

# YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 7

<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

## SUMMARY

- Discussed self-awareness (roadmap)
- 1. **Engage** God with emotions
- 2. **Identify** what's going on
- 3. **Examine** emotions
- 4. **Evaluate** emotions & circumstances
- 5. **Act** (kindness & responsibility)

## SUMMARY CONT.

- Self-regulation (kindness)
- Kindness leads to personal responsibility of choice while experiencing various emotions (frees you from blame & shame)
- Eph 4:25-26, 29-32

## ENGAGING FRIENDS & RELATIONSHIPS

- “Hitting the road” with your roadmap – moving away from yourself towards others
- Engaging **friend** is different than engaging **relationship**
- What does it take to create and cultivate a relationship?

## TRANSPARENCY

- Truthful, principled, practical discussion
- **Independent** mindset
- **Deciding “how much info do I share”**
- Includes some honest self-disclosure of situations and problems (more factual)
- Shares personality and worldview/facts
- Reasonableness

## VULNERABILITY

- Honest, personal disclosure
- **Interdependent** – need others, teachable
- Courageously **disclosing** and **owning** who you are at a heart level (emotional & spiritual wounds/trauma)
- Risk undertaken in order to have deep connectional relationships
- Risk being ridiculed, rejected or shamed

## THREE STEP ROADMAP TO OTHER CENTEREDNESS

- **Enter in** – “What was it like for you”?
- **Connect** - **Hear** and **demonstrate** that you have heard them
- **Care** - Allow other people's experiences to impact you.

• Groves, J. Alasdair, Untangling Emotions . Crossway, Kindle Edition.

## ENTERING IN

- **Hear** and **understand** what someone is experiencing
- Common **mistake** – to think, “What would it be like for **ME** if I was this person?”
- Doing this leads to misunderstanding the person, missing their experience. Your world eclipses their world
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## CONNECTING

- It means you tell someone what you have heard **and** demonstrate you have heard it
- **Fear** – “I want you to know that I can see and I can hear how scary this is for you. You're afraid that your family is falling apart. I'd be afraid too.”
- **Ashamed** – “I understand that you feel ashamed and that you really want to hide right now. Thank you for not hiding from me. I care. I'm here.”
- **Numb** – “It sounds like you're in emotional shock. You don't feel anything right now. I get that. This is overwhelming. There may be too much happening for you to even know what you're feeling right now.”

## CONNECTING MISTAKES

- Moving into a **fixing mode** – invalidate what a hurting person just shared
- We communicate that their emotions need to be adjusted in some way or that things are not as bad as they think
- We offer biblical truths or “trite phrases” that might be helpful at another time but don't meet needs of the moment

## CARING

- In order to genuinely care, you must allow other people's experiences to impact you.
- "I'm sorry this is so hard for you. It makes me sad to see and hear you hurt so badly. I care about you. I'm here for you."
- "This is a deep, deep betrayal. I've never been betrayed this way, but I can see and sense how painful this is, and I am so sorry".
- "I hate that you feel you need to hide. I am not judging you, and I am not ashamed of you. I am glad to be your friend. I am glad and thankful that you are sharing your heart with me."

## CARE CONSIDERATIONS

- Caring **does not** mean that you need to agree with all that has been shared
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- Discussed self-awareness (roadmap)
- 1. **Engage** God with emotions
- 2. **Identify** what's going on
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- 5. **Act** (kindness & responsibility)

## SUMMARY CONT.

- Self-regulation (kindness)
- Kindness leads to personal responsibility of choice while experiencing various emotions (frees you from blame & shame)
- Eph 4:25-26, 29-32

## ENGAGING FRIENDS & RELATIONSHIPS

- “Hitting the road” with your roadmap – moving away from yourself towards others
- Engaging **friend** is different than engaging **relationship**
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## TRANSPARENCY

- Truthful, principled, practical discussion
- **Independent** mindset
- **Deciding “how much info do I share”**
- Includes some honest self-disclosure of situations and problems (more factual)
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- Reasonableness

## VULNERABILITY

- Honest, personal disclosure
- **Interdependent** – need others, teachable
- Courageously **disclosing** and **owning** who you are at a heart level (emotional & spiritual wounds/trauma)
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- **Enter in** – “What was it like for you”?
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# YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 7

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

Taught by:

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## ENGAGING FRIENDS & RELATIONSHIPS

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# YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 7

<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  
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- Truthful, principled, practical discussion
- **Independent** mindset
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# YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 7

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Taught by:

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John Kuebler – Retired Pastor, Retired Clinical Director of Journey  
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Taught by:

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- Kindness leads to personal responsibility of choice while experiencing various emotions (frees you from blame & shame)
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Taught by:

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- Truthful, principled, practical discussion
- **Independent** mindset
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- **Connect** - **Hear** and **demonstrate** that you have heard them
- **Care** - Allow other people's experiences to impact you.

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## ENTERING IN

- **Hear** and **understand** what someone is experiencing
- Common **mistake** – to think, “What would it be like for **ME** if I was this person?”
- Doing this leads to misunderstanding the person, missing their experience. Your world eclipses their world
- Entering in means to invite another person to tell you what it is like for them to be them. It is not you imagining that you are them

## CONNECTING

- It means you tell someone what you have heard **and** demonstrate you have heard it
- **Fear** – “I want you to know that I can see and I can hear how scary this is for you. You're afraid that your family is falling apart. I'd be afraid too.”
- **Ashamed** – “I understand that you feel ashamed and that you really want to hide right now. Thank you for not hiding from me. I care. I'm here.”
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# YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 7

<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

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- Discussed self-awareness (roadmap)
- 1. **Engage** God with emotions
- 2. **Identify** what's going on
- 3. **Examine** emotions
- 4. **Evaluate** emotions & circumstances
- 5. **Act** (kindness & responsibility)

## SUMMARY CONT.

- Self-regulation (kindness)
- Kindness leads to personal responsibility of choice while experiencing various emotions (frees you from blame & shame)
- Eph 4:25-26, 29-32

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- “Hitting the road” with your roadmap – moving away from yourself towards others
- Engaging **friend** is different than engaging **relationship**
- What does it take to create and cultivate a relationship?

## TRANSPARENCY

- Truthful, principled, practical discussion
- **Independent** mindset
- **Deciding “how much info do I share”**
- Includes some honest self-disclosure of situations and problems (more factual)
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## VULNERABILITY

- Honest, personal disclosure
- **Interdependent** – need others, teachable
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# YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 7

<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

## SUMMARY

- Discussed self-awareness (roadmap)
- 1. **Engage** God with emotions
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- 4. **Evaluate** emotions & circumstances
- 5. **Act** (kindness & responsibility)

## SUMMARY CONT.

- Self-regulation (kindness)
- Kindness leads to personal responsibility of choice while experiencing various emotions (frees you from blame & shame)
- Eph 4:25-26, 29-32

## ENGAGING FRIENDS & RELATIONSHIPS

- “Hitting the road” with your roadmap – moving away from yourself towards others
- Engaging **friend** is different than engaging **relationship**
- What does it take to create and cultivate a relationship?

## TRANSPARENCY

- Truthful, principled, practical discussion
- **Independent** mindset
- **Deciding “how much info do I share”**
- Includes some honest self-disclosure of situations and problems (more factual)
- Shares personality and worldview/facts
- Reasonableness

## VULNERABILITY

- Honest, personal disclosure
- **Interdependent** – need others, teachable
- Courageously **disclosing** and **owning** who you are at a heart level (emotional & spiritual wounds/trauma)
- Risk undertaken in order to have deep connectional relationships
- Risk being ridiculed, rejected or shamed

## THREE STEP ROADMAP TO OTHER CENTEREDNESS

- **Enter in** – “What was it like for you”?
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