



HOW DO I KNOW WHEN IT'S TIME TO BREAK UP?

THE FOUR HORSEMEN OF THE APOCALYPSE:

1. Name the relationships – specifically as relate to Israel - that feel most tenuous at this moment. It can be one relationship, community relationships, social media relationships, etc. Consider these categories: Friend; family member; online community. List them for yourself.

2. Choose one of those relationships, and look at the Four Horsemen.



CRITICISM: Verbally attacking personality or character.



CONTEMPT: Attacking sense of self with an intent to insult or abuse.



DEFENSIVENESS: Victimizing yourself to ward off a perceived attack and reverse the blame.



STONEWALLING: Withdrawing to avoid conflict and convey disapproval, distance, and separation.

- Where does criticism happen within the relationship?

- Where does defensiveness happen within the relationship?

- Where does superiority or contempt play out in the relationship?

- When have you gone deeper into the conversation at hand?

3. Once you have answered these questions, consider what needs to shift in this relationship in order for you to stay in it, as your authentic self. Scan or [click here](#) for the antidotes to the horsemen.



- The antidote to criticism: How can you find space to express your feeling?

- The antidote to defensiveness: How can you take responsibility within the relationship and validate what you are hearing?

- The antidote to contempt: How can you talk with love and admiration?

- The antidote to refusing to go deeper: How can you take a break and soothe yourself when it gets too overwhelming?
