

## Making progress

### 6.1 It won't happen overnight

Don't be discouraged if this doesn't quickly slot into place. This is a retraining process. If your teeth are out of line, you can go to the orthodontist and have a brace fitted that will, over time, bring those teeth to where they should be. There is a process of constantly adjusting the brace. Keep adjusting your thinking to how God sees you – as found in his Word.

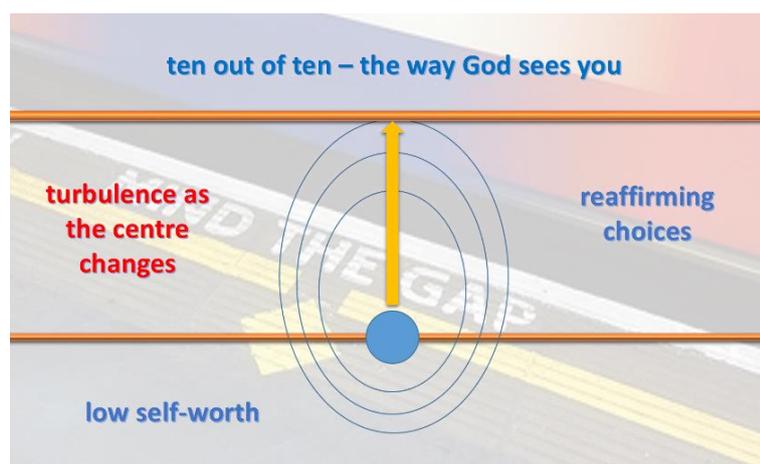


When you first go down into the introvert, everything can feel worse to start with. You are so much more aware of everything. It can be painful in the short term but in the longer term it will lead to wholeness if we walk with the Lord.

### 6.2 Creaking joints

Changing your physical posture can be a painful process if you have become set in your position. Changing your stance can be just as difficult. It requires powerful adjustments. Interestingly, often our emotional stance is reflected in the way we hold ourselves physically.

What we feel about ourselves creates our emotional centre of gravity. Our feelings circulate around, and are often governed by, our view of ourselves. We have seen that we can change that view. Doing



so can produce emotional disorientation and requires will power to push through. It can be a turbulent time emotionally while those changes are taking place. Consciously keep breaking out of the negative thinking and reaffirming God's view of you. Don't read your emotions as telling you the truth. Establish God's truth in your life and eventually your feelings will find a new centre of gravity and peace will settle. That

position will be challenged many times and it may well take time for a positive view to become your default. Remember the 'Thoughts and Feelings Circle' from Step Two.

### 6.3 It will feel wrong

If we are used to living in a perpetual struggle with guilt, fear, anxiety, depression or low self-worth, it is easy to accept that as our norm. It is our default position. Trying to change that position can go against every instinct. Now we understand how those feelings formed we can choose to believe something different. There are two stages to the processes of growth and change: the understanding and then the discipline to put that understanding into practice.

Our negative perspective may seem real to us but it is not the truth. We need to push ourselves in the opposite direction. The problem is that, if we choose to feel differently, it will feel as if we are going too far. We fear that we have become unreasonable, irrational and irresponsible.

An ammeter was fitted to older cars to show that the alternator and battery were healthy. Once the car is running the needle should settle at around zero. We may be operating emotionally at around minus 30. The aim is to get back to zero but to do so will feel as if we are pushing round to plus 30 – and it will feel as if we are simply going too far. But we must persist. If you feel guilty – set yourself free from it even if it feels as if you are becoming too casual. If you are naturally fearful, live as someone free from fear. Don't use your extrovert to escape from the negatives. Each of your temperaments has to make its choices. Your introvert must use its own will to clear out the negatives.



#### 6.4 How do we know when we are in our introvert?

We know it is important that we live in the whole of who we are. We don't want a crisis to force us into our introvert because we would then be struggling to deal with a backlog of unprocessed emotions. If we have been used to spending most of our lives in our extrovert how can we know when we are living in our introvert?

##### 6.4.1 A different feel

No-one has two Phlegmatics or two Sanguines! Your two temperaments are two very different people. The more you get to know them as individuals, the more you will recognise 'which one is talking.'



##### 6.4.2 Little glimpses

Look for the little glimpses of the introvert – those rays of light that break through. Sometimes you unexpectedly get the taste and smell of what you really feel. Don't turn away. To change the metaphor, find the end of the string in the ball and pull it until it all unravels and becomes clear.

##### 6.4.3 Be honest

It is tempting to push those emotions down when we see something that we fear so we act as if we cannot recognise our introvert. Most of us know much more than we are prepared to acknowledge. Once we have looked, we know - and we have to do something about what we know. We become responsible – and we don't always want that! We



need to have the courage to face our feelings in our introvert without condemning them and thereby excluding our introvert from our awareness.

Rather than pushing the introvert out of the picture we should:

#### **6.4.4 Encourage the introvert to take centre stage**



You won't force the introvert to do anything, but you can surround him with the truth until he discovers that he can trust that truth and begins to relax into it. The extrovert can provide space, support, and encouragement in the same way that each child needs their parents to provide a safe place in which they can explore and share what they feel. This 'being surrounded by the truth' needs to meet with a willingness in the introvert to believe the truth - but it is a process. In the end, the introvert is free to grow. He begins to naturally brush off challenges that would normally have pulled him down. He is no longer intimidated or threatened. He feels secure and much less in need of constant approval. As he grows in confidence, so he can increasingly give the lead to the extrovert rather than the other way round.

#### **6.4.5 Look for fellowship**

If we surround ourselves with those who know us well and want the best for us, then they will challenge us if we are not living in our introvert. When they encourage us to 'get in touch with what you really feel,' take that as an opportunity to go into the introvert.

#### **6.5 Learning to lead**

It is important that the introvert becomes the loving leader. Once we accept this, we will recognise the need for our Melancholic or Phlegmatic to cultivate the ability to make good choices. This is a big change because the introvert has to move from being viewed negatively and missed to running the show. The 'undeveloped' introvert has to step up and make his own choices and not allow the extrovert to make decisions on his behalf.

It can feel like the hardest thing on earth to do because the introvert is where we feel everything, that part of us that we instinctively feel is most aligned to our identity. Because of that, it will seem as if we are making choices in our introvert that go completely against everything that we are feeling. The emotions can be extremely powerful and even full of 'residual emotions.' But this is how we grow and mature. It is the right kind of internal control and that means we can give the lead from depth.

#### **6.6 Living there**

As we walk with the Lord, we will find that he creates situations that are designed to bring out our introvert. Stay there. Live from there. Process the emotions within the introvert. Encourage the extrovert to allow the introvert space and to become his partner rather than subjecting him to constant criticism. Teach the introvert to make good choices that are consistent with leadership and to become comfortable in his new role. Both temperaments will eventually adjust to their new roles and will be at peace.