



# Helping Returning Citizens Overcome Interpersonal Barriers

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Conquering Stigma to Build Trust and Unity

## Isaiah 59: 16; 19-21

The LORD looked and was displeased that there was no justice.

<sup>16</sup> He saw that there was no one, he was appalled that there was no one to intervene; so his own arm achieved salvation for him, and his own righteousness sustained him...

<sup>19</sup> From the west, people will fear the name of the LORD, and from the rising of the sun, they will revere his glory.

For he will come like a pent-up flood that the breath of the LORD drives along. <sup>20</sup> “The Redeemer will come to Zion, to those in Jacob who repent of their sins,” declares the LORD. <sup>21</sup> “As for me, this is my covenant with them,” says the LORD. “My Spirit, who is on you, will not depart from you, and my words that I have put in your mouth will always be on your lips, on the lips of your children and on the lips of their descendants—from this time on and forever,” says the LORD.

# The Church

- Ignorant
- Misunderstandings
- Resentments



# Stigma



- Perceptions = Labels
- Both Church and Returning Citizens
- Church and Healthcare Community
- “Othering”



# Barriers

- Attitudinal: Dismissing the Other
- Relational & Cultural Disconnect

# Conquering Stigma

## Group Questions:

- What will motivate the church leader and member to bring returning citizens into the general life of the church?
- How would you help orient the church leader and members regarding the returning citizen?



# How to Stop Stigma & Maximize Assimilation

- Starts with YOU
- Focus on Everyone's Issues/Needs
- Tools: Prayer, Scripture, Knowledge & Skill
- Strategy: Start with Dark Sides



For all have sinned and fall short  
of the glory of God, and all are justified freely  
by his grace through the redemption  
that came by Christ Jesus.

**Romans 3:23-24**



A person in a dark suit is seen from behind, sitting on a simple chair. The room is in a state of decay, with peeling wallpaper and a floor covered in paper scraps. The lighting is dim and blue-toned, creating a somber and reflective atmosphere.

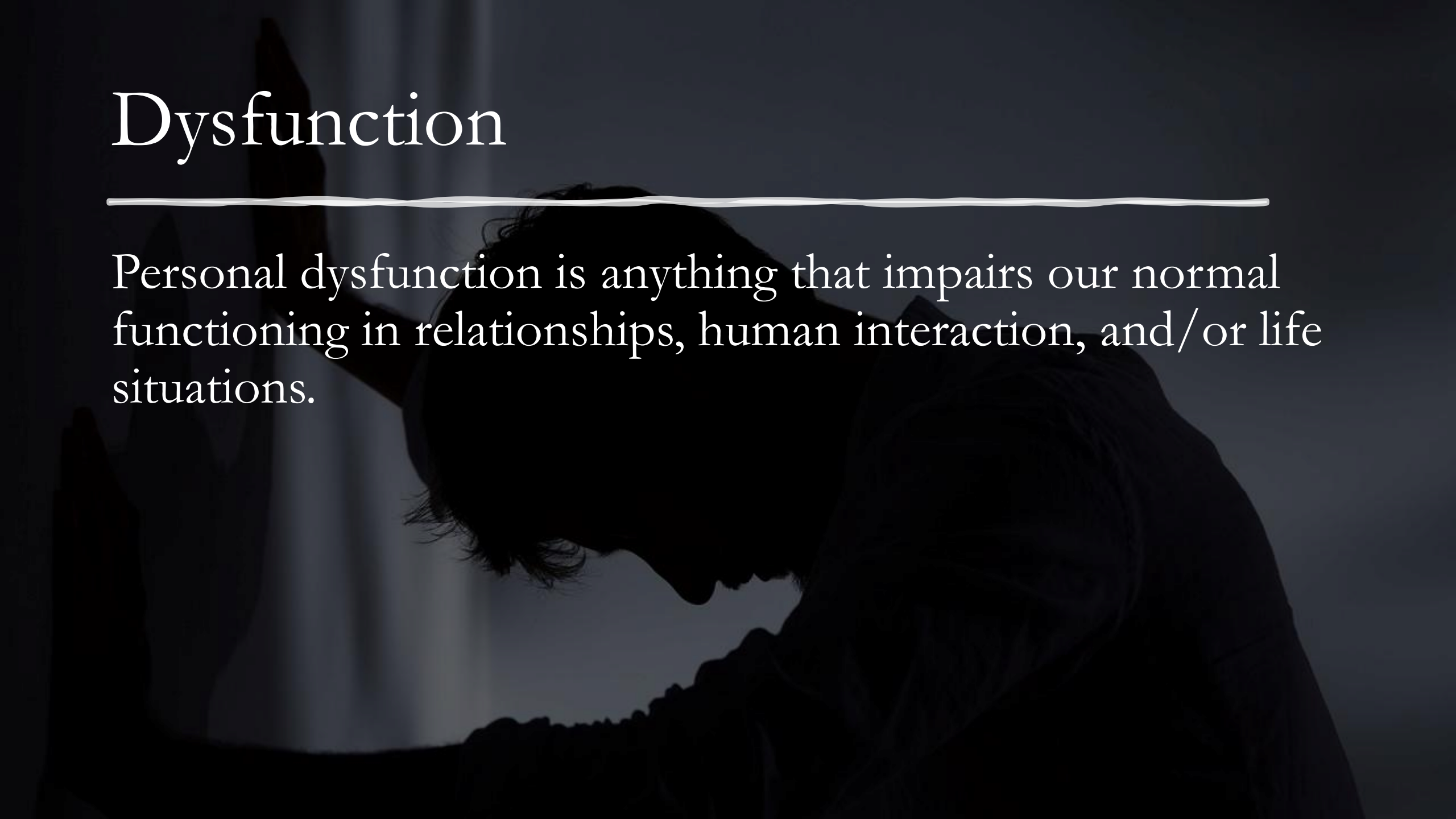
# Dark Sides: We ALL Have Them

- Codependency
- Control Issues
- Passive Aggressive
- Narcissism
- Paranoia

# Dysfunction

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Personal dysfunction is anything that impairs our normal functioning in relationships, human interaction, and/or life situations.



# Personal Dysfunction

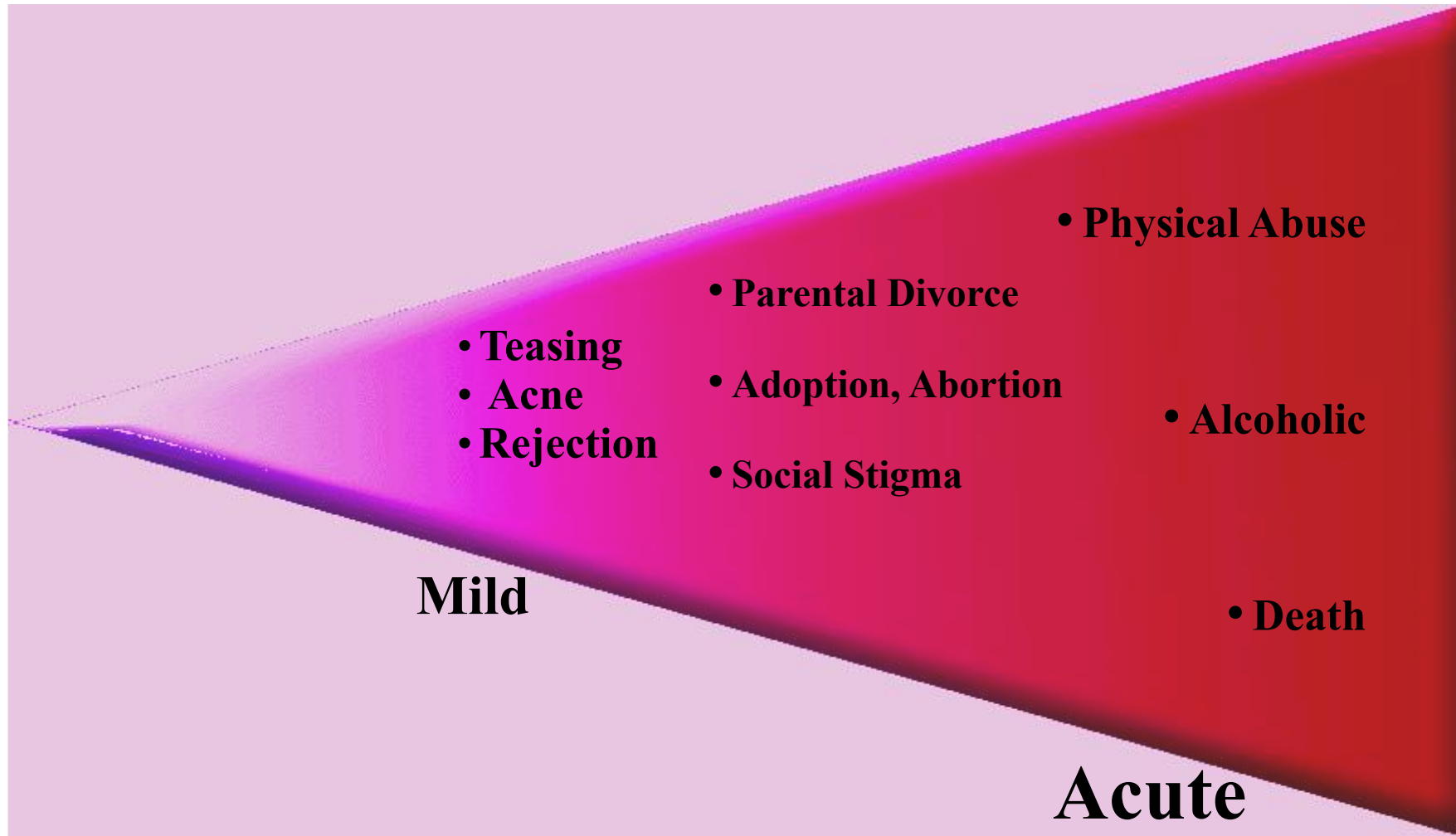


All suffer from some degree of personal dysfunction.

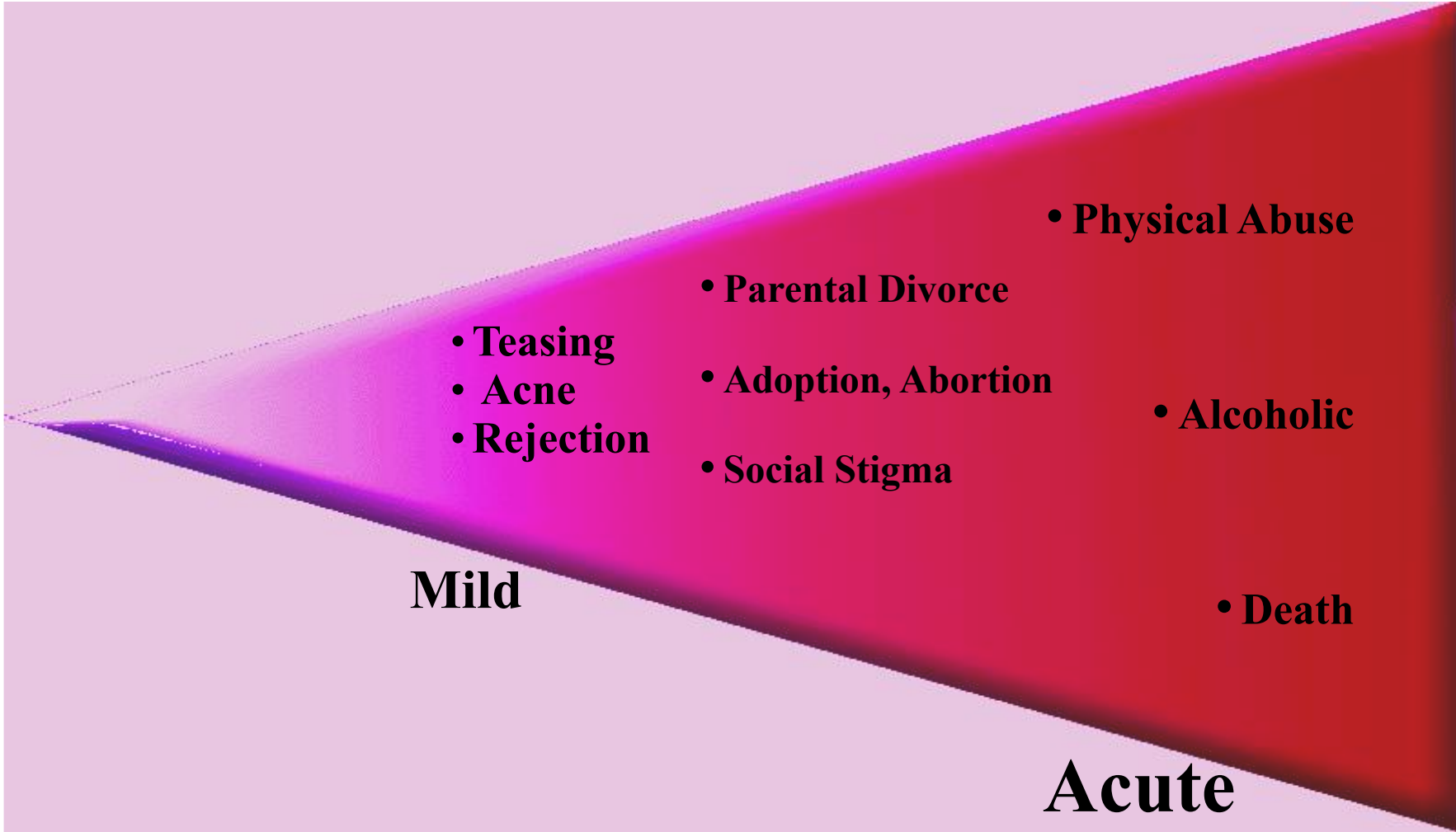
Our personal dysfunction(s):

1. Serve as the driving force behind our desire to become leaders.
2. Color what we perceive to be success.

# Practical Reality of Dysfunction



# Dysfunctions We Cannot Fix



# Origin of Dysfunction

- **The Fall**
- **Family of Origin**
- **Personal Experiences**
- **Personal Circumstances**



# Responding to Personal Dysfunction

- Personal dysfunctions are a normal part of human development in this fallen world;
- When we respond to them in negative, unhealthy ways, our dark side begins to develop.



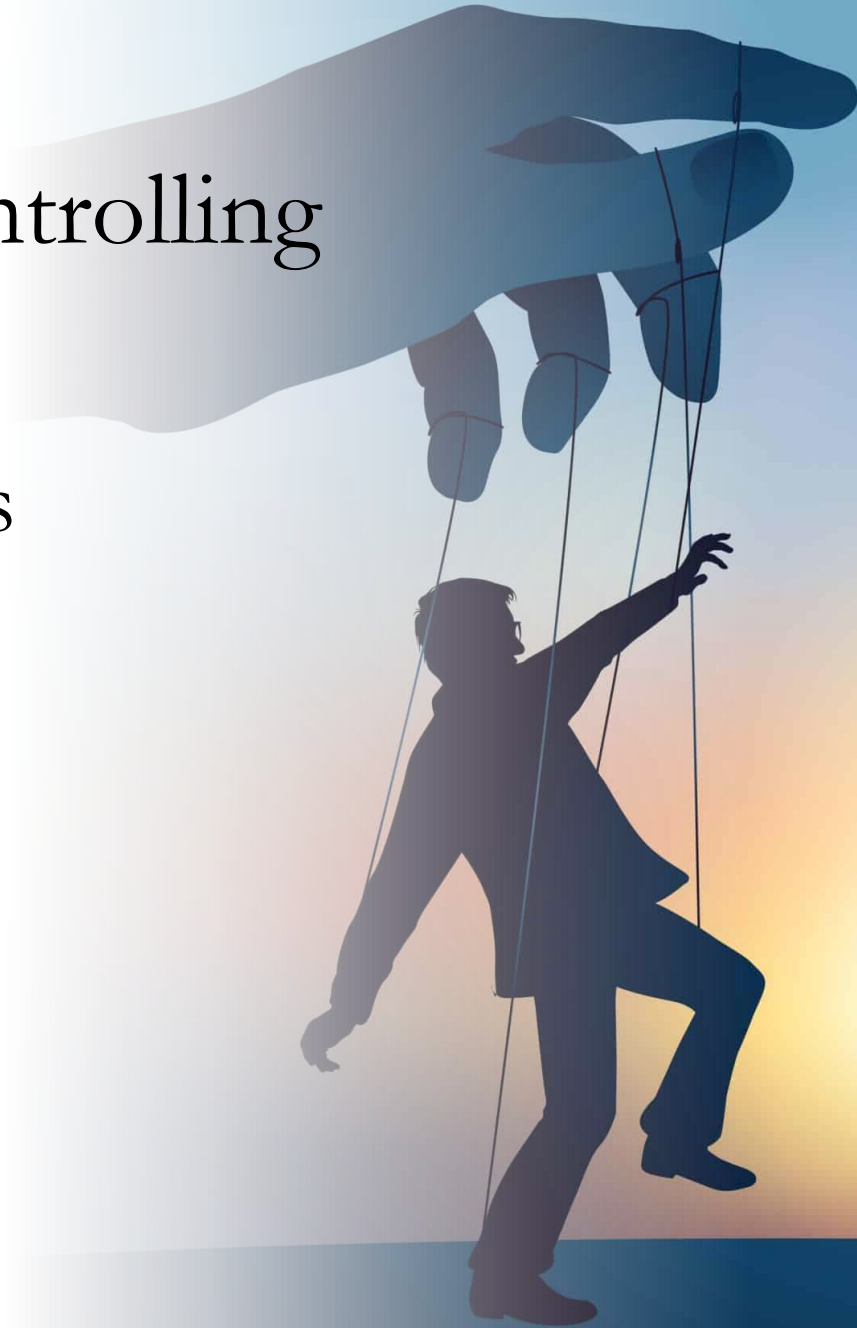


# How God Uses Dysfunction

- They provide the raw material for our character development.
- They serve as the anvil upon which God shapes our leadership.
- Responding to our dysfunctions in unhealthy, negative ways begins the development of our Dark Sides

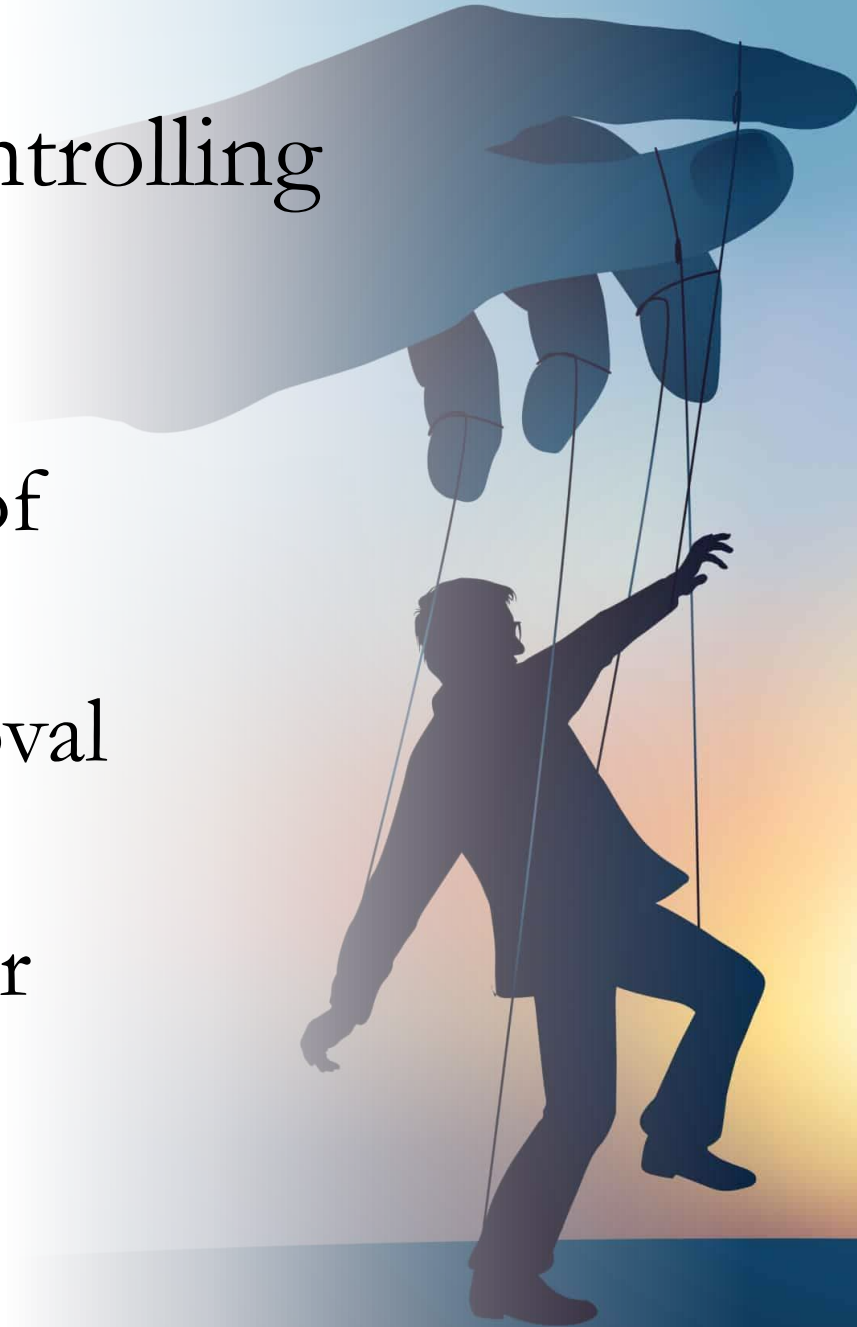
# Compulsive/Controlling

- Status Conscious
- Workaholism
- Perfectionistic



# Compulsive/Controlling Causes

- Perceived Lack of Control
- Need for Approval
- Latent or Repressed Anger



# Narcissism

- Grandiose Visions & Intense Ambition
- Personal Exploitation
- Self-Absorption



# Narcissism

- Feelings of Inferiority
- Deep Needs for Self-Validation
- Personal Uncertainty





# Paranoia

- Childhood Trust Issues
- Suspicion
- Personal Insecurity

# Paranoia



- Challenges:
- Trusting Others
- Developing Intimate Relationships
- Personal Transparency
- Empowerment of Others

# Codependency

- Addiction to People and Relationships
- Family of Origin Dependency Issues
- Rigid, Legalistic, or Oppressive Family System
- Need to Keep the Peace



# Codependency

- Inability to Say “No”
- Obsessive Fear of Disappointing Others
- Appearance of Benevolence
- Repressed Anger and Hostility





# Passive Aggressive

- An indirect expression of hostility, such as anger or resentment, rather than direct communication.
- Resistance to Goal-Setting & Planning
- Pattern of Erratic Emotional Behavior
- Pessimistic Attitude (future)
- Blaming Others



# Passive Aggressive

- Challenges:

- Planning and Goal Setting
- Receiving Criticism & Evaluations
- Processing Anger and Expressing it Properly

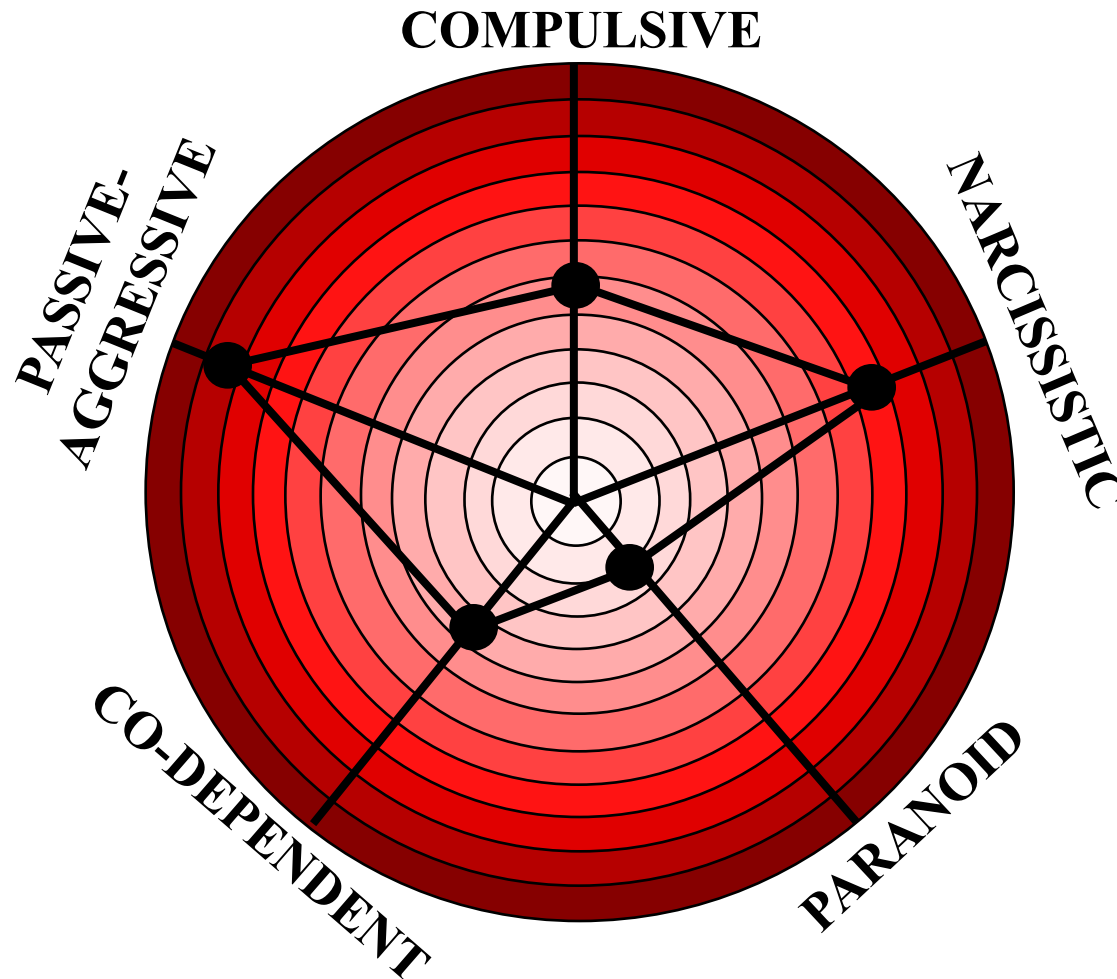
A silhouette of a person standing on a large rock with their arms outstretched, set against a sunset sky. The person is positioned in the upper center of the frame. The background features a gradient from light blue to orange, with a pine tree silhouette on the right side.

# P.L.A.N. to Help Returning Citizens

- Provide safe spaces
- Learn about your Returning Citizens
- Accept the need
- Never give up



# The Dark Side Profile



## PLOTTING KEY

A=Passive-Aggressive  
B=Compulsive  
C=Paranoid  
D=Narcissistic  
E=Co-dependent

## SCORING LEGEND

0-4 Little to No Influence  
4-8 Significant Negative Influence  
8-12 Potentially Destructive Influence

# Christ-Centered Recovery Coaching

- Build a plan with the Returning Citizen
- Use the Dark Side Profile to identify barriers
- Get the help they need
- Become a Christ-Centered Recovery Coach





# Christ-Centered Recovery Coach Certification

[www.lifeworkinstitute.com](http://www.lifeworkinstitute.com)

