

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 5

<https://www.cov-pres.org/sunday-school/sunday-school-classes/>

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ENGAGING **YOUR** EMOTIONS

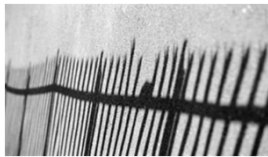
- Must begin with (**Engaging**/crying out to God (Psalm 62:8))
- Incorporate Session 4 roadmap:
- **Identify**-Try to name what is going on inside (**feelings**)
- **Examine**- Slow down and take an honest look at your feelings
- **Examine** - Sift through the good and bad in your responses to your experiences (**thoughts**)

ENGAGE (CONT.)

- **Evaluate** - Prayerfully figure out which aspects of what you're feeling are good and godly and which are destructive and selfish (**thoughts**)
- **Act** - Nurture the loves of our hearts and behaviors that are good
- **Act** - Starve the loves of our hearts and behaviors that are bad
- Acting (choosing) means engaging the will & the heart

DEALING WITH **MY** EMOTIONS & THOUGHTS

- We are commanded in scripture to "Guard our Hearts" (Pr. 4:23)



- The first step is developing **self-awareness** of thoughts and feelings and what energizes them
- This requires **introspection & reflection** or an "inside look" – Why did I respond the way I did to that situation?

SELF-AWARENESS

- DEFINITION: the introspective process of **identifying**:
 1. What you are **feeling & thinking** and how you are choosing to **act**
 2. Whether you are **reacting** or **responding**
 3. Roots & patterns of sin/idolatry
 4. Wounds & traumas from the past that are being triggered in the present (emotional brain has no timeline)
 5. Your hot buttons (or **triggers**)

TRIGGERS...

- Any action, event, conversation (verbal or non-verbal) that takes you to a situation or memory in the present/past that generates escalated emotions, accompanying thoughts and bodily responses
- Just like emotions can be positive & negative so can triggers
IE: music, tone of voice, personality, etc.
- Emotions have no timeline

SELF-AWARENESS (CONT.)

- As we “get in touch with what’s actually going on,” we need:
 1. Helpful input and questions from others (and ourselves) that pursue **both sides of the brain** as well as the heart (Romans 7:14-25)
 2. To begin to OWN our own stuff (“I get offended by or when...”) No blaming, shaming others or excusing my choices
 3. Self Awareness is needed to respond with kindness