

SET FREE TO BE WHAT GOD MADE ME

Managing Your Emotions

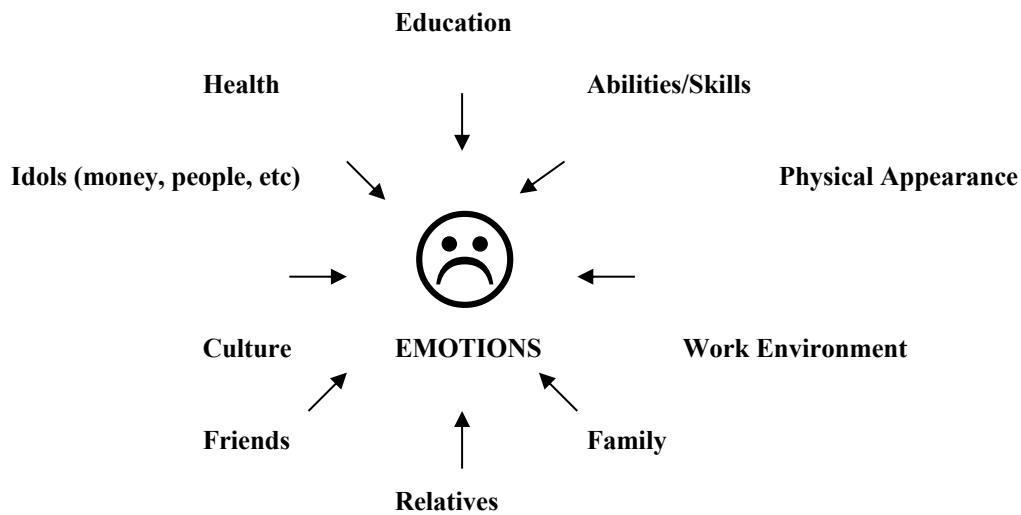
- I. In the beginning, there was no stress. Genesis 1:1-31**
 - A. Ordered Environment**
 - B. Work was pleasurable and fulfilling**
 - C. Social Relationships (with God and others) was characterized by openness, transparency and honesty**

- II. The Fall brought stress into Social Relationships/Working Environment Gen. 3**
 - A. Man experienced shame, guilt, delusion, denial, self-condemnation v.10-13**
 - B. Sin brought disorder to the environment v. 14-15**
 - C. Man experienced Physical and Emotional Pain v. 16-17**
 - D. Work became stressful v. 18-19**
 - E. Man learned to cope with his faults through blaming and hiding v. 10-13**
 - F. Transparency and honesty in Social Relationships were gone**
 - 1. Because Man is no longer transparent, his emotions are easily deceived. Gen. 4:3-8**
 - 2. Perception of Reality is distorted/incomplete**
 - 3. False perceptions lead to wrong conclusions**
 - 4. Wrong conclusions lead to harmful/painful emotion (fear, anxiety, anger, hatred)**
 - 5. Harmful emotion lead to destructive behavior (sin)**

- III. Where does Stress come from?**

Stress is a Learned Response triggered by Circumstances (stressor) perceived to immediately (fear) or potentially (anxiety) cause PAIN

Imperfect Circumstances Create Stress Romans 12:2



A. Your Circumstances may be...

1. The Result of **YOUR** Actions, Decisions, Choices (e.g. Cain)
2. The Result of **OTHER'S** Actions, Decisions, Choices (e.g. Abel)

B. Your Circumstances interact with your emotions

1. Your Thought Process (how you process your circumstances) determine your emotions
2. Your emotions determine your Action /Behavior (Positive or Destructive)
3. The effectiveness of your thought process depends upon the degree it is in touch with reality. **KEY: THOUGHT PROCESS (GIGO)**
 - a. Correct Process – leads to growth
 - b. Incorrect Process – leads to anxiety, fear, hatred, and other harmful emotions

IV. Dealing with Stress (Part 1): Establish Boundaries

A. Take Responsibility for your life!

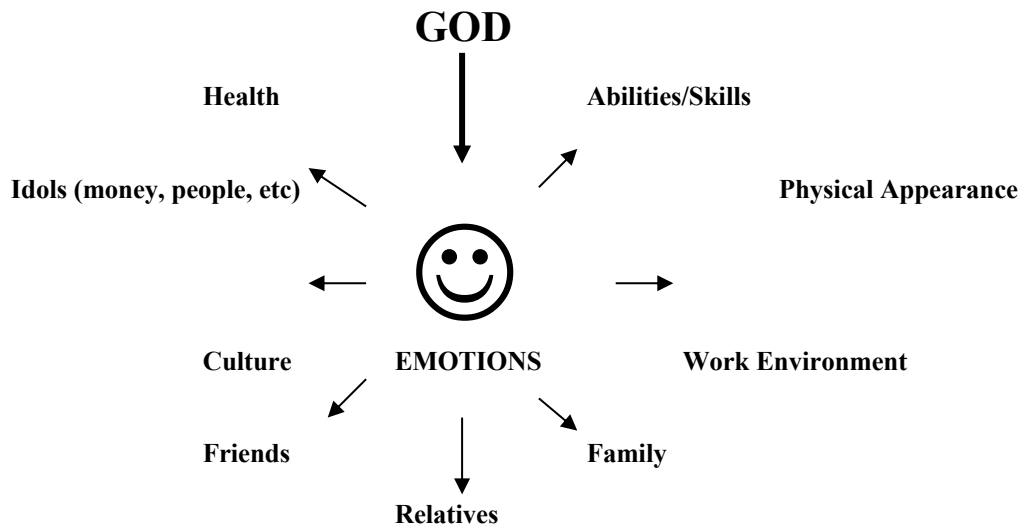
Serenity Prayer: Lord, give me the strength accept the things I cannot change, the courage to change the things that I can, and the wisdom to know the difference.

B. Let others take responsibility for their lives!

2/4 Principle: You are responsible TO others, you are not responsible FOR them. You can only be responsible FOR YOURSELF.

C. God gives each one the ability to make choices, and take responsibility for it. Forfeit that ability, and you become more sick emotionally (dysfunction).

D. When a person asks Jesus to be his Lord and Savior, he maintains that the only factor that should determine his choices, thought process, emotions, actions, behavior, is God. Romans 12:1-2



A WELL-DIFFERENTIATED (WELL-DEFINED) PERSON is defined by God, and not his circumstances. He is able to differentiate himself from his circumstances, able to make his own choices as to how he would think, feel and respond. He is not a victim of circumstance.

E. Examples of harmful/destructive thought process:

- 1. Victim – let others define you.**
- 2. Self-pity – let your pain define you**
- 3. Trapped – let your circumstance define you**
- 4. Blame others – let avoidance define you**
- 5. Vindictive/Bitter – let revenge define you**
- 6. Addiction – let self-medication define you**

F. Inadequate ways of dealing with STRESS

- 1. Avoidance**
- 2. Denial**
- 3. Triangulation**
- 4. Venting**
- 5. Guilt/Self-Condensation**

V. Dealing with Stress (Part 2): Addressing the Problem

A. You need to FACE REALITY John 8:31-32

B. Deal with the SOURCE of your PAIN

C. GRIEVE your LOSS Job 42:1-6

- 1. Accept your loss**
- 2. Let go of your loss**
- 3. Forgive the reason for your loss – no revenge**

D. Move on with your life Phil 3:12-14

E. Renew your resolve to let go

**Pain comes back, but you do not allow yourself to be controlled by your pain.
It's a CHOICE.**

HOLMES AND RAHE STRESS SCALE

Holmes and Rahe found that a score of 150 gives you a 50-50 chance of developing an illness. A score of 300+ gives you a 90% chance of developing an illness, having an accident or "blowing up". Notice that "positive times" like Christmas, marriage and vacations are stressful.

multiply event by the number of times you have experienced it in the last year

LIFE EVENT (STRESSOR)	VALUE	#/YR	TOTAL
1 DEATH OF SPOUSE _____	100 X	_____	= _____
2 DIVORCE _____	73 X	_____	= _____
3 MARITAL SEPARATION _____	65 X	_____	= _____
4 JAIL TERM _____	63 X	_____	= _____
5 DEATH OF CLOSE FAMILY MEMBER _____	63 X	_____	= _____
6 MAJOR PERSONAL INJURY OR ILLNESS _____	53 X	_____	= _____
7 MARRIAGE _____	50 X	_____	= _____
8 FIRED FROM WORK _____	47 X	_____	= _____
9 MARITAL RECONCILIATION _____	45 X	_____	= _____
10 RETIREMENT _____	45 X	_____	= _____
11 MAJOR CHANGE IN HEALTH OF FAMILY MEMBER _____	44 X	_____	= _____
12 PREGNANCY _____	40 X	_____	= _____
13 SEX DIFFICULTIES _____	39 X	_____	= _____
14 GAIN OF NEW FAMILY MEMBER _____	39 X	_____	= _____
15 MAJOR BUSINESS READJUSTMENT _____	39 X	_____	= _____
16 MAJOR CHANGE IN FINANCIAL STATE _____	38 X	_____	= _____
17 DEATH OF CLOSE FRIEND _____	37 X	_____	= _____
18 CHANGE TO DIFFERENT LINE OF WORK _____	36 X	_____	= _____
19 MAJOR CHANGE IN NUMBER OF ARGUMENTS WITH SPOUSE _____	35 X	_____	= _____
20 MORTGAGE OVER \$100,000 _____	31 X	_____	= _____
21 FORCLOSURE OF MORTGAGE OR LOAN _____	30 X	_____	= _____
22 MAJOR CHANGE IN RESPONSIBILITIES AT WORK _____	29 X	_____	= _____
23 SON OR DAUGHTER LEAVING HOME _____	29 X	_____	= _____
24 TROUBLE WITH IN-LAWS _____	29 X	_____	= _____
25 OUTSTANDING PERSONAL ACHIEVEMENT _____	28 X	_____	= _____
26 SPOUSE BEGINS OR STOPS WORK _____	26 X	_____	= _____
27 BEGIN OR END SCHOOL _____	26 X	_____	= _____
28 MAJOR CHANGE IN LIVING CONDITIONS _____	25 X	_____	= _____
29 REVISION OF PERSONAL HABITS _____	24 X	_____	= _____
30 TROUBLE WITH BOSS _____	23 X	_____	= _____
31 MAJOR CHANGE IN WORK HOURS OR CONDITIONS _____	20 X	_____	= _____
32 CHANGE IN RESIDENCE OR SCHOOLS _____	20 X	_____	= _____
33 MAJOR CHANGE IN RECREATION _____	19 X	_____	= _____
34 MAJOR CHANGE IN CHURCH ACTIVITIES _____	19 X	_____	= _____
35 MAJOR CHANGE IN SOCIAL ACTIVITIES _____	18 X	_____	= _____
36 MORTGAGE OR LOAN LESS THAN \$10,000 _____	17 X	_____	= _____
37 MAJOR CHANGE IN SLEEPING HABITS _____	16 X	_____	= _____
38 MAJOR CHANGE IN NUMBER OF FAMILY GET-TOGETHERS _____	15 X	_____	= _____
39 MAJOR CHANGE IN EATING HABITS _____	15 X	_____	= _____
40 VACATIONS, CHRISTMAS _____	13 X	_____	= _____
41 MINOR VIOLATIONS OF THE LAW _____	11 X	_____	= _____
YOUR TOTAL			_____