

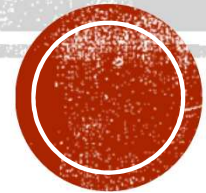
PARENTING FROM THE INSIDE OUT

SESSION 2

[HTTPS://WWW.COV-PRES.ORG/RESOURCES/?_RESOURCE_TYPES=SUNDAY-SCHOOL-CLASSES](https://www.cov-pres.org/resources/?_resource_types=sunday-school-classes)

TAUGHT BY

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GOD HAS DESIGNED US TO RELATE IN THESE WAYS

- To HIM by developing a confidence in His goodness. Because He's good, that enables us to trust Him no matter what happens or how we feel
- To OTHERS by giving ourselves away for Christ's sake with an energy that longs to see the same confidence in God grow in others (**interpersonal**)
- To OURSELVES by enjoying our unique dignity as men & women, who because of God's wisdom & kindness have something to give away that is useful for good purposes (**intrapersonal**)



KEY PRINCIPLES FROM “YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON RELATIONSHIPS”

- Self-Preservation (Gen. chapter 3, Gen 6:5)
- Self-Awareness (Rom 12:2, 2 Timothy 4:5)
- Self-Regulation (Ephesians 4:1-3)
- Empathy begins with these three principles

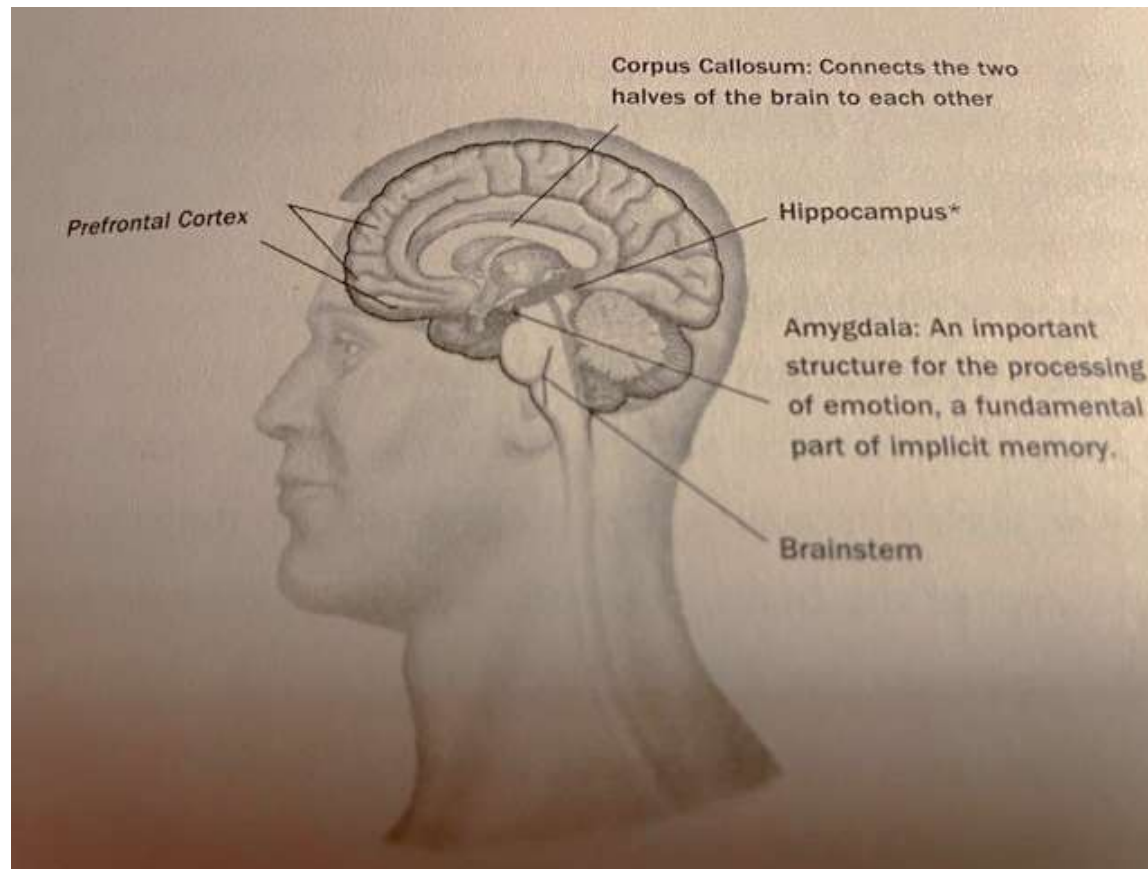


THE BRAIN IS HARDWIRED BY GOD FOR RELATIONSHIP

- Love & Fear are our first two emotions we feel
- Kids are in survival mode because they are totally dependent on parents (physically & emotionally)
- AMYGDALA – right side of brain where emotions are stored – fully developed by 18 mos.
- HIPPOCAMPUS – left side of brain holds long term memory, is the “Cognitive Mapper” (fully developed by age two).
- PREFRONTAL CORTEX – enables a sense of self & time to begin to develop, signaling the beginning of autobiographical memory (by age two)

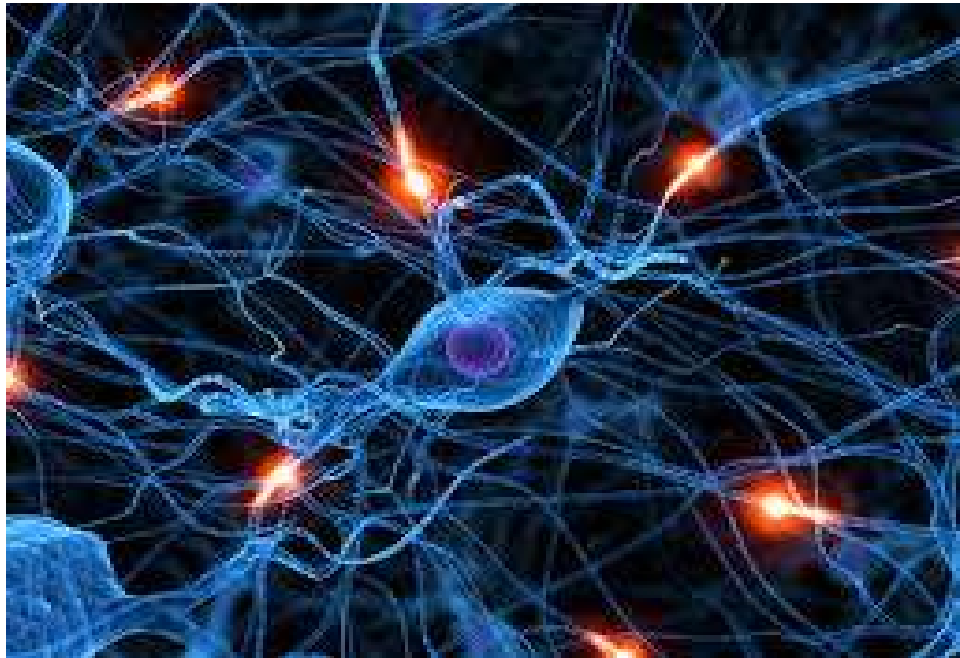


EARLY CHILDHOOD BRAIN



UNDERSTANDING MEMORY

- **Hebb's axiom:** neurons that fire together wire together.



SELF AWARENESS, MEMORY

- Two major classifications of memory: **Implicit & Explicit**

1. Implicit memories

A. Everyday experiences/activities

B. **Mental models** – perceptions, behaviors, emotions, bodily experiences

