

# Styles of Relating

## A Reflection Guide for Self-Awareness & Connection

---

This guide offers a thoughtful exploration of how we move toward, move away from, and move against others—both in ways that reflect unfinished growth and in ways that express wholehearted authenticity. May you receive a fresh invitation to lean into compassion, curiosity, and hope as you reflect on how these three styles of relating show up in your life and story.

**Note:** This guide accompanies the Become Good Soil content on the Styles of Relating. For helpful context, see the *Become Good Soil* podcast episodes 14–15 and 199–201.

---

### Introduction

When it comes to the styles of relating, our patterns often reflect a convergence of glory and fallenness. Our predominant style is deeply rooted both in how we uniquely bear the image of God and in how we have responded to the brokenness within us and around us.

---

### Section 1 — Becoming Aware of Our Patterns

1. When I feel anxious, uncertain, insecure, criticized, frustrated, or misunderstood, my first impulse is usually to move toward, move away from, or move against others.

---

---

2. What does that look like for me?

---

---

3. What am I most afraid will happen if I do not respond in this familiar way?

---

---

4. When did I first learn—or need—this way of relating? What was happening in my life then?

---

---

5. What does this style protect in me? And what might it cost me over time?

---

---

6. At its best, how does this style uniquely reflect the image of God in me?

---

---

## Section 2 — Moving Toward

1. What has moving toward looked like in my past, and what does it look like in my present? What has changed, and what has remained the same?

---

---

2. When I move toward others, what am I hoping they will give me, see in me, or experience?

---

---

3. Whose disappointment feels especially hard for me to bear, and why?

---

---

4. What parts of myself do I silence or edit to stay connected?

---

---

5. What might healthy closeness look like for me?

---

---

6. How is Jesus inviting me to strengthen my style of moving toward?

---

---

7. How is Jesus inviting me to balance, transform, or redirect this style in light of the other styles of relating?

---

---

### Section 3 — Moving Away

1. What signals inside me tell me I am pulling away or shutting down?

---

---

2. What is the difference between withdrawing to reconnect with God and/or myself and withdrawing to keep myself safe?

---

---

3. What is a recent example of either expression of “moving away”?

---

---

4. What do I long for others to understand about me in moments when I am moving away?

---

---

5. What has moving away looked like in my past, and what does it look like in my present?

---

---

6. How is Jesus inviting me to strengthen, transform, redirect, or balance my practice of moving away in light of the other styles of relating?

---

---

## Section 4 — Moving Against

1. When I move against others, what am I trying to protect, prove, or accomplish?

---

---

2. Does intensity help me feel safe, seen, or powerful? How so?

---

---

3. How do others experience me in these moments? What do I imagine they feel?

---

---

4. What do I hope they feel? What do I fear they feel?

---

---

5. What might strength look like when expressed with tenderness instead of defense?

---

---

6. What has moving against looked like in my past, and what does it look like in my present?

---

---

7. How is Jesus inviting me to strengthen, transform, redirect, or balance my style of moving against alongside the other styles of relating?

---

---

## Section 5 — Naming the Deeper Longings

1. Beneath my predominant style of relating, what do I most long for?  
(For example: to be chosen, respected, safe, delighted in, secure, close, valued; to pursue justice; to offer loving service; to be refreshed; to be inspired.)

---

---

2. What does my younger self wish someone would have said or done when I was acting out of my predominant style of relating?

---

---

3. What would it feel like to be loved without needing to protect, prove, or secure myself first?

---

---

## Section 6 — The Hope of Change

1. Where have I already seen growth in the way I relate?

---

---

2. Who in my life feels safe enough to practice a new way of relating with?

---

---

3. What is one experiment in relating I want to try this week when I feel an old pattern rising?

---

---

4. What might God be gently forming in me through this journey?

---

---

**And now, we release it all to God.** We trust that He who has begun a deep work in us to carry it to completion through the life and companionship and power of Jesus Christ. We declare with hope,

*Christ has died.*

*Christ has risen.*

*Christ will come again.*

---

**Congratulations!** Very few people ever risk turning their attention to their soul and what its impact is upon relationships. We're proud of you for taking the time to explore the interior landscape of your soul. You can find the Become Good Soil Podcast and more resources to nourish your apprenticeship in God's Kingdom at [BecomeGoodSoil.com](https://BecomeGoodSoil.com).

For the Kingdom,

*Morgan and Cherie Snyder*