

A person's legs in athletic wear are shown in silhouette, running on a track. The background is a bright, hazy sunrise or sunset, with a utility pole and power lines visible in the distance. The overall mood is one of endurance and determination.

MOTHERHOOD

THE ULTIMATE ENDURANCE SPORT

Overcoming Bad Character

A. Recognizing Overwhelm in Ourselves & Others

Overwhelm is the cause of most of our bad actions and reactions. The first step to overcoming bad character is growing in self-awareness.

A. Recognizing Overwhelm in Ourselves & Others

Overwhelm Cues in Others...

Overwhelm Cues in Ourselves...

Overcoming bad character

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B. Dealing with Bad Character in the Moment

S. T. A. R.

Stop – don't fix the problem or respond hastily

Take a breather & calm down

Appreciate & Connect to Jesus

Respond in Love

Overcoming bad character

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C. Dealing with Consistently Bad Character

1. Identify the problem
2. Identify the emotional overwhelm at the root of the problem
3. Identify lie based thoughts/thinking associated with the overwhelm
4. Forgive others for how they made you feel, not just for their actions
5. Listen to Jesus for how you should respond and ask him what he wants you to know about the lie based thoughts and emotional overwhelm
6. Practice using the Character Stories for the overwhelming emotions identified at the root of the behavior

