

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 12

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

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ABOVE THE WATERLINE WE ARE CONSCIOUSLY AWARE OF 10%



← Actions
Thoughts
Secondary
Emotions

Dr. Vicente Ramón Bracho

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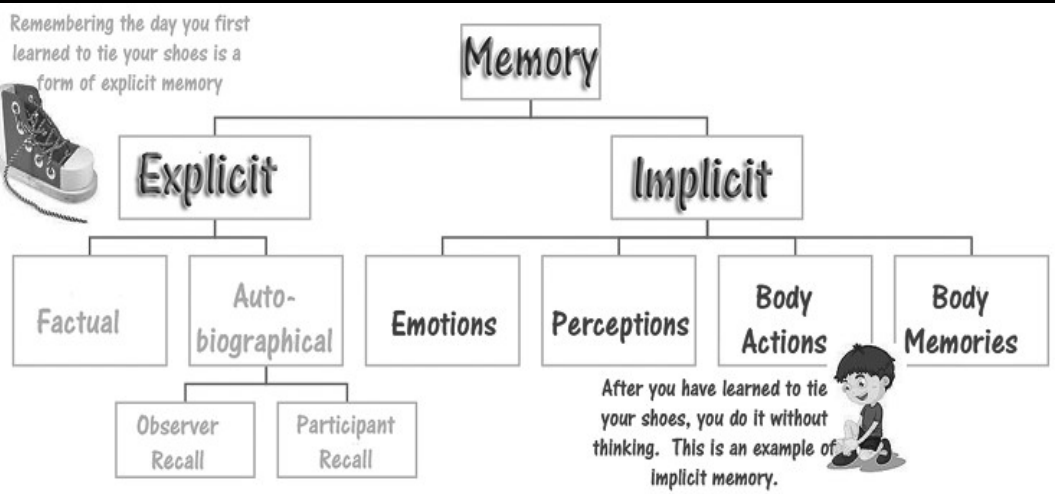
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BELOW THE WATERLINE

90% IS SUBCONSCIOUS OR "MATTERS OF THE HEART"



← Primary Emotions
 Attitudes
 Urges
 Experiences
 Motives/Vows
 Memories



BASIC PRIMARY EMOTIONS

- Fear → Love
- Pain → Pleasure
- Shame → Joy/Peace
- Rejection → Acceptance

*Guilt not an emotion

