

YOUR THOUGHTS & EMOTIONS AND THEIR IMPACT ON YOUR RELATIONSHIPS SESSION 9

<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

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)

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

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.

ROADMAP IN CONFLICT

- 1. “This is what it was like for me.”
- 2. “What was it like for you?”
- 3. “So this is what it was like for you [summary]? Am I hearing you right?”
- 4. “How can we do this differently?” (And possibly) “This must change.”

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“HOW CAN WE DO THIS DIFFERENTLY?”
(AND POSSIBLY) “THIS MUST CHANGE.”

- This takes courage to do the work of change rather than emotionally withdrawing or walking away
- Love requires looking ahead. How can they make it less likely to happen again?
- Being very conscious of anger and not letting that rule the day