

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 13

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

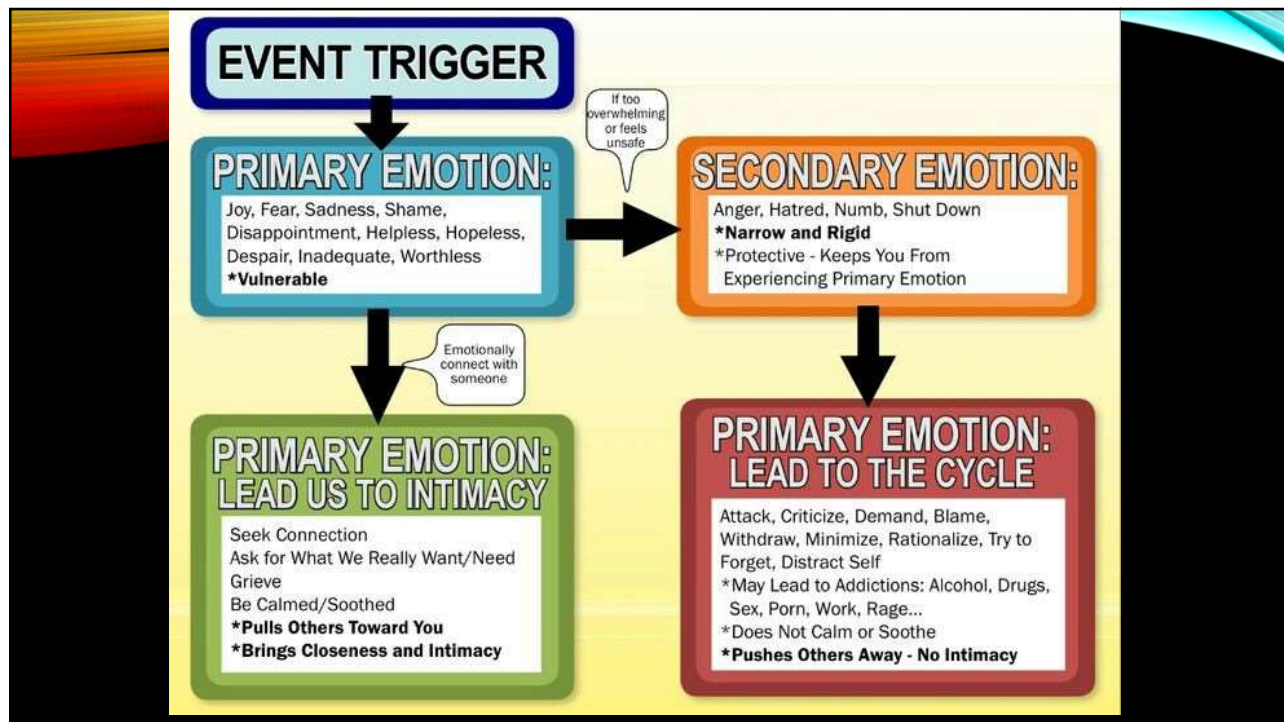
Taught by:

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BASIC PRIMARY EMOTIONS

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

*Guilt not an emotion



QUESTIONS WHEN FEELING VULNERABLE

- “Do I believe I am I still chosen?”
- Is my trigger a matter of life & death (self-preservation) ?
- How many life & death situations do I face in a week?
- Where are you in the moment?
- If you were not angry, what were you feeling?

COMFORT QUESTIONS

- Can you recall being comforted as a child after a time of emotional distress?
- If you have a memory of comfort, was your parent hugging you or holding you?
- Was there tenderness, and were you soothed?

• Yerkovich, Milan. *How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage* (p. 14-16). The Crown Publishing Group. Kindle Edition.

COMFORT QUESTIONS

- Was at least one of your parents able to listen and help you talk about what was upsetting to you?
- In your memory of comfort, did your parent ask questions, listen, and accept your feelings?

• Yerkovich, Milan. *How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage* (p. 14). The Crown Publishing Group. Kindle Edition.

COMFORT QUESTIONS

- Did you feel relief?
- How was conflict handled in your family?
- Did disagreement leave you feeling alone and disconnected to your parent or family?

• Yerkovich, Milan. *How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage* (p. 14). The Crown Publishing Group. Kindle Edition.

COMFORT QUESTION IMPLICATIONS

- If you can't recall a specific memory of being comforted, you're in good company.
- Our early experiences taught us how important—or unimportant—our feelings and the feelings of others are in any given relationship.

Yerkovich, Milan. *How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage* (p. 17). The Crown Publishing Group. Kindle Edition.

COMFORT QUESTION IMPLICATIONS

- Why is this question so important?
- Secure Imprint
- Know a deeper level of bonding and intimacy.

• Yerkovich, Milan. How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage (p. 18). The Crown Publishing Group, Kindle Edition.

COMFORT QUESTION IMPLICATIONS

- Ease or difficulty with communication
- Understanding hearts requires contemplation & reflection

TAKING AN INSIDE LOOK

- What's your story? What's under the hood?
- Looking under the hood usually uncovers “**Deep Longings**” and “**Wrong Strategies**”
- Jeremiah 2:13 – My people have committed two sins: They have forsaken me, the spring of living water, and have dug their own cisterns that cannot hold water.



ALL OF US HAVE A STORY...

- What are the most significant circumstances, events, and people that have shaped your life?
- When are times that you have sensed God's leading, voice, direction, etc in a very clear way?
- What is your “self-talk” and how does it impact the way you relate and live?
- How have you been injured/wounded in your life? How have you've chosen to respond? (positive or negative).

REFLECTING ON YOUR STORY

- Make a graph of your life on a piece of poster paper. Show ups, downs, valleys, peaks, plateau's etc. Include seasons of your life (growth, struggle, doubt, prosperity, etc.)
- What are some of the important "turning points" and "important decisions" in your life. Consider the people and circumstances that impacted you to prompt these turning points or as a result of these turning points.

REMEMBER? KEY POINTS FROM CLASS

- Storm, Quicksand, Awkward, Easygoing
- All individual feelings or emotions (numerous feelings at once) are designed by God (positive or negative)
- Feelings have origin within you
- **Heart** – thought, emotions, body – **Integration, Self awareness**
- God's command to **guard our hearts**

KEY POINTS CONT.

- Reacting vs Responding – **Integration, Self-control**
- **Responsibility** vs blame/shame (self-"should's")
- Implicit/Explicit memory – **Self awareness**
- **Transparency** – friendship – **Vulnerability** – relationship

RESOURCES

- Groves, J. Alasdair. Smith, T. Winston. Untangling Emotions . Crossway.
- Thompson, M.D., Curt. The Anatomy of the Soul. Tyndale House Publishers.
- Siegel, M.D., Daniel. The Developing Mind. The Guilford Press.
- Yerkovich, Milan. How We Love, Expanded Edition: Discover Your Love Style, Enhance Your Marriage. The Crown Publishing Group.
- <https://feelingsunlimited.com/feelingspalette>
- <https://ed.ted.com/featured/bf2mRAfC#watch>
- God's Word and our own training & experience! Talk to us!