

## **Reflection:**

Pick one of these three options:

- a. Over the past two weeks did you notice overwhelm in yourself?
  
- b. Did you get a chance to practice STAR?
  
- c. Two weeks ago we worked through a problem and identified the emotions and lies that made it intense and hard for you to respond in love. Did that situation come up again? Did you notice a change in how you handled it?

Write out in point form the “story” so you can share it.

- Briefly write out what happened
- Share how you felt, including feeling words for emotion and body
- Share how you responded to what happened. If you had a loving response, where how you responded. If your response was not loving, include how you responded followed by how you wish you had responded in love.

What happened:

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How I felt, including feeling words for body and emotion:

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How I responded to what happened:

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# Strength Training – Dealing With Overwhelming Emotions

A. The message of sadness is: \_\_\_\_\_.

The message of disgust is: \_\_\_\_\_.

The message of fear is: \_\_\_\_\_.

The message of hopeless despair is: \_\_\_\_\_.

The message of shame is: \_\_\_\_\_.

The message of anger is: \_\_\_\_\_.

B. Common bad actions and reactions to the 6 big emotions:

- \_\_\_\_\_ and/or \_\_\_\_\_;
- Dismiss feelings in \_\_\_\_\_ & \_\_\_\_\_;
- Turn to addictions/BEEPS to make yourself feel better.;
- \_\_\_\_\_

More specific ones:

- Bottle it up and get \_\_\_\_\_ (anger)
- Overreaction and \_\_\_\_\_ the person responsible (disgust)
- \_\_\_\_\_ (fear)
- Anxiety & \_\_\_\_\_ (fear)
- Self-deprecate: woe is me, I am a worthless person (sadness)

C. How To Overcome Strong Emotions

-As with any type of overwhelm, the real issue is the relationship. As relational beings, restoring the connection with God and others is the key to processing all emotional overwhelm in a healthy way. The best thing to do then is first to S.T.A.R.

## **Remember :**

- **Take a breather and calm down;**
- **Reconnect to Jesus and let him change your perspective/attitude;**
- **Respond in love and remember, NO ONE is perfect. 😊**

## **Some other notes:**

- When dealing with high energy emotions like fear and anger remove yourself quickly!
- When dealing with draining emotions like hopeless despair and sadness turn to Jesus quickly through worship, prayer and getting His perspective;
- When dealing with sadness acknowledge the loss and allow time to grieve;
- When dealing with shame, where you did something wrong, take responsibility for your actions and apologize quickly and also learn to laugh at yourself.
- When dealing with shame that is outside your control, remember everyone makes mistakes and work to let go quickly and bounce back.

## **Take Home:**

- 1. Take some time in your devotions and review a negative parenting moment. What big emotion or emotions did you feel and how did you handle it? If you responded in love, thank God for that and if you didn't then confess that to God and listen for a way to respond differently next time.**
- 2. Take some extra time to quiet yourself throughout the day. Listen to a good song and take deep breaths. Try the Knock and Rub while listening to a song. Or lie down, tense all your muscles while you hold your breath and then release them while listening to a good slow song.**

**Key Points for writing Character Stories:**

- 1. Briefly Share what happened.**
- 2. Share how you felt, including feelings words for emotions and body.**
- 3. Share how you responded to what happened.**
  - I. If you had a loving response, share how you responded in love.
  - II. If your response was not loving, include how you did respond, followed by how you would have responded if you had responded in love (*work through S.T.A.R.*)

**Key points for sharing Character Stories:**

- 1. Use feeling words for our emotions.**
- 2. Use feelings words for our bodies.**
- 3. Use eye contact.**
- 4. Use tone and speed of voice.**
- 5. Use facial expressions and body language.**
- 6. Keep our stories concise. (3-4 minutes)**
- 7. Stand and face the person you are sharing your story with.**

**Weekly Exercise 7: Quieting, Gratitude & Connecting with Jesus**

**Psalm 131:2** (ESV) *But I have calmed and quieted my soul...*; **Psalm 46:10** (ESV) *“Be still, and know that I am God.”*; **1 Thessalonians 5:16-18** (ESV) *Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.*; **John 15:5** (ESV) *I am the vine; you are the branches. Whoever abides in me and I in him, he it is that bears much fruit, for apart from me you can do nothing.*

- 1. Pray and ask Jesus for His peace. Then take a few moments to relax your body and calm yourself down. (*relax your shoulders, face, neck & breathe deeply*)
- 2. Briefly write down a time where you felt loved by someone else. (*e.g. encouraging note, gift, date, surprise coffee or hug, friend that was there through a difficult circumstance, etc.*) Focus on that memory where you felt loved until you feel appreciation for what happened.
- 3. Ask Jesus where He was in the memory and what He wants you to know about what He was doing there. Write down whatever He reveals to you.
- 4. Thank Jesus for His faithfulness in meeting with you.

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1. Ask Jesus to show you how He sees you responding to \_\_\_\_\_ in your life.  
(e.g. *woe is me, disengage, anger, attacking, avoid, etc.*)

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- Ask Jesus how you can grow in responding to \_\_\_\_\_.

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2. Ask Jesus to show you how He sees you responding to \_\_\_\_\_ in others  
(e.g. *dismiss their feelings, try and fix them, tell them they shouldn't feel that way...*)

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- Ask Jesus how you can grow in responding to \_\_\_\_\_ in others.

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# Character Story

- 1. Emotion for Character Story: \_\_\_\_\_
- 2. Briefly write out a memory where you experienced the overwhelming emotion. (*If at all possible, try and use a memory that is moderate in intensity.*)

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- 3. Write down how you felt (*include feeling words for your emotions & body*):

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- 4. Write down how you responded.

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- 5. If you responded in love, share how. If not, share how you *would* have responded had you responded in love.

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