



The Dangers of Offense

Episode 65

With Mrs. Christy Little Jones

In today's episode I'm talking about the dangers of offense the stages of offense the warfare of offense and the mystery of the fence up next on the wife wisdom podcast. Welcome to the wife is the podcast I'm your host Christy little Jones I'm a relationship coach a marriage and family champion and the chief cheerleader for women all over the world the wife is empire cast is a real conversation designed to help you cultivate the heart of a wife if you are single and desire to be married if you are newly married and want to thrive as a wife or if you are a seasoned wife and just need a little encouragement staying a wife you are in the right place if you are new to our podcast will welcome to the family I am thrilled that you are here and if you are already a part of my tribe if you don't already know I love and appreciate you. Hello I am so very excited about today's topic it is one that I believe has stolen so much time so much energy so much love from people's lives and that is offense so let me just go ahead and start with kind of explaining what offense status and I know we know ultimately be large and you know a larger scale what offense is but let me just break it down a little bit of finance is something that the enemy uses really to steal kill and destroy your life and if we don't understand it if we don't recognize it if we don't acknowledge it and become aware of offense in our lives then we literally our lives are being sucked away from us from the true purpose of our lives and intention of our lives and so I would like to start out with kind of explaining what the stages of offense are now normally in normal life people think and they don't even understand recognize what stages are but they go through 4 stages when they're in actuality are released 6 stages.

The 6 Stages of Offense

1. Shock

The first stage of offense is shock now when someone offends you the first reaction emotion response typically is shock where you cannot believe that this person did whatever they did okay

2. Anger

The second stage is anger after shock you literally moved to a stage of anger very quickly and then sometimes you know it's quicker than others depending on the offense but never the less the second stage is anger

3. Sorrow

The third stage of offense is sorrow. I have very deep wounded sorrow or sadness the fourth stage of offense is acceptance now offense can linger for 1 day 2 days a week a month years decades generation that is how powerful offense can be if you do not recognize that you don't understand it you don't acknowledge it and really are aware of its presence in your life it could linger for decades and generations and literally transfer from you to your children to your grandchildren to your great grandchildren and it's ridiculous so.

4. Acceptance

First stage is shock second stage is anger third stage is sorrow fourth stage of the offense is acceptance I want you as you listen to this podcast I want you to think of an offense in your life so you can really go with me through this through these stages and I want you to remember the first time the offense happened you know your best friend betrayed you your husband cheated on you your teacher relied on you or whatever it is there is a fence and they're really they're small offenses and they're huge offenses but offenses offense it doesn't matter if it's a small or large the effects can be the same so once you go through the stages there are many things that can trigger you to bounce back and forth into each stage so you can literally bounce from shock to anger to sadness or sorrow to acceptance back to anger then to shock them to satin is anger shock anger shock sadness then

acceptance anger and literally you can bounce back and forth in these stages numerous times in one day in 5 minutes even you can bounce back and forth through the gamut of emotions that offense can take you throw now there's only the fifth stage that is designed to literally catapult you out of this vicious cycle of offense that is the hardest that's why so many times people stay in the cycle of offense and they stay there stay there for such long periods of time because they really don't even know how to get out of it and there are times when you even yourself may know there somebody who's offended you and so much time has gone by you forgot what they did but you're still offended right you're still in anger or you're still in sadness or whatever it is but you can't even remember the details.

5. Forgiveness

Of the offense right so the fifth stage in this cycle to literally get you out of this cycle of offense is forgiveness that is the only thing that is going to get you out of the vicious cycle of offense is forgiveness now let me just park here on this stage for a minute because I want to really bring some clarity and understanding to forgiveness is not a feeling you are not going to feel like forgiving someone who's offended you you're not going to feel like it you know I am was I believe it was a privilege to be an real simple magazine and it was I was talking about offense and Katherine Schwarzenegger actually just wrote a at an amazing book that's coming out in the spring about forgiveness and I was actually featured in one of her story in one of the chapters but it was. The power of forgiveness and the understanding of forgiving someone who offended you have to know that it would you will never feel like forgiving it is a decision you have to decide to forgive` it's and so I want you to imagine going to a friend's birthday party with this beautiful package it's wrapped beautifully with his bow and gorgeous paper you know it you know although those kind of present that we are like wow it's beautiful we see in department stores and we're like a measly right and so this package you have this birthday present that you're bringing to your friend and when you get to them you see them they're super excited to see you they hug you and you give them this amazing gift yet they're like oh my gosh I love it thank you so much and they could go to take this gift from you but you never let it go. That the gift is forgiveness you have to be able to let it go you have to be able to release your hands off of the offense and give the gift of forgiveness now what comes with

the gift of forgiveness is there's no there's no expectations around it so when you get this gift to your best friend at their birthday you know there's no expectation it's because it's your heart to really give them this gift it is your heart to really give forgiveness now lots of times we try to fool ourselves to try to trick ourselves into thinking that we forgive someone but we really still have it because we are constantly going back and forth through all the stages of a fence so with whether it's shock anger sorrow acceptance and we going we continue and we said we forgave yeah I forgive you but we're still our mind is still ruminating are thought to still ruminating on the offense you haven't forgiven. Forgiveness is a gift with no expectation touch to it attached to it so when you give the gift of forgiveness you let go of the expectation that the person is going to apologize 8000000 times you give up the expectation that they're going to respond differently or act differently or you know really meet your expectations differently forgiveness is a gift that you give freely with no expectations attached to it that's why forgiveness so difficult for most people because they are wanting to punish the person who offended them they're wanting them to hurt the person who offended that the victim wants that person to her they want them to suffer if they want them to go through agony the way they have as a result of the offense now the beautiful thing about this fifth stage of forgiveness is it literally will catapult you into the 6 stage

6. Healing

Healing now is what we desire when we are offended is for our heart to be healed right but the only pathway to get from offense to healing is forgiveness and again we if you can really grasp this concept and I understand that forgiveness is not a feeling it's a choice it's a decision and it's a decision that you have to give freely with nothing attached to it when you can truly grasp that then you can start practicing that you can start doing that over and over and over again and honestly it becomes easier it really becomes easier and so recently I've had several incidences in my life where offense has taken place and it's very interesting because after understanding the stages of offense. I know and I know what kind of where I am in that cycle it's a lot easier for me to recognize where I am in the cycle but then also be able to communicate that effectively which I'll talk about a little bit later but then also forgive very quickly.

The Warfare of Offense

Offense is Designed to Distract You, Derail You and to Divide You

The second thing I want to talk to you about when it comes to the difficulty of offense is the warfare of offense now warfare is that the battle the difficulty of offense and because this is such a magnanimous issue in so many people's relationships this is really critical so offense is designed to distract you.

To derail you and to divide you. **I must say that again the warfare of offense is designed to distract you to derail you and to divide you** so when offense happens it is designed to distract you from your god's purpose and plan for your life right so if you're doing something and someone offends you you're like wow and then all of a sudden all you can do is think about this offense there it is totally taking you off your game it's totally taking you know distracted you from your focus because now your focus has become this offense so to distract you to derail you so now your focus is solely on this offense then to derail you from your mission and your purpose and your goals offense now has not only distracted you but it's now all sold to the rail to you and then to divide you so the offense has taken place and typically.

You're when you're offended you like you it's hard to speak to the person who's offended you it's hard to even engage with a person that's offended you and so I would imagine those of you who are listening or married this is how this is how come it's so difficult in marriage when your spouse offends you but the weird thing about all of this or the crazy thing about all this is that in every single relationship there's guaranteed offense right so why are we not really practicing the putting into practice.

The exercises or the tools or the techniques to get through offense quickly when you're in a relationship there's guaranteed there's going to be a guaranteed offense because you are different people have different upbringings backgrounds perspectives on life so you've got to understand that any relationship that you're in there's a potential for offense and so if you know that the warfare offense is designed to distract you derail you and divide you and then if you're not aware of it then guess what it's going to win the offense is going to

win it's going to do you distract you from your focus it's going to derail you from your purpose is going to divide you from the person that may be the person that god has designed has in your life to fulfill your purpose to support you in your focus and so this leads me to this mystery like so when someone one of the mysteries of offense which I think is so bizarre is when someone offends you. Okay so you're the victim in this situation that I'm referring to when someone offends you and then they try to flip it. And then per tray themselves as the victim.

Seriously. W. are such a liar. So how many of you have been in a relationship where there's been a fence that's taking place right where somebody did something or said something to you and is offended you. And then. Later on, the person who offended you flipped it and try to make you the perpetrator so to speak and the one who's offended them. The mystery of offense so again offense is designed to distract you derail you and divide you right so one of the things that I've learned over the years and the many relationships that I've been in is that a fence really shows people's maturity level. And that's you know this the wife with a podcast is all about real talk and so we've all probably experienced this whether it's you know when you you've been the one who is the victim.

And It's taking a while to get through to this stage of forgiveness but the person who offended you wants to be restored so quickly that now they've really internalized and interpreted all that is going on thank you in your own state as their own personal offense and now they're offended. So offense shows people's maturity level so when someone holds a grudge show the maturity level when someone forgives but not really but it's still wanting to punish is still trying to manipulate the person to into doing what they want or need them to do because I haven't really forgiven shows maturity level when someone pulls their level way and stops talking to you in completely shuts down that is a sign of emotional immaturity all of these are signs of emotional immaturity and so I wanted to highlight them because if you are doing them or if you are practicing them in any way are you pulling your level way when somebody has offended you or doesn't do something that you want them to do are you pulling away and shutting down and stop it and then you stop talking to them are you holding a grudge and when they're like.

Hey you know are you okay something wrong nothing no nothing's wrong don't touch me don't touch me are you that person that's a sign of emotional immaturity are you someone says oh yeah I forgive you but then you don't really forgive them because in your mind you're expecting them to act a certain way or do a certain thing because you're still angry or you're still in the stage of sorrow and you're wanting them to prove that they are sorry it doesn't work like that you have to forgive first and that's why we have to be doing the work it's so much easier to look at other people and they all they needed to work and they need to do this and he needs to grow up this way or he needs to do this and he needs it mmhm you've got to look at yourself **forgiveness is all about self-development**. And so, I wanted you to.

Really break I wanted to help you break out of the habit of being emotionally immature in your relationships and so the way to do that is this one that you need to speak your truth. When you've been offended you need to communicate that you're not ready to talk about it but that you will talk about it when you're ready and when and when it comes to marriages husband and wife when you either spouses offended you **it's important that you communicate** you know what I'm still offended I'm working through it but I need some space I need some time now you cannot have weeks and weeks of space that's not fair when you are in a married relationship it's important that you communicate after 24 hours where you are in this process because what happens is it turns into manipulation if you allow it to go for days and days and days and it's really it's cruel this is a person that you love but you pulled your love away from them you stop speaking to them and then they're wanting to apologize there wanting to be restored but yet you are still dragging it out because you're wanting to see them punished this is an opportunity for you to look at yourself in the mirror what's really the heart motive do you really are you really committed to getting back to your happy place with this person are you really committed to doing the work to get to the stage of forgiveness quickly or you just wallowing in the offense and you feel powerful are you feel I'm a firm to because of the offense and now that you're holding this graduate you've shut down and pull your love to your love away now you feel like you have the upper hand and you're really you know punishing the person who is really wanting to be restored this is a sign of emotional immaturity.

And it's important for you to know that this is not a healthy way to respond in relationships in your marriage at all and so **it's important to speak your truth.**

Babe you know I'm still having a hard time with what just took. East I can't talk about it right now but I love you and we'll get through this there needs to be some level of assurance especially if it's your spouse or your friend somebody who's offended you is somebody who is very sensitive so make sure you speak your truth and speak and speak it in love.

Speak When You've Calmed Down

You want to speak about the situation when the time is calm you've gotten a little time to kind of get through the initial sting of the offense and you now have the opportunity to talk about it well when you talk about what the offense and how it made you feel I want you to focus on your feelings not necessarily the offense an example would be when you did this when you spoke to me like that. It made me feel like I was it made me feel horrible what made me feel like you didn't care about me or it made me feel like so you want to do a lot of feelings statements because again the **focus is on you not on them** because what happens is when you're communicating about an offense the defensiveness is very heightened it may be the underlying but it's there and it can be heightened if you are constantly pointing the finger at the person who caused the offense so for example.

I had a situation not too long ago that where my husband spoke to me in a very harsh tone and it offended me greatly now if you've heard or listen to my podcast for any length of time you know that this is a very sensitive area for me. I'm very time sensitive so my when my husband spoke to me in a way that was very hurtful and offensive it made me feel it made me feel disrespected, it made me feel like I'm honored it made me feel like he did not care about me like I was the one worst person in the world.

The way he talked to me know it my list it was stemming out of his own it's a day that he had that was though he was struggling that day was a tough day for him but he honestly really took it out on me but it caused such a great offense.

I we had to fight and work through and work hard to not allow it to distract the rail or divide us for a long period of time and so I had to say. I can talk to you right now I have been having a hard time because but I will once I get through this you know I'll talk to you about it later tonight or I'll talk to you about it tomorrow and so when we talked about it, I was able to say when you used in your town it made me feel disrespected it made me feel like you didn't Love Me and it made me feel if made me feel like I was not important to you because you know how hard our house sensitive.

I am to tone and it just there didn't seem to be no care about your tone and so he was able to receive it because I used a lot of feelings statements as opposed to if I had said when you did this when you said this when you said it like this when you had when you had the nerve and the audacity to use that tone it's very it causes or it creates an environment that can almost guarantee a trigger of defense so **when you were talking about offense it's important to really fight to stay focused on your feelings** that is really important and sometimes it may be important for you to recruit a mediator if need be now one thing that I believe in wholeheartedly is that every single married couple needs a merry a married couple to really walk alongside them to be that they can trust that they've cultivated a relationship of trust where they can go to this couple and share the innermost workings of their relationship and know that this this couple is committed to helping them fight to stay married they're not you know the.

They're not though would you call that where they have the cheerleaders in the background just to say yes because they the amen corner these aren't amen corner people this is not the team for an amen corner this is the team whose this is a. Couple who is going to tell you the truth in love they're going to pray with you they're going to fight with you they're going to war with you when marriage gets really tough and so but you have to cultivate that relationship you've got to create and cultivate trust with this couple and so that you can go to them about things like this so recruit a mediator if you if need be to help you get through certain offenses because you're going to have numerous offenses in your relationships especially in your marriage the closest people to you kind of almost guaranteed.

Don't Give Your Power to the Enemy in your Relationship

And then lastly don't give your power to the enemy in your relationship's offense is the enemy 100 percent all the time whether you're married or not with this your siblings your parents your kids you're to your coworkers your business partners with every is offense is always the face of the enemy always 100 percent so it's important for you to recognize the IG a recognize when offenses taking place recognize that some.

Who I just was offended and so okay what is the enemy trying to distract me from what is he trying to derail me from what is he trying to divide me from and oftentimes that comes when you are pushing through when you are really close to break through when you are, I'm really? Focused when you're focused offensive coming when you are on purpose offense is coming when you are close thing you've just got this a meet your just in that sweet spot in your marriage guess what events may be knocking at the door because it's designed to steal kill and destroy your life so you've got to be on alert you've got to be aware and that you are doing things to guard your mind your eyes your ears and your heart from offense and the most perfect way to guard your eyes your ears your mind and your heart from offense is to truly understand how to practice forgiveness **I'm telling you this is if you can grasp this your relationships will change forever because the forgiveness is something.**

That I have had to learn I've had to practice but my relationships are very rich as a result of my practice to forgive and one of the things that you know you've heard I'm sure is that forgiveness really is it for the other person forgiveness really is for you and it's so true because when you're offended by someone and your mind is overwhelmed and it's over focused on the offense it is in it the result and the response and the reaction of your mind being overly focused on the offense there's a heaviness that sits in your heart in your stomach there's a heaviness and ate and ate anger that the rising up on the inside of you and a and a sorrow that is in the pit of your chest right so when you forgive the person who's offended you guess what no longer spend time on those things your mind is no longer just saturated with the offense although so the weight in your chest lifts the heaviness on your heart lifts the pit in your stomach goes away because you for giving this person and you've let that let it go you let the offense go.

It's a beautiful practice and I just encourage you to continue to practice it over and over and over and over again and so you really get good at it and so when you recognize the importance of your relationship it's critical for you to really humble yourself to be humble to be courageous and to be mature so when you were in a relationship where somebody's offended you be humble be courageous and mature and go to the person and get it right. Go to the person and get it right say that you're sorry and really position yourself to just listen and learn from the offense learn what it was that you did that hurt your wife learn from what it is that you did that hurt your husband so that you don't ever do it again or try not to do it again right some things we do in the league yes and because again we're growing and we're maturing all of us have room to grow and mature emotionally and even grow and mature spiritually we all have room to do that and so it's important to just be intentional be deliberate and really practice be disciplined in in going to the person that you love who me is offended you and speak to them and love tell them your truth and watch how your relationship shift they will shift to a place of healthy if you're not healthy now they even become healthier they even become stronger.

Because one you value them and the person knows that you value them because you've spoken to them in love and in truth and you've gone to them and you've gotten the rights so they know that it's important because if it wasn't important guess where you stay offended and you move about your way you cut him off and you keep moving that's a sign of emotional immaturity when you cut somebody off because they've offended you and then you move on you don't talk to them we don't speak to them you block their number and you keep moving and sometimes that's what the people of offended you don't even know they've offended you they don't even know what so you're carrying on this wait in this bitterness in his anger and you're stuck in the state the 4 stages. And then they don't even know. I remember. Seeing somebody I hadn't seen in a while. Thank you oh my gosh you should have seen their faith she was so appalled one that I was there but she was so angry and upset hello.

Thank wow I didn't I don't even know what I did to offend her I have no idea but she's carrying around this the heaviness and the burden of on forgiveness an offense and it's going to destroy her not me because even when I did couldn't even have the opportunity to say you know they have offended you because she ran out so fast to get away but had no idea what I did none so offense, it can be so many different things but forgiveness is the key if somebody is offended you be mature enough to talk to them about it to let them know what they did so they can be aware of it so they can apologize but so that you can get your relationship back on track it is so important.

So, I hope that you can hear my passion in my voice in my energy and my desire for you to really stop giving your power away to offense it is destroying your relationships it is destroying your life please **learn how to forgive and how to forgive fast and genuinely forgive** continue to keep practicing continuing it continue to be aware of the differences in your life and take your power back love you see you next week.

Thank you so much for listening to today's podcast I really appreciate it if you are not following us on Instagram at wife wisdom I invite you to join our tribe over on social media on Instagram if you have not read our podcast on iTunes please do so to rate and review us that would be awesome in helping other women find our podcast but most importantly I just thank you so much for continuing to be consistent and listening to our podcast each and every week sharing this with your sister circle and continuing to just share and send me love and encouragement and support that this is blessing you that it's encouraging news that you truly are benefiting and feel like you're being served through this podcast so thank you so much for being here I love you so much with all my heart and I look forward to connecting with you next week bye. The wife wisdom podcast with Christy little Jones was created to help you cultivate the heart of a wife by giving you practical tools tips and techniques to live happily ever after well at least most of the time so until next week keep learning keep listening and keep love first bye.