappointments, sins, expectations, problems, conditions, stress, poverty, addictions, fear, anxiety, doubts . Can you set yourself free when sin is controlling your life? 1. Hurting yourself 2. Hurting those you love and wanting to change but cant. Unless, it has been justified as normal and ‘okay’, indifference

Understanding God, seek His wisdom, motivation, intention

Coincidences, miracles, luck

Denying yourself, forget about yourself as the most important person for a second, conscious and oblivion, bringing the unconscious to conscious

Minimize suffering for it is too much to bear; escapism and rejection instead of embracing

Answer to unfairness of life

Everything leads to conclusion that life is meaningless

The will to live

Accept without questioning God, if we have all the answers in life.

Free will, autonomy but can be abused

Malfunction due to lack of love

Judgemental and reason of delivering speech, actions

Understanding perspectives

CHAPTER1. success stories constantly exposed and seem highly probable but failures are unreported. Success people are not representative of the entire group. Their factors of success are used on themselves or those similarly successful and it may not mean the determining factor especially if it doesn’t work on failures. Good results get published and ‘bad’ but correct results do not. Note: be aware of both success and failures – what they are trying to say.

CHAPTER2. criteria for selection and results/output can be mixed up. How are people selected? If we are unsure of selection criteria, it is easy to mistake them as result. Saying a treatment has effect needs to be questioned because of the type of people selected – if they happen to possess traits susceptible to the similar effect.

CHAPTER3. human brain seeks patterns and rules. Having pattern is good for prediction and learning about repetition and what to expect.

CHAPTER 4. social proof and herd instinct, copying others’ behavior, believing the most popular idea, notion, words and not judging by oneself. Majority has the biggest influence. It’s good if we are unsure but following just because there is peer pressure and doing something outright wrong, it’s not good.   
  
CHAPTER5. sunk cost fallacy, unwilling to give up because of invested time, energy, money, love even when it is a lost cause. what may also hinder is unwilling to admit wrong and keep up with appearance. Forget about unrecoverable investments and costs incurred, what counts is future and potential and how much desire to continue. How do you assess the costs and benefits in the future?

Hindsight bias:

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Responsibility, **following through with promises**, respect of time, respect for friends, resilience, strength, **confidence yet with humility**, comfortable with one self, sharing, reciprocation, accountability, eye contact and paying attention, knowing likes and dislikes, talking about self/ own ideas/ own opinions/feelings/daily challenges/unforgettable moments/relationship goals/(because that’s who we are dating right?), being socially acceptable by considering other’s feelings, open to criticisms, straight-forwardness, talking when there’s a problem (I need time to think & process), calm and managing emotions, being polite and courteous in social setting, acknowledging other’s presence, being assertive and stand up for yourself, curiosity, passion and interest, truth and honesty, humor, asking questions and clarifying, influenced by social values, logical inconsistencies, flawed systems, flawed society mannerisms & concepts, finding loopholes, **changing perspectives,** expressing thoughts and feelings, letting the other person know about plans, balanced, answering back, not leading others on, **connection**, giving, **conflict resolution**, fantasy and dark, taking breaks using holidays, learning something new, having things to do, dislike boredom and monotony, supervision and teaching, accepting failures, reading up and doing research, practice makes perfect, family’s welfare, collaboration, publication and authorship, crediting and being recognized, understanding other’s field, presentation and writing, jazz, creativity and composition, ideas, not affecting other’s work and feelings, **self control**, not imposing on others way of behavior, freedom in work, **having an interest**, find answers from experiences and backgrounds, work as enjoyment and passion, having a vision, being ready and prepared for what is to happen, having a list to buy to go buy – objective shopping, how to tackle situations and questions, not being embarrassed, having a style of who you are, not mainstream, science and theories, having attention, conclusions, research on things and knowing the product, doing something good and well, quick on the spot, saying thank you and expressing gratitude in person or email, put in someone else shoes, reasons for other’s behavior, are people being consistent – what have they done or acted before, flavor in food, winning in computer games, moderation not either extremes, focusing on one or two things, trouble-shooting, work is passion, hates competition, able to flaunt talents, being curious, novelty and different, adventurous towards food, zest for life, contribution to society with science, hates gossipmongers, incessant chatter during movies, hates superficiality and being shallow, saying one thing and doing another, looking right for occasions, dare to be different, talking about similar experiences to relate, not being influenced by the world, causation and correlation, listening and giving advice, two-way conversations, talk about things interesting to me, being asked questions, nerdy topics, **open to change**, natural to talk about yourself, thinking for yourself and individualistic, **love like Jesus**, devote energy to important things, being stable and faithful, love is a choice, respect for God in worship, **strength**, justified comparisons, **making effort in thinking**, influenced by others in the right way, having same kind of thinking, enjoying thinking, making deductions, coming up with possibilities and options, basing on facts and answers, being novel and unique, having good useful company to simulate thinking, using mental energy on the right things, understanding things together, **having a good reason for doing things**, practicality, justifying and expressing own ideas, not afraid of failing, growth, being happy in the small things, learning to appreciate life, not letting things affect me, internal change influence external surroundings, **skeptical about people’s words**, something to hold on to, healthy dose of optimism and pessimism, looking at context, extrapolating to the wrong thing to suit their message, feels good when other people acknowledge or give recognition to the same stuff, **uncertain about people and not clicking with some types of people**, convincing and persuasion takes reasons as well to get the other person’s interest, unprepared speeches, talking gibberish without proofs or evidence, making a bold unjustified claim, someone to learn from, afraid of losing interest, blindly following, applying energy and time, consistency, being appreciative, not troubling others, responsive to messages, nurture and mentor others, frankness and straightforwardness, **knowing what you want and don’t want**, understand why they do certain things, not complaining, invention, standing up for yourself, do it yourself – repair, cleaning, cooking, tidying, not wasteful, recycle and reuse, not buying excessively, slowly savoring, not committing too much, feeling pressured to do something, self growth from socializing, we are all equal with different skills, easy-going,

Elegance, imagination, poetry, privacy**, independence**, **freedom**, patience, introspection, adventurous, comfort, peace, faith, **security,** experiences, innocence, seeing the good in others, contentment, teaching, alertness, making the “right” decisions: God comes before everything else and he judges my actions. **Individuality – being unique, escapism (?), support**, **commitment (high in priority)**, nature, stability, calmness, safety, **honesty – always talk about what is bothering,** interesting and different, **non conformity, DIY**, subtle eye contact, blend in not stand out, **purity**

Indecisiveness, impulsiveness, willpower & perseverance, self-discipline (eat right, work right, talk right), in my own world, not responsive, unreliable, inconsistency, ignoring issues, I need time out, confliction—deal with it, decisions on appointments, hard to weigh consequences, fake moods, making the problem bigger than it actually is, not problem solving, jealousy of what others have that I don’t (but you have God ☺), not finishing what I start, reflects badly on me, blurring work and personal, being copied and plagiarized, hate inactivity of the body, **having attention**, wait for instructions, passive, distractions, doing something well and starting well – but will give up half way if find it no point to carry on and carry it out in full, not planning well, affected by one thing gone wrong, replaying mistakes, not being productive, having no purpose and motivation, **wasting time**, waiting for people, hard to get out of ‘moods’, not coming into terms and conclusions, letting unconscious mind do its work, not being present and mind wandering elsewhere, distracted, sudden mood swings, not aware of other people’s emotions, **not aware of surroundings,**

What am I sensitive to? – dirty clothes, inactivity, eating too much, being wet, being smelly and lingering smell, being sweaty, hot, headache, dropping things, touching dirty things, smoke, not washing hands, dropping hair, loud noises, being in close contact with strangers, being pushed, being followed, **being stared** at, violent scenes, **fatigue and lack of sleep**, hunger, touching face, staring screen too long, messy hair, thirst, too many people talking at the same time, dim lights, stains, buying something I don’t use, topics about weight and body image and looks, dieting, **missing exercise**, conflict among others, your disinterest, making others feel bad, slip of a tongue, being argumentative and unfeeling, insecurity overall, constipation and bloated feeling, headache and unable to get rid of it, itchiness and redness, looking pale and unpresentable and a mess, cats in the dark, too many wrapper and coins and useless junk, not having ideas, blank mind, forgetting details, **not knowing how to respond or answer**, intrusion of privacy, coming on too strongly, energy drained in conversations, unable to choose and decide, being bombarded with work all at once, urgent deadlines, spontaneous appointments unplanned, being late, blamed for something that has happened already, feeling stupid and helpless, complaints and bad mouthing, hypocrisy, **losing my train of thought**, reminded of work and important duties, lack of privacy, being in the spotlight, **ending conversations**, being asked too much, listening to details, not giving me time for breather, disturbed while working on something serious, energy coming off as too strong, being rebutted and challenged, **offered food** **when I don’t want to eat anymore**, small talk and answering the same questions, **feeling stupid** **or dumb**, **being rushed**, dehydration, being late, forgetting something,

PROVERBS (you are never too old to learn) (that which does not kill us makes us stronger) (there is no place like home) (still waters run deep) (silence is golden) (practice makes perfect) (once bitten twice shy) (no man is an island) (no man can serve two masters) (it is never too late) (history repeats itself) (every cloud has a silver lining) (give a man a fish and you feed him for a day. Teach a man to fish and you feed him for a lifetime) (great minds think alike) (birds of the same feather flock together) (two heads are better than one) (two wrongs don’t make a right) (to err is human) (experience is the hardest teacher; she gives the test first and the lesson later) (you never know what you can do until you try) (you cannot lose what you never had) (all that glitters is not gold) (learn from your mistakes) (butterfly effect – chain of events) (tunnel vision – focusing on single view or goal) (one man’s trash is another man’s treasure)

How to be happy for others? I feel lousy in comparison. Don’t compare. We all have different skill set and capabilities. We are neither better nor inferior. ☺ They have more friends. They have supportive family. They are happily married. They are happy and doing well. They are healthy. They are talented. They are smart. They are fun to talk to. (Happier? Healthier? Smarter? Funnier? Nicer to hang around with?)

Being supportive. “Love others as yourself.” If I can make others feel a little happier, appreciated, why not?

*Repression, displacement, regression,*

Why do we want to be away from people who we actually desire to come closer to? Why are we so contradictory? To be attracted to someone distant, intolerant of workaholism, being social, neediness, clinginess, yet being warm in times of need, concerned and ask questions, yet giving space and allow me to breathe, being assertive at the right time and know what he/she wants yet not sound superior and cocky, being humble yet confident, being nice yet not over-giving and selfish, being put together yet accepts that he/she is a mess, having initiative yet not being overly passive, being sensitive yet also direct and honest, being a leader yet also a teacher and willing to be the student, being nurturing yet firm on discipline,

I understand, when someone pushes you away, you accept that push and do not retaliate. They are not interested? But the wise ones are those who pay special attention, to each individual and their needs. I need to take the step. As if they do like me. Despite how they behave on the surface, as disinterested people. So we don’t talk, we just give up? Its fun to do that, being isolated, having the power to kick people away whenever they come near. But I have to start making the effort and be thick-skinned for this one time. Am I awkward? Do I give off an awkward smile? Don’t think, don’t try too hard to not be who I am, its tiring. Be natural. I embrace awkward, normal is overrated. Be unjudgemental myself and people will too. I don’t have to reinforce what other people’s stereotype is of me, though I do know clearly from intuition. Being the only awkward turtle in the group – who cares? I don’t have to constantly think about that and behave just that. You have potential, if you would just trust and believe. Prove them wrong. Greatest fear is being labeled ‘awkward’ by people we care to impress. But deep down, I know its probably true. I am just so afraid of the rejection that I am not one to fit in. I am afraid on how I am on the outside and to get smiles and recognition. People place too little emphasis on recognition. I need your attention, your nod, your body language that you are listening. I don’t like who I am? Yes, a perfectionist. Now, I learn to love who I am, be cool with the imperfections, stop trying to be so perfect and likeable. Now I want to help others feel liked, even without them trying to be. Some don’t try, some try too hard. I learn the struggles. I learn through the hard way. We are here to connect and more; we are not here to hide and retreat and fear for the unknown, being so critical about ourselves and not giving others the chance to know us better. I gain people’s trust not by behaving the coolest person around. I gain people’s friendship by being interested in them first. It’s part of being human – making mistakes. Being self-conscious defeats others-conscious.

Insecurity vs neediness : trigger of being unloved, but nothing to do with being completed or not. How is it that whatever you do or say makes no impact on me feeling loved and secured? Am I looking for reaffirmation or someone to chase away the blues? How can you or anyone for that matter ever satisfy the longing for intimacy on the deepest level possible? Is time ever enough? Is having you ever enough?

Controlling vs requesting.

No matter what, we have expectations in relationships. Whether it is time, or words or gestures or thoughts or attention. Do we think good thoughts daily? Does our mind encourages it? Feeling appreciative and treasuring what we have now. Take captive every thought and bring it to Jesus. I want to talk about negligence. What goes on in a romantic relationship or rather a close intimate relationship where you start to recognize your flaws? They do things we DON’T understand. They do things we DON’T like. They do things different from what we expect. They do things we find ANNOYING. Disconnecting and being less close is what I can do just to ease the expectations a little. I have to do it I must.. It’s almost like detachment just so I can stop being possessive and jealous easily. Can you say humans have a tendency to lose their balance? Commit too much and they rule our feelings and reality and thoughts and that means wanting them to do the same. Commit too much and fear of them leaving becomes more scary. There’s fear of them off to someone new. There’s fear any moment they will change their mind.

encouraging one another helps and providing accountability in being an example to lead. What does a leader need to possess? Being consistent in meeting up and following up on the disciple’s progress. Why? To enable them to grow spiritually on their walk with God and to teach them about God. It is easy to give up alone without support and encouragement in the face of difficult times. The company keeps us in check and right behavior. Once we become too far away from the group, it is harder to get back. Being pro-active in finding support groups and finding someone committed to helping in the discipline of QT. There’s a difference in praying in a group and on my own. I see a difference in people when they share. Why? When you talk about something, aren’t you unconsciously making the belief stronger? Is that what God wants us to do? Do I remember more of what I have said or what others have said? Being a leader is tough. How do you help someone when you yourself need help as well? And how do I tell someone else what to do which is almost as if assigning tasks and meeting up just to see if the task was done right or not? What exactly is discipleship about? How did Jesus disciple? Was it an application-based or sharing-based discussion or learning about God together? It will be easier with an objective as if the meeting has to be achieving something at the end of it all. It is as if time was rushed and we have to takeaway something each time. What is the worst? It is probably when the leader doesn’t see growth or potential anymore. Is it the fear of failure that seems to force down spiritual facts down another’s throat just to make sure they digest it well and use it and undergo miraculous transformation from it? Is there a mentality to be the best leader with the best disciple? “I want to see you grow… I want to help you…Am I a good leader?” Maybe, I have not come to that stage. What is the purpose of learning verses? I can also ask what is the purpose of reading the Bible? To ask that question means I have already reached the point of questioning Christian lives and motives as if there is no clear need to do so, as if it is redundant, as if it is not important. Ok, so why is it not important? What is stopping me??

NAVIGATORS: group dynamics where I am not close to anyone in particular – bad experiences with people – do not come into close contact and sharing – not used to sharing so much. Different types of things said by people – their application, their knowledge, their idea. Does it affect me? Do I remember them? Unless I want to share them. Support not really, unless I need encouragement and am seeking it from them and they have to be people I am close to. I realize there’s actually things to learn. For some, its genuine, heart-felt, personal sharing. Can there be a better way?

1. Despair. We see preachers read but not act. They call themselves Christians. Jesus told them off. We don’t want to end up like that. So we rather be ignorant?
2. Not everyone reads. Simple comparison mindset. I don’t mind being judged because I can pull out the fact that most people are the same. Does that make it ok? Is this legit?
3. No dire consequences. Of course, God didn’t command us to read and punish us just because we fail to read. So he’s not angry, and that gives me the right to choose not to because after all my salvation does not depend on this right? Aren’t I already saved?
4. Study. I see them as mutually exclusive. So that puts me in the “Christian” label, but not the hardcore “I read the bible to study in and go to college to take it up as a life purpose and learn about the history and theology behind it all”. Am I going to be a pastor or just a regular human being who can go on life with just basic knowledge? Don’t expect so much from me, I do not know the names or the time when everything happened. I am not a genius with facts. Can I not read through the details and skip straight to the big picture?
5. Expectations. I start off reading expecting to finish in a year. Things cropped up and it got delayed. I have forgotten most that I have read hence I would have to start over and over and over again. It is tiring to keep up with expectations and standards I set for myself. Or I can simply not have expectations or do not care about other’s expectations. I do not have to try so hard or blame myself because they are unrealistic expectations. Aren’t we humans and isn’t this part of life?
6. Urgency. So we do not have deadlines or we do have deadlines to meet up and talk about specific chapters together. On one hand, we do not want to be stressed into reading and not enjoying his word thoroughly. On the other hand, we want to discipline ourselves to make sure we do it. Why is the last minute scrambling of the Bible more preferred? Its laughable that we cannot pace ourselves the way we know we work the most effectively. Once this is urgent, I will put my mind to it but risking not putting my heart to it because how can I concentrate when all I am thinking about is how due this would be?
7. Surrendering. We feel compelled to act on what life demands us to act first. God, this is too much for me to handle and I want to control my life first before I can take a breather. When I have too many things on my hands, I want to deal with them one by one. The circumstances force me to an uncomfortable place where I have to work out my feelings. Gone were the days of worship and feeling grateful and thinking of you as the highest mightiest King who is the solution to worries. I don’t think of you when I do in fact need you the most. My mind is filled with other things that have to do with today, or yesterday, or tomorrow. There are too many distractions around that seemed incredibly hard to want to drop it and let them go.
8. Waned interest. The fire needs a spark but the fire needs fuel to continue. Sparks don’t always result in fire. Fire starts small and becomes more powerful. But when it is small, it is fragile to being extinguished. The wind threatens to put the fire out. I cannot control the wind nor the magnitude of the fire as the fuel is not proportional to the magnitude. What is within our control then? Is there anything interesting to keep me going? Is there a problem with us? Our hearts change in their desires every second, every minute and every morning. The weathers change and we cannot predict our future selves whether they will stay the same. Who can say who I am now will have the same desires with who I will become?
9. Tedious. When does something become tedious and hard to accomplish? This is when things became too dry and hard to understand. Many questions go unanswered and doubts formed and mysteriously, I fall out of love. God, why are you so hard to understand? When I read, I do not understand why you do certain things or say certain things. I cannot grasp your character and your wisdom. Your ways are not my ways. There are people who think like you and can see your goodness and magnificence in what you do. They praise and worship and can reason out your actions. They are in awe and they delight in your works. Your word records all your grace. I can be blind to them when all I see is what is on the surface. You leave lots to interpretation, or rather I think too much while reading. Is there anything? Is there a hidden meaning? On my own, I am afraid I am incapable of being a thoughtful reader.
10. Ability. When did bible reading become a measure of my ability? I want to “know” God so that I can have better arguments, so that I can get ahead of others, so that I appear to be less worldly and more holy, so that I seem wise, so that I have the right answers, so that my foundation is stable. I just want a quick fast pain-free easy fix to understanding so that my knowledge can be a tool to get the recognition that I want from others. What a wrong way of proving myself and just like any other knowledge in an area, what I am doing is a superficial way of learning. I will know what to say and I will be eloquent.
11. Joy. Maybe the joy is not immediate. Maybe just reading the Bible once is not enough. Maybe the joy is something felt so deep within our soul that no words can express. Maybe we don’t believe there is joy in reading. Maybe the joy is short-lived like everything else.

Is God at work at everything in our lives? Can we ascribe it to his Will? We know miracles happen. When we talk about fate and destiny and ‘meant to be’ for things we cannot really explain but happened, God comes into the picture. It depends on how much we think is in our control and how much it isn’t. Life and death is definitely God’s control. Birth is definitely God’s plan. Faith is definitely God given. Change of heart is definitely God’s work.

Strength, make a change, justified and true comparison

\*\*\*I have been compared so now I am doing it on myself.

In everything ask, how is this useful or helpful for our relationship?

Existence precedes essence:

But I think Christianity values play a part in final judgement and is the determining factor for what is to be believed – the objective truth precedes the subjective truth.

**strong concrete evidence as cornerstone of logical speech – reasoning.** Use testimony, statistics, analogies and examples. We human beings are selective in what information we want to retain. Unbiased testimony, personal experience, established credibility, confirmed beliefs, acknowledged other side of argument.

Emotional fallbacks – worry about things we cannot change (has already happened) or won’t likely happen in the first place (in the future), fear about being harmed or put into unpleasant situation – then provide solution to fear by suspending or eliminating it, anger can be diffused by determining the key issue he is upset about, sympathy may motivate a cause to help, jealousy is false perception that our worth hinges on the possession of something we value, shame is disgrace or loss of respect for oneself for our perceived failures, pity is empathy to injustice to others,

Beliefs – things we accept as truth, consciously or subconsciously, proven or unproven.

Obstacles to change – lack of motivation (no need until something life-changing, threatening occurs), lack of knowledge, and fear (of where that change will lead them, if it is the right decision or not).

**Change** – long-term enthusiastic commitment to change, willing to pay the price and persist, know where the change is taking them. Battle fear with vision of what they will be like in the future and be their source of inspiration, reinforcement and tool. Out of *inspiration* (to move towards something)or *desperation* (to move away from something). Can we say we behave one way or another depending on how much ‘effort’ it takes us / whether we are inclined to being changed to a certain extent or not.

1. Human nature to conserve cognitive energy.
2. We love shortcuts to thinking

Subconscious thinking – following intuition, instinct or emotion.

**Walk a mile in their shoes** – because it modifies how I think of them. I will know why they say certain things and do certain things and prefer certain things and dislike certain things.

Routine is human nature – gives structure to our day,

**Note stress levels** –

Sensitivity to being right – hates to be told wrong, colored by emotions and past experiences that makes it hard to accept a conflicting point of view, feels it as a personal attack, intolerance of different perspective. Why? Due to people mocking and laughing at the stupidity of what I said… I see it all the time. For example: “You don’t know…?” I am ok with admitting that I do not know everything. But why do you have to judge? \*\*\*Take notice when people do this\*\*\*

1. Willpower
2. Skills
3. Love/care/concern/support/understanding/respect/acknowledgement

***God and fellowship. Does God want that? Does it help in the walk with God from looking at other people’s lives and speech? Difference between facts and truth? We have such strong beliefs about ourselves, or we are who we are? If we are humble, can we learn from anyone and accept various perspectives and understand our limitations? Don’t we have to change from within ultimately? What values to teach our children next time? The bible is full of hope and God’s truth! Do we have strong commitment to God and strong convictions in Him? How do we have strong convictions – learning about his word and seeing it come to life by experience or faith in his word? Can we have pride? Are we afraid of saying the ‘wrong things?’***

My deep sense of pain, heightened awareness to things I said or asked wrong, or that I am not ‘street smart’, full of factual knowledge, good observation skills, curiosity, practical incompetence, real world navigation… and now I have to face with those weaknesses in real life. You know how you are especially sensitive to your weaknesses and assume others are poking fun of them? When we retaliate, aren’t we just scared and fearful of being poked fun of? What is this thing about humiliation that you like? Inadequacy, feeling inferior, marks the root of the problem. So, face your fears, challenge them, stare them right in the eye, know what it is doing to you but do not let it be your match. I value because I think they are important to you… But I am wrong. I never value knowledge to the point of being angry or upset over who is right or wrong. How to agree to disagree?

Yes, exactly, I dislike people who strut their knowledge and displaying their intelligence not giving a care about other people’s opinion. How will knowledge advance you as a person? It is never about boasting. It is never about us. There will always be someone more knowledgeable than we are. It is about enlightenment, knowing the truth that which others do not think about. I think that is more valuable.

To be offended when…

Do not stop learning… Don’t put so much importance on your feelings.

1.Empathy, either they are not aware or they are just having a bad time too, it is nothing personal most of the time.  
2. Security, do not let your own perceptions bias your response. Still be who you are and know that you are confident in your knowledge. People judge but it has nothing to do with who I am.  
3. Humility, admit you could be wrong. “I am just a small IMPERFECT human being who have a lot to learn.”   
4. Develop a thicker skin. “Oh yeah, you are right.” “Yeah, I guess you know more than I do.” Lighten up on his tone and diction. “Why should I be hurt about their opinions, beliefs and judgements if it went against my own??” “Does it matter??” “Why am I doing myself in with all these self-inflicted pain?”   
(Pretend to be strong and you will be strong)  
4. Freedom, to choose how you will react. Don’t react immediately to sensations.  
5. Forgiveness, it always feels good to be the first to initiate an apology. Including myself. Laugh at my own mistakes because it is only human. Move on and not brood about things that happened.  
6. Develop resilience !  
6. Acceptance   
7. Change others? Not in my hands. Be glad that you have an opportunity to learn and evaluate yourself with new way of looking. Be glad that you can improve on something each day. Be glad that you found a fault in yourself that will only make you grow and mature. Be glad that you have a second opinion. Be glad that you have experienced so that you know how to behave in the same situation. Be glad that this is for my own good. Including criticizing.   
8. Self-awareness. Understand what are off-limits, sensitive topics.  
9. Respond with kindness, affirmation of listening

I like the part about talking to jerks, be exposed to the worst kind of critic. They have something positive to offer me.

Insight, comedians talk about what is relatable.

What is the incompatibility here? Someone more logical, factual, reasonable, rational, calm, composed, stable, assured, strong, resilient. This is like the BIGGEST problem. Not loving life the same way. Why do I not love life?

I have a problem… focusing too much on the ‘hard work’ and ‘effort’ put into this relationship. Which relationship doesn’t need work? But the thing is, why do other couples experience this sort of magical connection and understanding effortlessly together? Or am I just seeing one side of the picture? Is it because God knows I am bound to compare? When it comes to choosing a life partner, how do I know what God will is? I am so uncertain, and that uncertainty is killing me. I long for fairy tale romance apparently, love that is rare and not easily obtainable, strong sense of ‘knowing’ and feeling ‘this is it’, ‘this is the one’. I thought I was sure, then I became unsure. Is this the best kind of relationship? Things that I long for, crave for, mutual understanding doesn’t seem apparent here. There’s no ‘meant to be’? I really wish for signs and tells that will make me feel we cannot be apart, like talking to a long-lost friend, like sharing a deep attachment to each other, like our paths are crossed, like we can ‘sense’ each other, go into each other’s minds, be fascinated by each other, intrigued, never bored, never running out of things to say. Not necessarily a twin. But I envy like-minded couples… best friends, laugh and cheering each other on, supporting and encouraging, never leaving the other one behind.

Compatibility? Freedom-lovers, Music-lovers,

Praises and criticisms. “You never know.” I am alright being crazy and mad sometimes. People can misunderstand but it doesn’t really matter. As long as the fear goes, the true authentic self can come out and be embraced even if the world doesn’t understand or accept it.

-Contentment and striving after our potential? Maybe we need both together. Do you think we can be doing both together? Be glad for what we have and what God has given to us, as the lyrics go, nothing I have is truly mine and my life is for rent. My life purpose is a seeking process? Look to God in times of dissatisfaction because only He is the complete piece we are lacking and desperately need. “Be the best that you can be” I love writing and I am doing it every day. *Can I refuse unhappiness and dissatisfaction?*

Our feelings deceive us into feeling the way about others. Their behavior may not be a cause and effect of our emotions. Do we share emotional issues with each other?

SOCIAL SETTINGS: its better that I am more self-aware looking from a third person point of view. Not the most friendly if I am not smiling right? Being quiet seems secretive and hard to figure out. Being too talkative may lead to inappropriate situations. To not be the only one involved without involving him. **I get very angry when neglected… you talking to others, leaving me to one side…**  I absolutely do not know how to behave appropriately as a couple, afraid of too much interaction that will be **judged**. I hate being uncomfortable when sensing other people’s discomfort as well. I am insecure about PDA that includes eye contact. I have this thing about not being too attached, being independent, and talk to other people and build a rapport with them. Im NOT SHY… what the hell? I will definitely talk to other people and I am not nervous about that… the only thing I am nervous is answering in a large group where everyone’s attention is on me, that kind of shit makes me uncomfortable at expressing myself.

Let’s play oxymorons! (deeply shallow, honest liar, authentic counterfeit, serious joke, unmistakable mistake, bitter sweet, interestingly dull, stupidly clever, unbiased opinion, certain possibility, alone together, beginning of an end, working holiday, giant dwarf, open secret, visible darkness, growing smaller, loud whisper, one-man band, extra less, deafening silence, peace military, young elderly, uncompleted race, nice prankster, controlled maniac, loving punishment, humble pride, bad saint, unlimited budget, act sincere, resist temptation, cured sickness, prepared spontaneity, paid freebies, busy relaxing, you are wrong to be right, friendly enemy, clean mess, known secret, rare common sense,

How people share their experiences – relating back to scriptures that are biblically rooted. Is fellowship something like a social group? Don’t we like to think of our experiences as good or bad? Don’t I need to change in God’s eyes? How are you exposed to – the environment, people, plays a factor? Uncertainties all around? Why did God made him this way? Does God put in thoughts? Don’t we question other people’s sharing too? Are you sure about that? So, we have to watch what we say. Do I takeaway anything from this? What about not relating? **Are we taking God seriously?** Are we happy due to the glories of Christ or are we happy due to seeing our friends, etc? I want to be affected by the faith, influenced and absorbing genuine love. We have to accept each other, some as more critical, thorough thinking, some as more emotional, feeling-oriented. Not be careless with our words and actions. Not lean on our own understanding. Feeling all too reluctant to go back to the old ways of fellowship. But we are all so different. How do we know our experiences with God are true? Is God always my explanation?

Fellowship vision : make precious use of the time together for effective purposes, understand and identify each other’s needs. Ask and answer questions – how do we go about understanding each other more? Tangible actions to use our gifts and abilities to serve the group. Being with others help because it provides the environment, encourages us and people sharing will help us to share as well, helps in spiritual growth. I actually enjoy listening and don’t mind that. I have learned to see other valuable insights as useful. Let’s be productive and use our time wisely.

Being drawn to God through ministry to one another. You never know if others can relate to you as well.

How about if we cheer each other on and encourage each other to be excited to learning about God’s word? ☺ ☺ ☺

What is the good when listening to other people’s stories?

Respect: taking an idea or question asked seriously, trusting in good judgement, understand their needs, help them achieve themselves, not control or change him or her in a direction I desire but they don’t, to be open to their thoughts and opinions, want to be accepted and understood, not merely filling a role or to clear your emptiness and loneliness, to be known and to share emotions and ideas and experience freely without being judged, to be given the freedom to be who I am and to choose my own path, to make my own decisions and deal with my own consequences, to be engaged, to feel of importance,

I agree completely, lets figure/work this out, I am upset when you are too, let’s talk this over and plan ahead, I appreciate/am grateful, you are more important to me, we all make mistakes and can learn from them, are you frustrated about something, would you like to talk about it, do you have a plan (when facing problems),

Game ideas: 1. Guess the price MCQ 2. Unscramble words 3. Cryptography 4. Who can make the most words. 5. Translation 6. Related words – movies, shows, people 7.

Is loving children enough? Most importantly, can we show love that will help them feel secure, develop love and confidence in themselves, make decisions on their own, feel that they are valued, having ability and courage to trust others, be able to solve problems, manage emotions and behavior, relate to others in a healthy manner, manage expectations, having a positive mindset in life, what is our beliefs in childrearing? Obedience is such a tricky issue – to not question judgement, higher authority, rules and regulations,

I love how kids talk, naïve but so pure and innocent.

Being proud of someone – as if they elevate myself. But I don’t associate that way. What has your success got to do with me? I don’t understand. Its not about me, its about YOU. You see, I want to instill your own sense of pride and belief in yourself. So what if I know I made you proud? But that shouldn’t be my main aim or motivation. I think I am afraid of giving the wrong impression that you should be striving for yourself, not because it makes me proud of you. Do you really believe you are good enough? I know parent’s voices echo in your head. Don’t expect praise from me as if it is entitlement or that you become so needy and dependent. Im afraid you rely on me for validation too much. Im afraid that is what you are doing for as if your sense of worth comes from me. I will give it but only deservingly and genuinely. I am happy for you but this is kind of like unconditional happiness regardless you do well or not. I will be happy you tried. I will be happy you learn from it. I will be happy you got what you want through working hard for it and from there, have better self-esteem yet not over-esteemed. I will be happy but not for your sake, to make you arrogant, to make you proud, to cause you to be too narcissistic. Being recognized of traits you value in yourself… I also care about the effort, strength, ability to overcome challenges. Some people like to be singled out in front of a group, others in private one on one. How do you like to be appreciated/complemented? Praise the result or the person? Appreciate what they do on a daily basis as a positive feedback. Not like external achievements or verdict, judgement on performance. I hate absolute performance-based education.

How we learn? Continue to practice the skill, repetition, the more you do something, the better you get at it.

What did I used to think about phd? So you are interested in the development of knowledge, having research skills, pursuing your own research ideas, being in charge of your own work, wanting to be the frontier in new knowledge, being an educator, expanding on what you have learnt, choosing your projects, intellectually stimulating, freedom, flexibility, fulfilling, without interference from others, taking instructions, longer deadlines, high collaborations, slow paced, less pressure, exploring ideas, independence,   
for people who do not understand: the pay is low, the outside world experience is limited, the communication skills is lacking, the progression is slow, the contribution of society is insignificant (?), it is not the expected path, it seems like a time-waster, there’s research but is there application and development - production instead of just discovering and publishing papers, long-term results, just understanding theory, low accountability, burning out, lack of passion and motivation,

What kind of politics at workplace? Having good relationships with people you count on. Voting, mutual back-scratching, charismatic leaders, choosing sides, being opinionated, not to offend others, who gets credit and acknowledgement, prestige, recognition, money calculating decisions, revenue making ideas, exchange of benefits, competition for limited resources, networking, utilizing intellectual reputation, or utilizing people to get to the means,

How good can one be? Bragging about good deeds – donating money, helping the poor and unfortunate, volunteering work, etc.. and how long can one sustain? If the intention is pure and good-willed, but the reality is different because there are things holding you back. Why didn’t I go back to help out again? Why am I only doing it for short-term, one-off, temporary desire kind of thing? I think it is easy to discount other people’s good deeds as if we ourselves are capable of judging. Who does he think he is – saying all that he has done to help and contribute as if he is some good Samaritan? Why don’t he just stay anonymous and help silently without seeking for praise? Why does it seem like he is doing it for his own reputation and self-righteousness? While others may not have the same desire to help, does that mean they are comparatively selfish? Does this mean they only want to benefit themselves and not use what they got to help others? Sure, you are doing lots of good deeds but why? Does it mean others should follow suit as well? How can one know the heart of the other person except for God?

Going there to know more people and form social networks for ‘business’, ‘helping each other in times of trouble’, on what basis? Are these people enough to call ‘friends’ if all we are going to do is meet so very ‘often’? going on account that they helped you? (yin shui si yuan) or wanting me to accept help from them and being grateful as well? **Hoping the younger generation will carry on the name and support one another to build the family up**. Is that your long term vision? But why do you want to do that – getting young people involved so that they will do the same for the next generation and so on? Maybe its just like how any community we belong to, we want to cultivate a sense of belonging and pride so that there is continuity and bonds that are not easily broken in the tests of times. Just so we don’t go into extinction, just so we can hold on to some hope that it will last for eternity, just so we can face the music of the ever-changing world and mindsets, just so we can hold onto talents and people to make numbers, just so we can keep them rooted, just so we can keep the past and future the same…

Saying ‘I don’t need more money’, ‘I have enough’, ‘money is not my priority’, ‘I don’t need branded goods’, ‘I am not materialistic’, how is this being proud and arrogant? What will I think of people who say such things? Of course, I will feel that they have reached some form of enlightenment where they realized money isn’t everything – but that’s up to them isn’t it? How do relationships get strained? By talking about money. And when we ask, ‘is it important to you?’ ‘probably not’ then why the reluctance or why the persistence? ‘how willing are you to let it go?’ money as security, money as comfort, money as assurance, money as your master, money as your identity, money as power, money as status, money as pride, money as self-worth… so its an issue about ‘how much am I willing to give’, ‘how much am I willing to give UP to have something else more meaningful and valuable’, ‘how much am I willing to obey’, ‘how much is it luring me to sin?’, ‘how much do I seem like I put importance on it over other people?’ ‘how much to show my love’ sufficiency for both parties, well enough to live comfortably without expecting or imposing demands on the other person to fulfill certain wants or to support financially. Being called stingy and then materialistic. I hate that you got me all wrong – am I this kind of person to you? As if I want more money – as if I cant bear to reduce my money – as if my life revolves around money. But it does feel good

Long day or short day – time spent with you is always short. What is ‘forever’ like? I hate being bad towards you… like when I am impatient or disinterested or annoyed. I don’t realize to appreciate you more for your loving actions. Sometimes I wish you can be more serious in planning. I don’t want to be too excited over these, rather I am consciously lowering my excitement. It’s like I have to make sure I can do ‘with or without’ it. Things have to stop matter so much. Sorry, I just tune out all the talks about the ‘future’, you can leave out all the ‘we’… it wouldn’t matter to me. Somehow I just dislike it, its extra talk to me. Growing tired of you… will that actually happen? Somehow my need is not a need, it’s a temporary feel-good antidote. I see how I am a ‘taker’ and not a ‘giver’ – look at these moments of selfishness, the need to satisfy me. To be joyful in giving – God loves a cheerful giver.

I admit sometimes I don’t try hard enough, give up after a few attempts, let my pride get in the way.

“freaking out is hard work”, “im losing my faith” “never-ending cycle of devaluing and putting it in high priority” “just one more and im done” “take a look at it at some point when I have less important things to do” “its not helpful to call yourself a student still” “it feels like you are not doing anything productive with your life” “results-driven that is expected” “you are turning into him” “send me an email for the sake of sending but I may not read it anyway” “putting up a show” “because I am cute” “sorry for the late reply” “what did they do to you?’ ‘internal guilt alarm’ ‘walking corpse’

Emotional response – unreliable, manipulative, favorite tool – fear, resentment, jealousy, bitterness, worry, anger, disappointment, anxiety, shame, what are my triggers? Am I sure? God to cross-examine me and test my motives. I could be wrong about my emotions. Rechannel hurt and pain for the good of others. Let anger be not selfish anger. Ask the holy spirit to fill me everyday with the fruits: love, joy, peave, patience, goodness, kindness, faithfulness, gentleness, self-control,

Straight out reject when you are in a bad mood. Or pray together and tell God what is bothering you. Or let him know have a warning beforehand that you will be short-tempered. For sure I cannot dispatch those negative emotions on my own – you know this so well – you carry it around. How to unload? – fix the problem. Know the reasons for my bad mood – disregard other things that add on to that afterwards. I have no space for ‘love’ or ‘concern’ when I am in my bad mood, consideration for your thoughts do not come in. ‘can you talk to me later?’ might bring about a sulk. So you are willing to share the bad mood – provided that it came across impersonally and nicely – huge effort to bring forth the manner with the hope of getting help or support. Maybe I do need support when I am at my lowest – just I do not know how to ask for it such that it results in a bad outcome instead – breaking the relationship. I am overwhelmed ☹ I am at my breaking point – I can only divert it to anger but deep inside I want to cry because I am too weak to handle problems. I can never connect to anyone when I am in a bad mood. I wouldn’t say I am sad for the sake of saying but it seems I have to for your sake – why? It’s hard for me to express. It’s usually stupid reasons. It’s usually not fixable by talking.

Why am I upset about you NOT eating? I don’t know why but it angers me. Am I worried about health? Or am I worried about myself? Am I doing the comparison thing? I know that is the hidden resentment above all. You made me lose my appetite. It’s no fun. Meals are no fun when I know I have eaten more than you. You see, that’s why I ask, ‘aren’t you hungry?’ gosh, you fucking bastard. Please don’t mention diet to me. ‘why do you eat SO LITTLE?’ seriously, what is wrong with you? I cannot live with someone like that. Maybe I am irritated by the fact that you skipped breakfast and meals. Maybe I just am sick of the fact that people can be so skimpy on food. But why? What is that urge that makes me think ‘you have to eat more than me’. I have an obsession – knowing others eat more than me. It has to be this way for me to make friends with you. It’s painful to sit through meals with you if you are not going to eat much. I think, this was cultivated from young. So what can I do about this?? One inner voice is judging when others eat too much. One inner voice is judging when others eat too little. For people to eat little, there has to be a reason that has to do with vanity or appetite. I miss my ‘eating disorder’ – for it scolds me when I eat too much, for it is constantly reminding me to work on my goal, for it is always happy about being the least ‘greedy’ one, for it is always on alert and places restrictions and controls, for it brings about a change, for it was able to tell me I am doing a good job, for it praises me and manages me, for it lets me feel a weird sense of power and discipline. Sorry, I lost track, I am deeply angry at myself for eating the way I did, I wished I could be ‘good’ again, I wished I could get rid of all the stuff I used to eat, I wished for a cleanse, I wished I could go back to that fitness level. I know how unsatisfied I am. I know how much I place emphasis on this weight game. I know how much I am actually running away from this. I need my routine back. I need to be alone without comparing again. I am feeling inferior now. ☹ I wish I can starve and die happy.

I don’t shake off my bad feelings. In a way, I let it take over me. How else? I am powerless to do anything to change my own mood. It’s not like I want to affect you too. I thought I needed you there but it turns out it was not doing us any good. You were just another outlet for me to vent, sadly. ‘You don’t understand my feelings’, you are right. You told me you were hurt by how I acted towards you. I think I care but I have to deal with my feelings first. Encouragement, providing comfort doesn’t work – skip the words and actions. I need respect of space, privacy, thoughts to myself. Don’t probe, don’t question, don’t guilt-trip me. Also, I need to know and communicate what I really want without anger, without pride, without entitlement. ‘I deserve it’ is a dangerous mentality. ‘I need to punish you’ and ‘I need to make you feel sorry for your actions’ really means ‘I don’t want to take the blame’. Why should I if I think I have done /nothing/ wrong? You see, deep down, I don’t admit it was my fault so it is hard to comprehend. It is hard to forgive the accusation and easy to seem like the more pathetic one who is undermined. If it is not my fault, and I admit it isn’t theirs as well, then whose fault is it? Was it sin tempting me to be selfish and care for myself first as though I don’t have the capacity to love another while I am ‘hurt’? Who says I can’t be loving while I am hurt? Who says I have to be this mean person and seek revenge and hatred to the whole world while I am hurt? Don’t let your heart harden even more. You don’t even like being mean, rather you are deceiving yourself that when you are mean, you have the right and that other people deserve it. The hurt person needs loving yet rejects it. She thinks she needs to reject it to balance her lopsided heart. The hurt person does not have enough strength on her own to be loving. Hardly anyone wants to be loving towards an unloving person. But I still feel anger towards you, not from yesterday solely. Something about you bothers me – not wanting to see you nor talk to you face to face. Maybe at the moment – I cannot summon the feelings of love. So what is unloving about him? Why does it seem a drudgery to be with him or imagine a life with him forever? How come I ‘unlove’ someone so easily? Is it the unmet expectations? But this, the heart says reject him. I can almost feel the cross sign ‘do not pass’. I can feel the repelling power. It is so against you right now and I don’t know what to do with it. Jas, are you sabotaging yourself? Am I really unhappy with him or am I fearful of not being good enough for him? I know that feeling now – shameful, I have no face to see you, I am afraid of being rejected, I am afraid of my own emotions ruling over me, I am afraid of that loss of control because I am not myself when I am with you. Or at least, that is a more childish person who cannot control her feelings. She is being herself but she gets judged for it. So she can’t be herself, at least not around you. Would the father do that to her daughter? He wouldn’t leave her alone because he knows her well, inside out, that she is just feeling scared, defensive, vulnerable, not thinking clearly, emotional and shredded into pieces. He is the father who gives the right encouragement – not empty words like ‘you need to be more …’, ‘you have to…’, ‘its time to…’, ‘stop being a….’, ‘you are always…’, ‘there’s something wrong with you’, ‘be stronger… be chill…. be light-hearted…. ‘ how is that helpful? Father, we cannot fix this ourselves, only you can. Only you know us truly and personally. Each claim the other to be selfish for not helping this relationship.

Difference 1. Its how I feel for you that doesn’t change that does define the relationship. Its how I behave towards you that defines the relationship. 2. It must be one of us who did something wrong when the other person is being hostile. 3. Concern is shown in different ways – touch, words, acts of service, quality time. 4. Connection is lost when one is occupied with other things and not present. 5. No one should be treated as a outlet/punching bag for the other person without explanation. 6. Moods cannot be detected but only told. 7. It is more likely for me to affect him than him to affect me. 8. Appreciation at the least regardless of how one is feeling. 9. Either handle this together or handle it alone and not expect help at all. 10. When you are being nice when I least want it.. I don’t like it nor be thankful for it. Scold me please. I am asking for your unfriendliness. Why are you humbling yourself to please me? Why are you allowing me to look down on you? Or rather why am I despising such a nice gesture? Because it is unconventional, it brings up guilt and a loss of position I set for myself at the highest. I don’t like to humble myself and do things for others at all. It’s hard for me to switch. I always feel I am on the losing end no matter what step I take. It signifies weakness. I think maybe I don’t mind being treated harshly but I find it uncomfortable to be treated nicely. Besides, the nice gesture is not even what I needed. Also, don’t you want something from me when you are handing me something? Or at least, the demand to reciprocate is so tiring. I would rather be mean back so that you would back off and I would rather be seen as a bad person to you than for you to be with me. I know I am not nice to be around with when I am like this. Yet, I want control. It is so hard for me to express my deepest fear and I know I cannot verbalize it well to be understood. What if you don’t understand? What I get misunderstood? Just the thought of explaining myself or the thought of not being supported enough makes me want to bottle things inside. I am not looking for rational problem solving. I don’t trust how I would react when I get too heated up. I don’t trust the words that would come out of my mouth that would not necessarily be what I mean. I don’t trust that you would bear my burden or take it well. I don’t trust that opening up would be what you want – as though I am too much to handle and you would have to comfort me or say nice things that doesn’t even work. so I think I need to state the responsibility or expectations I have which is that you need not fix the problem nor respond empathetically because that might make me worse off, as though not saying was better than saying. The fact that I am already in a bad mood really changes the way I interact with people. I can pretend to be nice as though by pretending will really make me nicer. Isn’t this what they say? The more you pretend, you would be that person. Yet, pretend for whose sake? You can pretend for the sake of others – to not let them be affected. Maybe because you understood the importance of maintaining and controlling your emotions because what happens if others become affected? The need to be ‘socially respectful’, the need to take other people into account, the need to know what you are doing that influences others. But people who don’t value other’s opinion can simply tell you that they don’t care. Why should I behave nicely and put up a ‘pretense’? these people don’t give a damn anymore. I cultivated this from young… I don’t know the root of it, honestly. I don’t know what feeling this is.

See what others say about being nice: it is a virtue to be kind, enrich your relationships, makes community great, be compassionate about other’s internal battle, for best long-term interest, getting help from others next time, make less enemies, they are not a threat (that’s why you don’t choose fight over flight), honorable and shows character,

See why not being nice is bad: only for immediate satisfaction, not beneficial, others do not deserve it,

Let me confess that I think of myself as smarter… so what if I have read that passage before? Why do I say it as though I am more Christian-like than you? I was expecting a ‘christian-like’ answer and only got an answer that has nothing much to do with God. As though I despise your answer, despise your application, despise your understanding, despise your wrong focus, despise your judgements on the pastor, despise you not reading into the passage deeply. How do I put it?

Understanding people makes it easier for me to bear their differences.