

Understanding People - Chapter 11 - People are Emotional

1. It is it “okay to hurt” (pp. 172-174).

A. Reality:

“... life in a fallen world presents almost continuous opportunity to have _____ feelings” (pg 172). Expect to have many negative experiences in this cursed world that will hurt you.

B: Maturity: Godly people should also expect to experience negative emotions.

Disappointment in personal failure and in the failure of others can be _____.

C. Joy & Pain: “*Joy is distinctly an eschatological thing - it is rooted in the _____*” (pg 173). We are to rejoice always (Phil 4:4) because of what Christ has done for us and promised us - but “*joy now is not to **replace** suffering and pain, it is to **support** us through it.*” Jesus is our example - Hebrews 12:2 - “*who for the joy set before Him endured the cross. . .*”

What is the correct answer to the question, “*How are you?*” What is the reason for asking?

D. Necessity: “*Hurt is evidence of life*” (pg 173) because we live in a fallen world. The goal must not be to end / avoid the pain.

Examples:

Learn to face and embrace the _____ of even negative emotions in order to increase your thirst for God and desire to live for Him while living in a world in need of redemption.

2. Complexity of Emotions

Emotions can be complex, so there is _____ in trying to simplify them in efforts to gain quick relief. Crabb gives four examples on the top of page 175.

*Bad behaviors cause bad emotions; so straighten up.

*Bad goals cause bad emotions; so redirect your life.

*Bad thinking causes bad emotions; so think right.

*Bad faith causes bad emotions; so get spiritual

Simplified theories such as these seek to solve emotional problems without requiring an _____ and passionate pursuit of God into absolute dependence.

Emotions are not sinful in and of themselves (pp. 176). Emotions are a _____.

3. Constructive vs. Destructive Emotions. (pp. 175-183)

General: Whether an emotion is constructive or destructive depends on the individual's _____ to the emotion - (176).

Constructive: A constructive emotion refers to a response to an emotion that evaluates the event & feelings in light of R-1 and R-2 (images and beliefs) striving to respond with a Biblical mindset.

Destructive: A destructive emotion refers to a response that does not evaluate the event & feelings in light of R-1 and R-2 (images and beliefs) or strive to respond with a Biblical mindset.

Chart Page 179 - Flow chart of Emotions from Difficult Circumstances (See last page)

Longing for Satisfaction → Unpleasant Event Occurs → Legitimate Pain of Unpleasant Emotion → either Wisdom or Foolishness

If wisdom → accurate R-1 & R-2 → Event perceived as Disappointed Desire → Emotion of Disappointment → Desire for Change: If achieved → Gratitude. If blocked → Righteous Anger. If uncertain → Painful Concern. If Unreachable → Productive Sadness.

If Foolishness → Inaccurate R-1 & R-2 → Event perceived as Threat to Survival → Emotion of Panic → Demand for Change: If achieved → Proud Relief. If blocked → Rage. If uncertain → Worry. If Unreachable → Depressing Inadequacy.

Chart Page 182 - Flow chart of Emotions from Enjoyable Circumstances (See last page)

Longing for Satisfaction → Pleasant Event Occurs → Legitimate Pleasure of Pleasant Emotion → either Wisdom or Foolishness

If Wisdom → accurate R-1 & R-2 → Event perceived as Satisfied Desire → Emotion of Legitimate Warmth → Desire for Continuation. If achieved → Gratitude. If blocked → Righteous Anger. If uncertain → Painful Concern. If Unreachable → Productive Sadness.

If Foolishness → Inaccurate R-1 & R-2 → Event perceived as Demanded Goal → Emotion of Insecure Appreciation → Demand for Continuation: If achieved → Pride. If blocked → Rage. If uncertain → Worry. If Unreachable → Depressing Inadequacy.

Wisdom leads constructive feelings and foolishness leads to destructive ones.

4. Source of Emotions (Pages 180-181)

Emotions arise from your perception of events - i.e. your R-1 and R-2 (images and beliefs).

Complexity of emotions: Emotional response begins with the information _____ about the event / circumstance which may or may not be accurate (emotions are often quickly changed when the truth is known). The understanding of that information is evaluated according to R-1 images, the effect the event / circumstance will have in fulfilling the desire for impact / significance and / or relationship / security, which in turn is founded upon the R-2 beliefs about the purpose of life.

5. Learning from Your Emotions (pp. 183-184)



Your emotions are an _____light of your walk with the Lord. Whether your feelings are pleasant or unpleasant only reveals whether you perceive an event as enjoyable or distressing. Whether your emotions are constructive or destructive reveals whether you are walking a path of wisdom or foolishness.

The good news is that if your emotions awaken you to your foolishness, then you can repent and proceed on the path of wisdom that will also change your emotions. Emotions serve as a check on your maturity through self-examination that will affirm wisdom and expose foolishness. Are your images and beliefs according to truth or error?

6. Guidance for Emotions (pg. 184)

A. The Ministry of the Holy Spirit

Psalm 26:2

Psalm 139:23-24

Jeremiah 17:9-10

Romans 8:26-27

B. The Word of God

Psalm 19:7-14

Hebrews 4:12

2 Timothy 3:16

C. The People of God

1 Corinthians 12-13

All the “one another” verses

7. What to do with your emotions (pp 185-188).

A. It is important to “feel” your emotions, for they can make you _____of your wisdom or foolishness and so enable you to pursue greater maturity.

Seeking avenues of _____from your emotions (drugs, amusements, busyness, denial) will hinder or block you from the spiritual growth they would otherwise prompt. Pursuing avenues of escape may lead to increased foolishness.

B. While feeling emotions is part of the process for growth, the center of growth is _____, belief and obedience. This requires you to evaluate and deal with acknowledge emotions.

C. How and when you should express your emotions

1) How: Without self protection, openly and honestly say _____ how you feel - but with calmness, though at times with intensity - and never with rage.

2) Motive: Open expression of your emotions with others is to be done in pursuit of _____ best interest. Expression of emotions is not to be an exercise in selfishness. Neither hold back out of fear of reprisal nor use them to try to intimidate (cause fear). Limit your freedom by your commitment for the true well-being of others.

3) When: While free to express every emotion, only express what will advance _____ purposes. This includes thoughtfulness in the timing of what is expressed. Ephesians 4:29!

_____ includes factors such as being able to talk privately about private matters; talking when both are in an emotional state to respond rationally; talking when both have adequate time to talk; talking when both are alert (talking to someone who is tired, stressed out by other things, pressured to meet a deadline, etc., may well prove to be harmful, not helpful).

8. Three Principles (pg. 188)

A. Full experience your emotions. Feel them

B. Use your emotions; evaluate what they reveal about your beliefs and purposes.

C. Be free to express every emotion, but limit expression by the purposes of true love

9. Emotional Circles.

The emotional circle represents the _____ to feel.

A full emotional circle means the individual is _____ experiencing their emotions

An empty emotional circle indicates _____ of feelings (not absence of them)

The size of the inner circle represents the degree to which emotions are _____.

The Source of Emotions When Circumstances Are Difficult

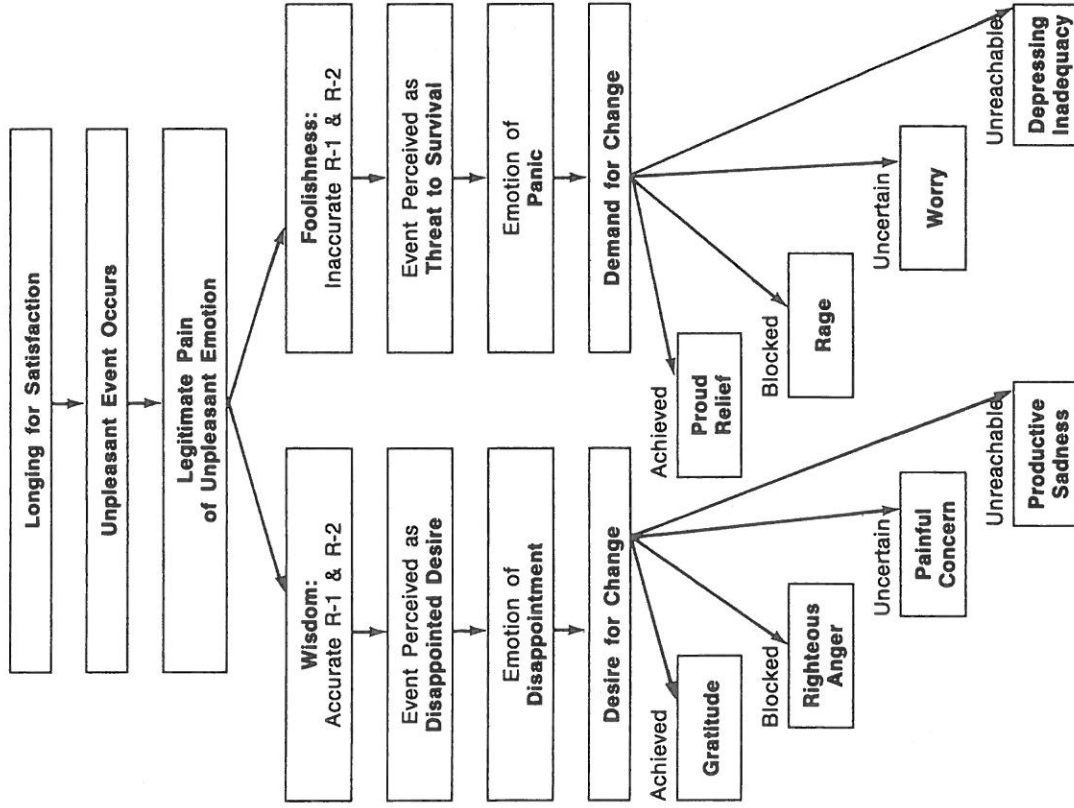


FIGURE 11.1

The Source of Emotions When Circumstances Are Enjoyable

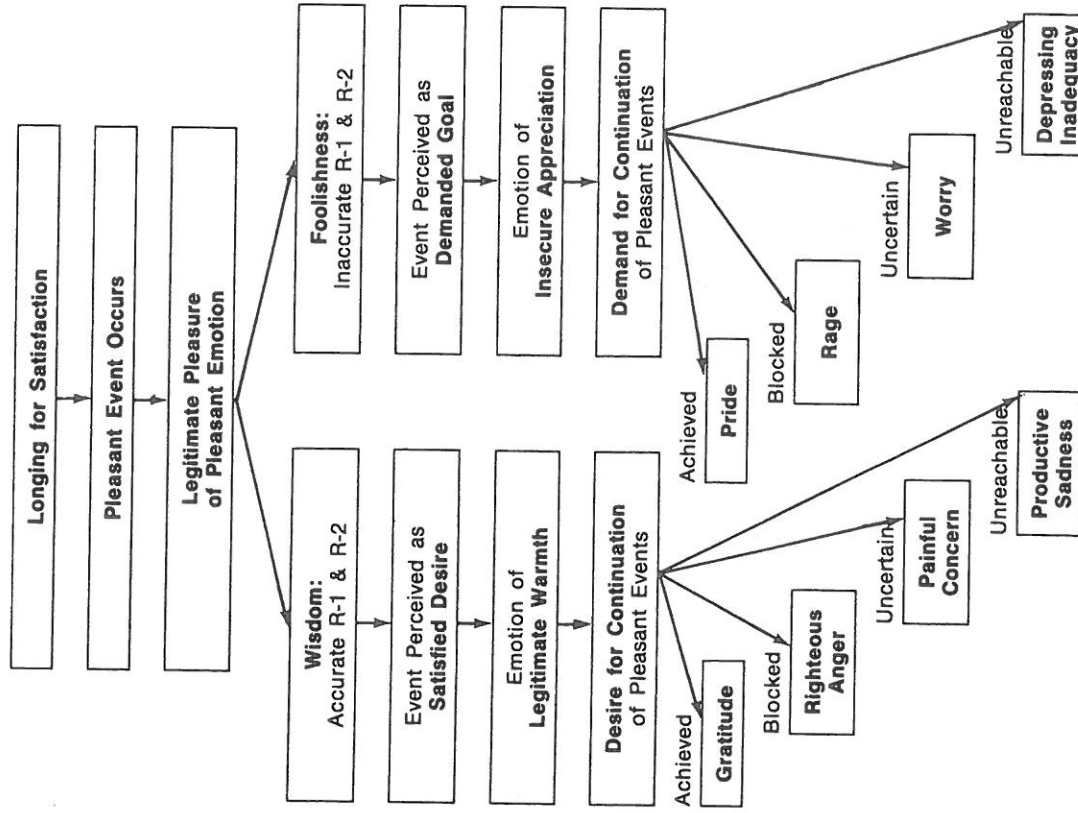


FIGURE 11.2