

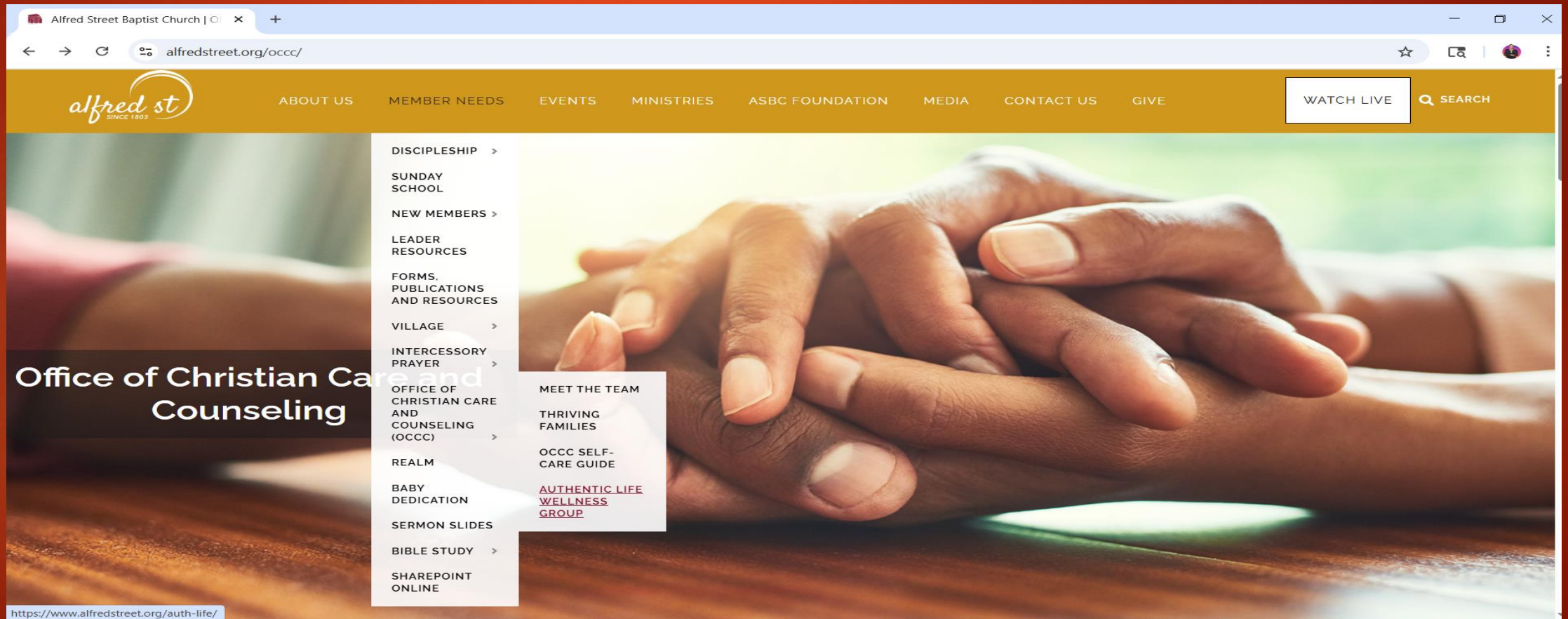
An Authentic Life Series w/
Dr. LaTasha Morgan ©2025

-A 10 Week Wellness Group-

A journey to self-discovery, courage and
authenticity to be who God PURPOSED you to
be!

Alfred Street Baptist Church
Office of Christian Care and Counseling
Rev. Dr. Howard-John Wesley- Senior Pastor

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Chapter 8

Week 6 Lesson 5

Gentleness: Healing Harshness and Releasing Warrior Mode

Gentleness??

What comes up for you
when you hear this word?

Key word for this lesson: Harshness

I ask this question because often, there is a negative connotation associated with being GENTLE.

The What's:

Fighter, Defensive, Hard Exterior, Walls, Disconnection from self, warrior mode, Overly Harsh/Brash, Exaggerated emotional reactions

The Why's:

Stress, Trauma, poverty, family violence, community violence, oppression, sexual assault, harassment, incarceration, abandonment and war.

Gentleness is needed in order to have a healthy relationship with self and others...

Gentleness is NOT:

- ▶ Weakness
- ▶ *JUST for victims*
- ▶ A sign of softness
 - ▶ A Limitation
 - ▶ Achilles' heel
 - ▶ Frailty
- ▶ An infirmity/ Debility

Gentleness IS:

- ▶ Psychological Resource
 - ▶ Spiritual Resource
- ▶ Reflects a person who is at peace
- ▶ Rooted in clarity and confidence
 - ▶ Not easily agitated
 - ▶ Not easily offended
 - ▶ Not based in fear

Sacred Pause:

- ▶ Reflect on the experiences that hardened you.
- pg. 94

6 Steps to Cultivating Gentleness:

#1 Embodied Healing:

Choose an embodiment that is right for you that helps you release stress from your body.
Learn more about breathwork:

- **4-7-8 Breathing**: Inhale for 4 seconds, hold for 7 seconds, and exhale for 8 seconds.
- **Box Breathing**: Inhale for a count, hold for a count, exhale for a count, and hold for a count, forming a "box" shape.
- **Alternate Nostril Breathing (Pranayama)**: Breathing through one nostril while the other is closed, then switching.

#2 Be mindful of the company you keep.

- ▶ Who are you able to relax and soften your hardness around?
- ▶ Do you have any toxic relationships?
- ▶ Are you in a toxic working environment?
- ▶ Make a list of people you feel safe, respected, comfortable, and at ease with.
- ▶ Maximize your time with them.
- ▶ Nourish yourself in the presence of those who can be present with you.

#3 Taking Sacred Pause

- ▶ Take time to breath and reflect while asking yourself: Is this reaction about this moment or about some old scripts and wounds that this moment is somehow reminding you of?
- ▶ This process requires you to sit with your triggers and begin to desensitize them and create new narrative around them.

#4 Know Yourself

- ▶ Do the work to liberate yourself to tell the truth and live your truth- as harshness can serve as a cover for the truth. It becomes a defensive, protective coping mechanism in order to bypass and prevent hurt ((again)) and deep rooted emotional pain ((again)).
- ▶ As you heal, grow and relieve the warrior part of it's role- it will require you to tell yourself the truth about why you do what you do- you will have to connect with the story within you. Thus, getting to know you NOW.

#5 Care for yourself and others.

- ▶ Invite gentleness into your parenting, partnering, work life and relationships- this happens when you care about how your words and actions land on others. Noticing the impact of your presence will shape your relationship with compassion.
- ▶ Give yourself to permission to shed the lie that YOU DON'T CARE! The truth sets you free.
- ▶ Ask yourself, is there gentleness in the way you love? Or is it about control, criticism and/or dictating your power.

#6 Look beyond the surface

- ▶ Look for the fullness of humanity in others-not only their mistakes, errors or shortcomings.
- ▶ Disarm the internal critic (negative self-talk, put downs, harsh treatment).
- ▶ “To have a healthy connection to ourselves and others, we need to have the audacity required to face the truth even when it’s not pretty”- Dr. Thema, pg. 102.

Homework p.103:

Option A-

Offer an apology to someone you care about whom you have spoken or treated in a harsh manner. Acknowledge the impact of your choices and your desire to choose differently going forward.

Option B-

Choose 1-3 ways you can show someone you care with gentleness, not harshness. Speak kindly to them and do a random act of kindness that you believe will be appreciated by them.

**AFFIRMATION: WRAP YOUR ARMS AROUND YOURSELF, THINKING ALONG WITH YOUR
BREATH- INHALE GENTLENESS, EXHALE HARSHNESS**