



4 Walls of *Us*

Humility—*Proverbs 18:12; Philipians 2:5-8*

Defined: Knowing one's strengths and weakness; setting up my spouse for success

Opposite: Pride, Egotism, Arrogance

Skills: Self-Awareness

Respect—*Matthew 7:12; Ephesians 5:21*

Defined: Valuing one another, honoring one another, giving deference to others

Opposite: Disrespect, Dishonor, Controlling

Skills: Communication, Problem Solving

Empathy—*Romans 12:15; Matthew 9:36*

Defined: Identifying with the thoughts, feelings, and attitudes of another

Opposite: Uncaring, Apathy, Misunderstanding, Unfeeling

Skills: Listening, Caring

Goodwill—*Ephesians 4:32; John 13:34-35*

Defined: Benevolence, Kindness, Seeking to better others

Opposite: Ill-Will, Hostility

Skills: Self-Management, Emotional Regulation

When *Us* wins we both win

When *Us* loses we both lose

