Taking a look at Simple Enemy Mode:

Defined page 48 again simply as “Basic relational blindness” and “not feeling we are on the same side”

From Other Half of Church and RARE Leadership by Wilder a quick review:

- The Left Brain Consciousness and Logic is linear and operates about 5 times per second.
- The Right Brain control system is multi-level and operates about 6 times per second.
- The control system assembles a picture of who and where we are to determine how to act out of our (individual and group)identity.
- Each successful control system sweep provides a full picture to the Pre-Frontal Cortex (PFC).
- Six elevator sweeps per second:
    - Thalamus-the **Attachment** center
    - Amygdala-the **Assessment** center
    - Cingulate Cortex- the **Attunement** center
    - Pre Frontal Cortex-the **Identity** center
- The PFC controls the Left side when the right side is fully functioning.
- Good news! **We can train the right side to become more fully functional. So AS or NT can retrain the brain, it may be more difficult for neurodivergent individuals but it can be done!**

Self-Reflection and Discussion Question for Group Page 61: Relational Circuits Test (RC)

- I just want to make the problem or person or feeling go away (RCs are off)
- I don’t want to listen to what the other feels or says (RCs are off)
- My mind is locked into something that is upsetting or unfair to me (RCs are off)
- I don’t want to be connected to them (spouse, family person) right now (RCs are off)
- I just want to get away, fight back or freeze up right now (RCs are off)
- I more aggressively interrogate, judge or try to “fix” others- they are the problem to fix (RCs are off)

What is the key to turning on the RCs? Joy and Hesed

Joy is about being happy to be with or see someone, refriending and hesed is a belief that this person is for me or for my good. If you do not view this person as for your good, you will not see them as a friend or believe they have hesed for you and you may not in turn want to give hesed to them (tit for tat).

Joy is key to turning on the RCs, Joy Switch – Coursey page 23 “inside our brain is a relational circuit that oversees our ability to experience joy and stay engaged with people we love.”

Page 28 “When our joy switch is off and RCs are off, we lose all flexibility and creativity to be resourceful, which is essential to problem-solving. Our ability to use our joy switch determines whether we stay calm, cool and collected or emotionally unfettered and out of control. Unfiltered words fly into our minds and out of our mouths” which he says ruptures relationships and cause fear, terror, anger in ourselves and the one we are interacting with.

Questions to ponder/discuss about Joy and Turning RCs back on:

1. What do you in your own time that brings you joy?
2. What do you and your spouse or family do that brings joy?
3. How much time per day, week, month is about joy building with self and those you love? Or are you building joy in yourself only doing what you want to do when you want to do it?
4. Do you receive feedback if someone says that you are treating them like an enemy?
5. Do you constantly feel attacked? Why? What is the evidence of that attack or are you in enemy mode?
6. Can you spot or know or know you are in enemy mode?
7. Joy is the antidote to simple enemy mode and assessing of one’s joy and environment starts here:

   Joy assessment questions from Joy Starts Here- Wilder page 31

   I regularly make myself smile or content remembering things I like about the people I say I love

   I look forward to spending time with the person I say I love (daily, weekly, monthly)

   I express positive things to others I am in relationship with

   After people talk with me about their problems they feel hopeful, connected or creative (think specifically to spouse and kids)

   How joyful am I? Do I even smile or laugh around those I love?

   I am content in the presence of others.

   I aim to share an enjoyable moment each day with someone I love or am in relationship with

   My children/grandchildren or children in my life enjoy being with me, I can play well

   My family believes I am for their good and that they can rely on me

Why does joy and RCs even matter? The why. If you are in simple enemy mode, RCs are off and there is a low joy environment.

Joy Starts Here page 40

Low joy environments and relationships produce anxiety, fear and even trauma.

If the family home or environment is low joy, fear and anxiety propagate and joy does not.

Joy Starts Here -pg 42-43

Trauma A: the absence of good and necessary things for relationships that help us grow with health identity. Type A trauma can be growing up in or in a marriage or family now in a low joy environment, abandonment, emotional rejection, malnutrition, and lack of positive non-sexual physical touch with people you love.

Type B Trauma: bad things that happen to us from our past or our present. Unresolved trauma from our past can seep into current relationships. Trauma B can be caused by abuse of any kind (emotional, sexual, addiction, physical, spiritual). It can include natural disasters, untimely deaths, war trauma, accidents etc.

Both types of trauma are problematic to relationships. This will cause rupture and affect attachment. If left ruptured without refriending, this leads to perpetual enemy mode with new traumas forming a negative and destructive pattern.