

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 11

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

Taught by:

Greg Becker – Director of Congregational Care & Counseling LPC
John Kuebler – Retired Pastor, Retired Clinical Director of Journey
Counseling Ministries – LPC, LMFT

MOTIVES ARE FOUNDATIONAL

- Anger comes from our deepest motives. Underlying desires and beliefs are at work – always
- MOTIVES are the organizing center of who you **believe** you are, how you relate and what you live for: the goals around which you organize your life
- Motives are your core values and commitments, what you base your **identity** and **self-worth** on.
- They shape and energize your emotions, thoughts and actions. Determine how you treat people, how you react to pain & loss, or threat, how and why you get angry and whether your anger is healthy or gone bad
- MOTIVES = HEART

MOTIVES CONT.

- Motives run far deeper than our conscious thoughts – we often feel, think, act and react without being aware of our motives.
- Motives reveal vast truths/beliefs: whether a small incident of irritation or lingering bitterness
- A great starting question to tease out your motives is “What are my expectations”?



MOTIVES CONT.

- Questions to help you take an honest look:
- When do you get upset, what do you want? What does that desire/demand mean to you? Why does that thing matter so much to you?
- When you fire into anger, what do you believe about the significance of what just happened to you?
- What are you afraid of? (Fear is desire turned backwards: “I don’t want this to happen”) What dire thing do you believe might happen?
- What intentions guided you during that interaction? What are you after? When you become bitter and can’t shake it, what do you hope for and wish?
- What are you living for – right now, not in theory?