

An Emotional Map for Challenging Times

A Presentation By Brianna White for Flint River
Presbytery



Emotional Interactions are Complex!

How can we keep track
of how everyone is
feeling and reacting?

Stuff gets personal

Our churches have family dynamics
just like our at-home families.

People Get Hurt

When our feelings are hurt, we react
and sometimes hurt others.

The Problem Grows

A "Pain Cycle" develops where hurt
leads to hurt, and spreads.

What is the Pain Cycle

We develop ways to survive - how to get through what we go through.



What is Emotional Pain?

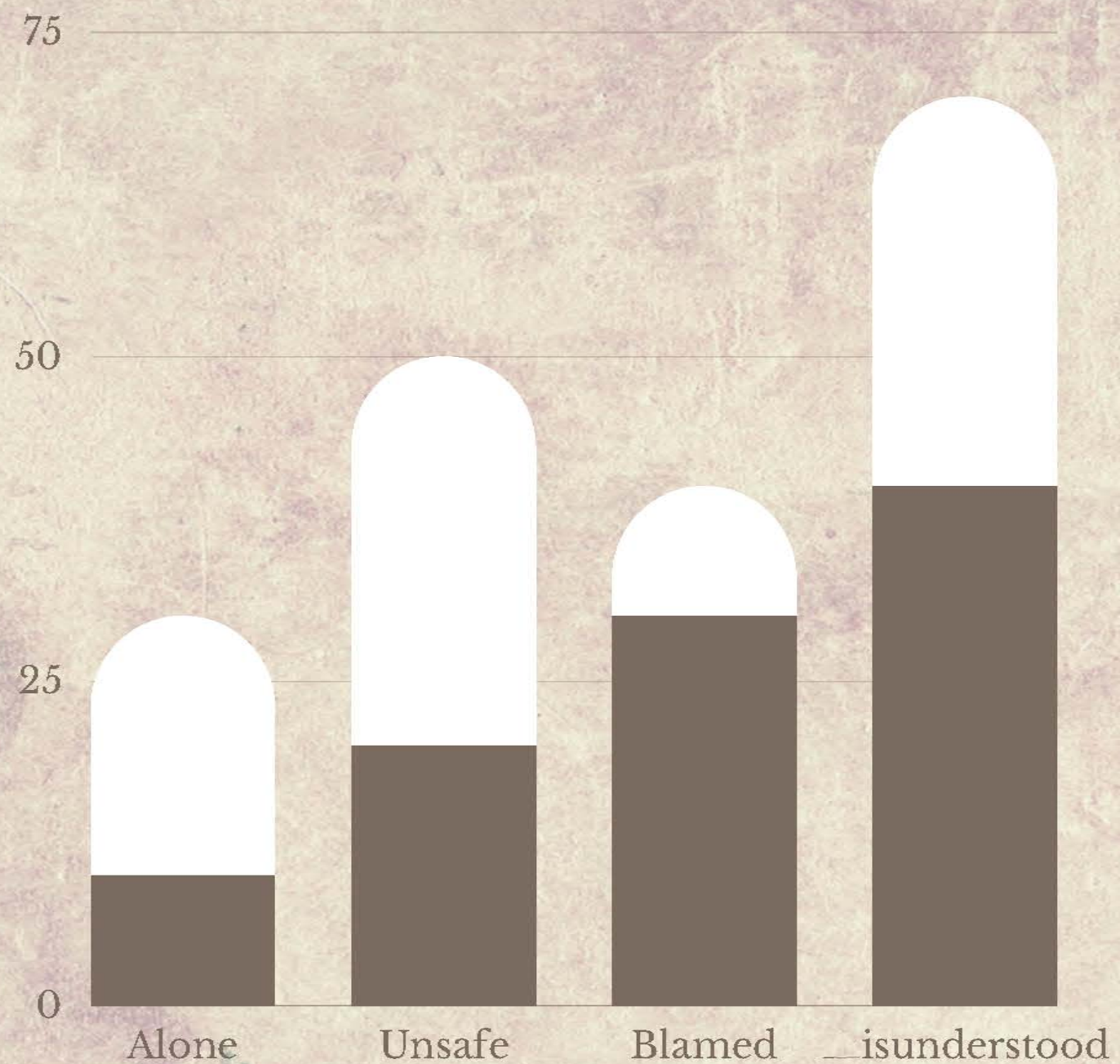
What does this mean
about me?

Pain from Failures of Love

When we feel like we are not loved, accepted, respected or we don't belong, we tend to shame ourselves or blame others.

Pain from Failures of Trustworthiness

When we feel unsafe, insecure, or threatened we tend to try to control the situation or make chaos.



Size and Shape

Our feelings can be named
and sized up.

Your Reactions

Mind the context

Our Reactions Make Sense

Our reactions probably helped us survive and get through in the past.

A Survival Skill can = Overkill

A survival skill in a non-survival situation can be destructive.

Ex: Leaving the room as quickly as possible.

Why Do I/They Act that Way?

If, then

This means I am

This means they are

There's a reason you feel
this way.

We've gone through a lot in life.
We've learned some things along
the way.

That reason might be in
the past.

Not all the that we learned is
valid right here, right now.

Your Pain Cycle

Our pain reactions cause pain for others.
They react out of their pain, and it hurts
us.

I feel pain

alone,
incapable,
misunderstood



I react

blame,
withdraw,
avoid conflict



Others React

blame,
suspicious,
withdraw



The Peace Cycle

Our emotions are the most powerful driver of our actions. When we are settled and at peace, feeling what is really true, peaceful positive action flows naturally.

The Truth

Able,
Supported,
Loved



I Choose

patience
face conflict
creative



Others
Respond

thoughtful
patient
curious

What is True?

Look for Evidence.

Be comforted by the
truth.

Truth from
Scripture

Truth from
Our
Experiences

Truth from
Loved Ones

Evidence Through Our Senses



Touching
reading, holding



Seeing
Connecting,
Remembering



Hearing
Singing, Saying

What Way will you Choose?

What flows from you naturally
when you are settled in the truth
and at peace?



Who Am I?

When I am at my best,
I'm like this...

Fun

How does your fun self show? When you're lighthearted, how does that look?

Free and Generous

When you're not taking things too seriously, are you giving, or silly, generous, or thoughtful, playful?

Creative

When you're not bogged down by worries, what doors open?

✓ Step 1: Say What You Feel
Recognize that something is going on - name your feelings.

✓ Step 2: Say What You Usually Do
Know the steps in your dance.
Predict your bad reaction.

✓ Say What is True
Be transformed by the renewing of your mind. The truth will set you free.

✓ Say What You Will Choose to Do instead
Discipline yourself like an athlete.

The Four Steps

Take responsibility for how you respond.

4 Steps Tips

Externalize to
make this habit
stick

Say It Out
Loud

Share
about it

Write it
down

Say What You Feel

Circle 3 or 4 ways you
usually feel when things
aren't going well.

Feelings

Unloved
Unworthy
Insignificant
Alone
Worthless
Disrespected

Inadequate
Unacceptable
Hopeless
Unwanted
Discouraged
Unknown

Powerless
Out of control
Unsafe
Insecure
Disconnected
Defective

Vulnerable
Invalidated
Abandoned
Failure
Devalued
Not measuring up

Say What You Usually Do

Circle 3 or 4 ways you
often react when things
aren't going well.

Coping

Blame others
Rage
Angry
Sarcastic
Arrogant
Aggressive
Discouraging
Threatening
Hold grudges
Retaliatory
Withdraw to punish
Control

Depressed
Negative
Anxious
Inconsolable
Catastrophizing
Whine/needy
Manipulates
Withdraw to pout
Isolate
Fault-finding
Perform
Irresponsible

Perfectionistic
Defensive
Judging
Demanding
Critical
Nagging
Lecture
Withdraw to defend
Intellectualize
Escape
Drink

Use drugs
Numb out
Impulsive
View porn
Avoid issues
Hide information
Get dramatic
Act selfish
Minimizes
Withdraw to avoid
Shame self

Say What Is True

Circle 3 or 4 truths that are the most comforting for you.

Truth

Loved
Priceless
Treasured
Appreciated
Adequate

Accepted
Promising
Significant
Never alone
Valued

Can make choices
Valuable
Known
Full of worth
Respected

Encouraged
Connected
Can control self
Wanted
Celebrated

Say What You Will Choose to Do

Circle 3 or 4 actions
that are you at your
best.

Actions

Accepting
Vulnerable
Respectful
Giving
Let go/relax
Responsible
Listening
Merciful
Reliable
Inclusive

Non defensive
Hopeful
Encouraging
Peaceful
Able to persist
Gentle
Merciful
Honest
Humble
Positive

Energetic
Supportive
Engaging
Intimate
Kind
Seeking good
Honest
Empathic
Valuing self
Self-controlled

Nurturing
Communicate care
Open
Welcoming
Settled
Trustworthy
Listening
Loving
Stay connected
Turn from addictive actions

Resources

This Presenter



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Training, Therapy for teens



A Coach

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Training + Resource Center

Boone Center for the Family
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The Four Steps

- 1) Say what you feel
- 2) Say what you usually do
- 3) Say what is true
- 4) Say what you will choose to do differently

I feel _____ because _____.

When I feel _____ I usually _____.

But what's really true about me is _____.

So, instead I will choose to _____.

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When I feel _____ I usually _____.

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The Four Steps for Parents

- 1) Help child say what they feel.
- 2) Help child say what they usually do.
- 3) Help child remember and say what is true about them, cite evidence.
- 4) Help them what they will choose to do differently, and help them start (ex: by using a coping skill to calm down, or making a plan).

You feel (seem like you might be feeling)_____ (about yourself)_ because_____ (events and thoughts about them)_____.

When you feel _____ I notice you often _____.

But remember when _____. That shows that what's really true about you is that you are _____.

So, instead of _____ I will help you choose to _____.