

# I've Got a Feeling

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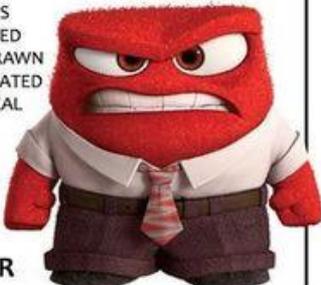
What God Intends for Our Emotional Life

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# Emotional Vocabulary

- The majority of adults can list no more than 6 emotions (i.e., bad, upset, mad, happy, sad)
- We need at least 30 emotion words for a healthy emotional vocabulary
- Emotional vocabulary  Emotional Intelligence

 <p><b>JOY</b></p> <p>JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL</p>	<p><b>SADNESS</b></p>  <p>SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE</p>
<p><b>SURPRISED</b></p>  <p>STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED</p>	<p><b>ANGER</b></p>  <p>MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL</p>
 <p><b>DISGUST</b></p> <p>AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL</p>	<p><b>FEAR</b></p>  <p>HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED</p>

HOW ARE YOU FEELING TODAY?

# Gnostic Split: Mind Over Matter

- Early Gnostics were influenced by the Greeks, who upheld the idea that the body was primitive and base, while the mind was holy and undefiled.

*Disembodied soul*

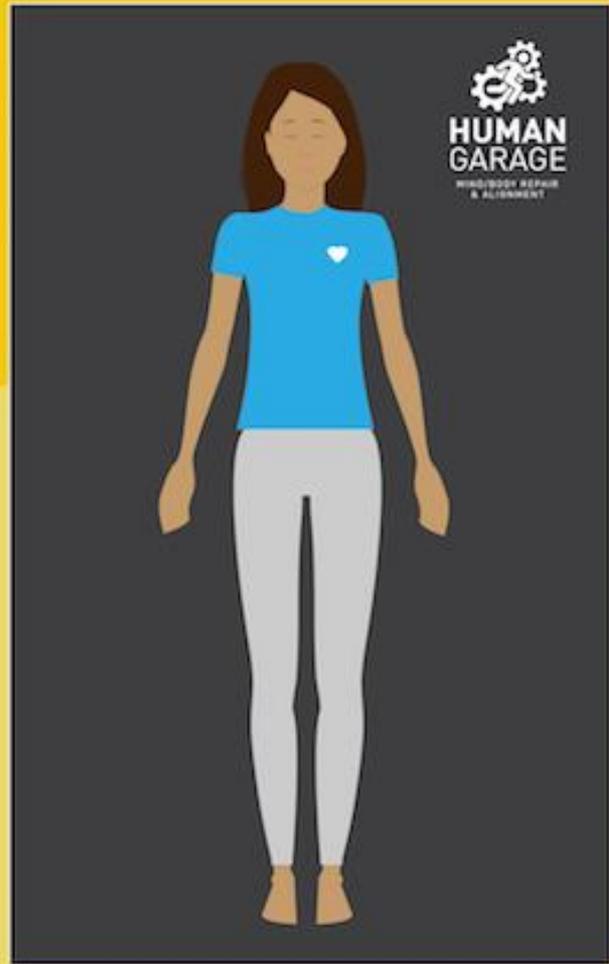
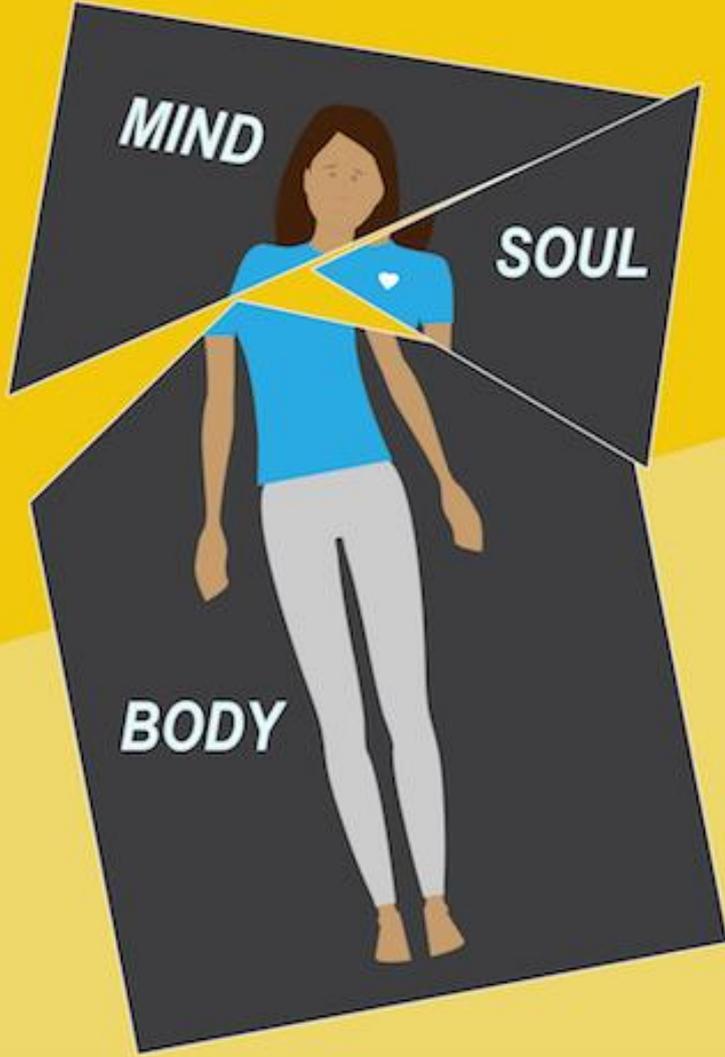


Love  
Anger  
Joy  
Jealousy  
Wrath  
Compassion  
Grief  
Laughter



"JESUS  
WEPT"  
JOHN 11:35





# What is the purpose of emotions?

- Cues
- Connections
- Protection
- Full experience



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# What's in a name?

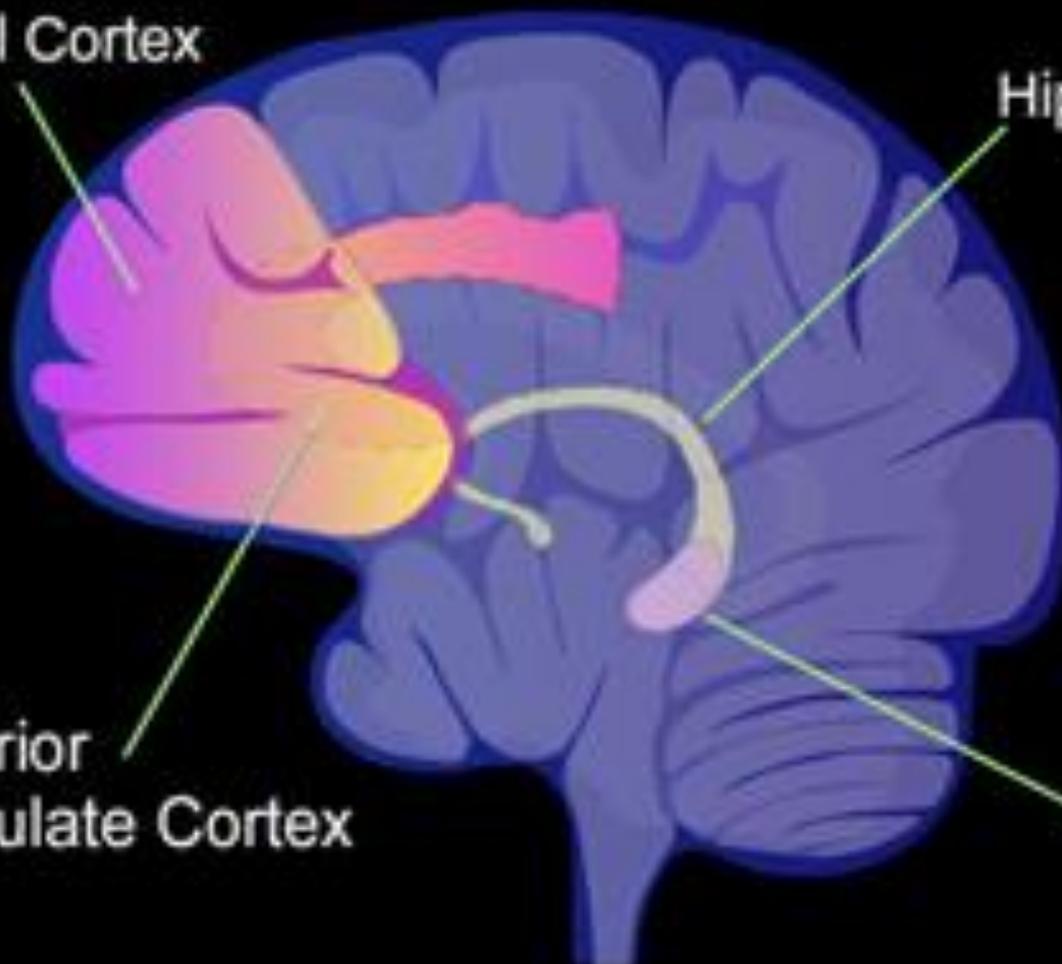
- Uncertainty breeds fear and anxiety
- Mysterious nature
- Naming gives us more understanding and control over our responses
- Specificity

Prefrontal Cortex

Hippocampus

Anterior  
Cingulate Cortex

Amygdala



# When Emotions are Unidentified

They still are present and continue to direct our behavior without our awareness, often leading to unhealthy reactions that fracture relationships.

“I’m not sure why I did that!”

“I don’t even understand why I reacted that way.”



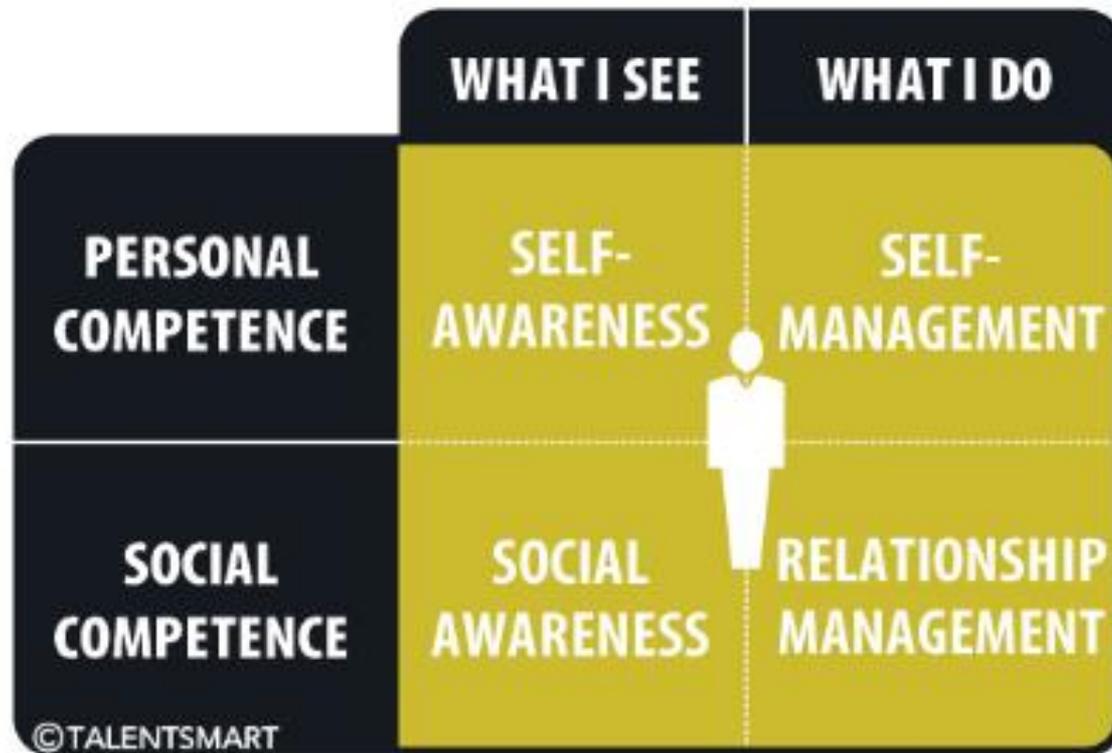
# Emotional Intelligence

The ability to identify and manage your own emotions and the emotions of others. It is generally said to include three skills:

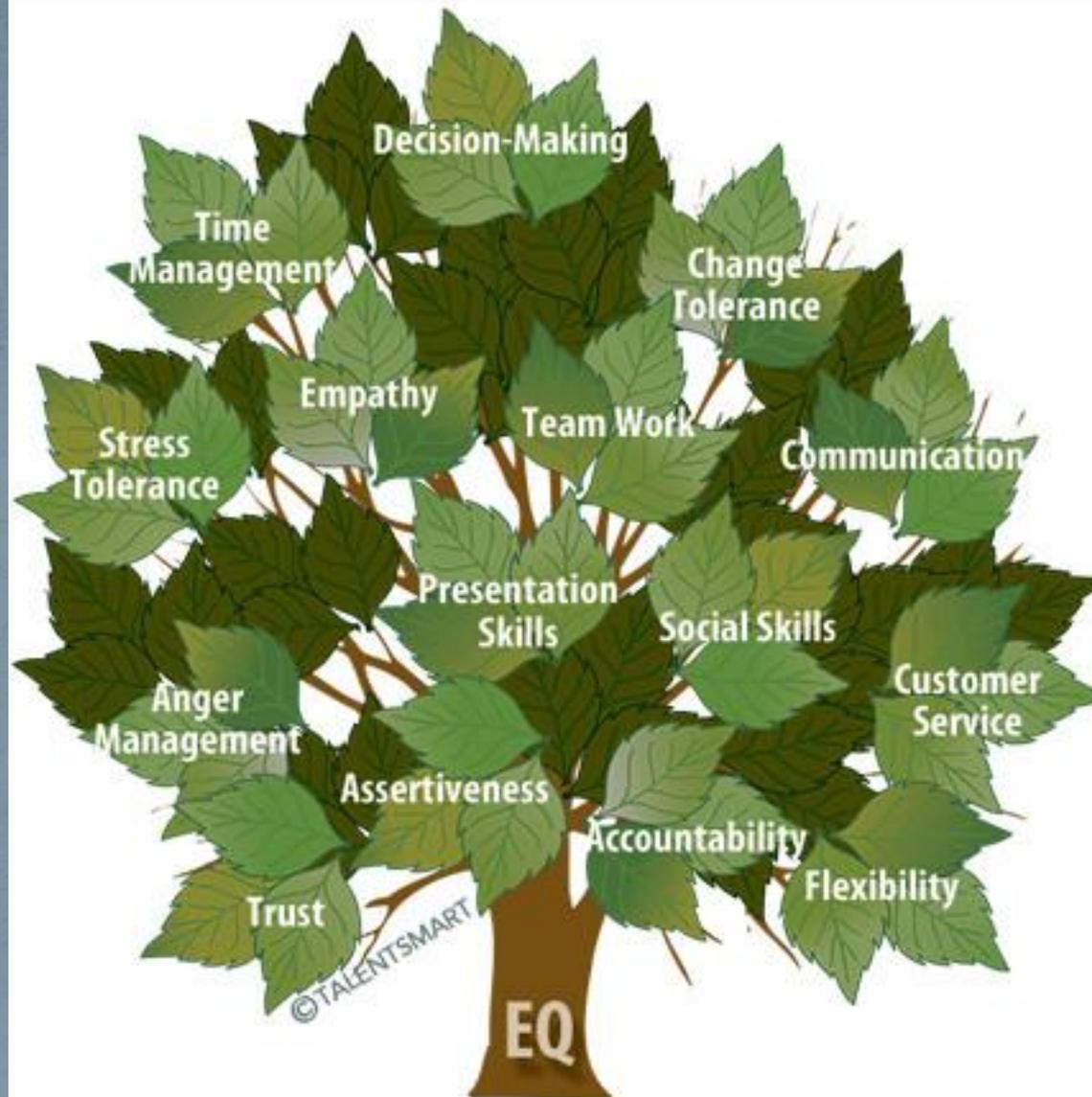
emotional awareness;

the ability to harness emotions and apply them to tasks like thinking and problem solving; and

the ability to manage emotions, which includes regulating your own emotions and cheering up or calming down other people.



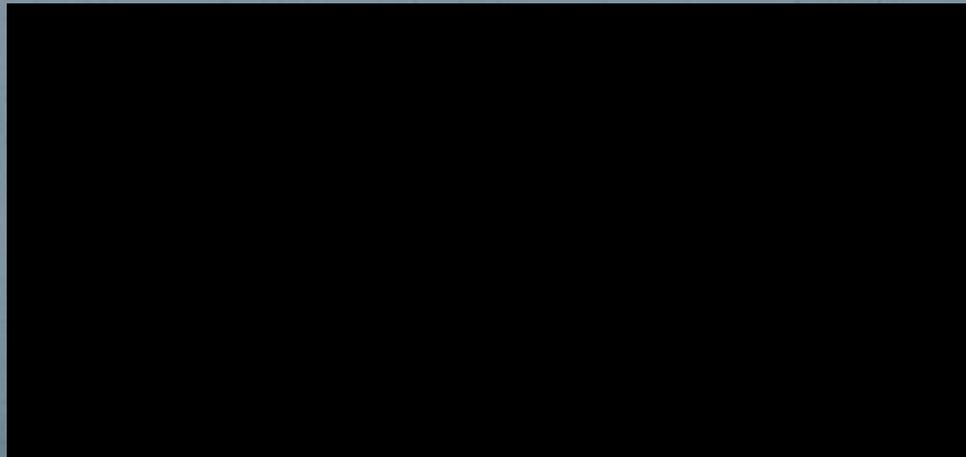
*Emotional intelligence is made up of four core skills.*



*Emotional intelligence is the foundation for critical skills.*

# Empathy

- Putting yourself in someone else's shoes to see their situation or perspective
- Nonjudgmental
- Understand another's feelings
- Communicate your understanding without dismissing or making your ideas/experience more



# God's Intent for Our Emotional Life

- Relationship with God
  - Friend's example of leaning into the discomfort with a particular scripture
- Relationship with Family
  - Increased conflict resolution
  - Addressing issues so that they do not fester
  - Increased intimacy with increased empathy
- Relationship with Church Family
  - Conflict resolution can lead to decreased splits and misunderstandings
  - Empathy leads to better listening

## John 10:10

Jesus said, “The thief does not come except to steal, and to kill, and to destroy. I have come that they may have life, and have it more abundantly.”

