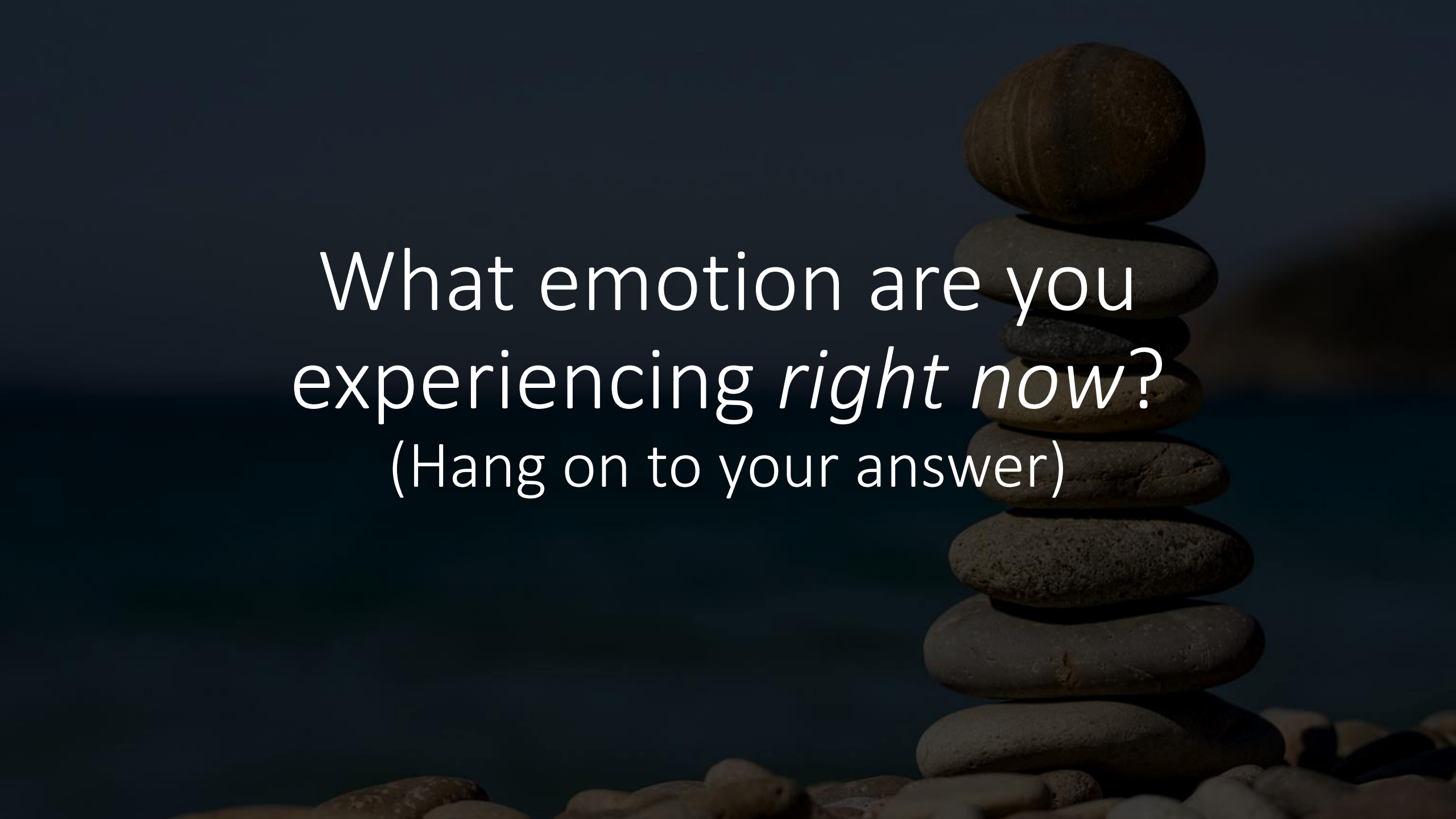


Our Emotional Health

Ed Sutter



A vertical stack of smooth, dark, rounded stones is positioned on the right side of the image. The stones are stacked on top of each other, with the top stone being the largest and most prominent. The background is a dark, gradient blue-grey. The text is overlaid on the left side of the image.

What emotion are you
experiencing *right now*?
(Hang on to your answer)

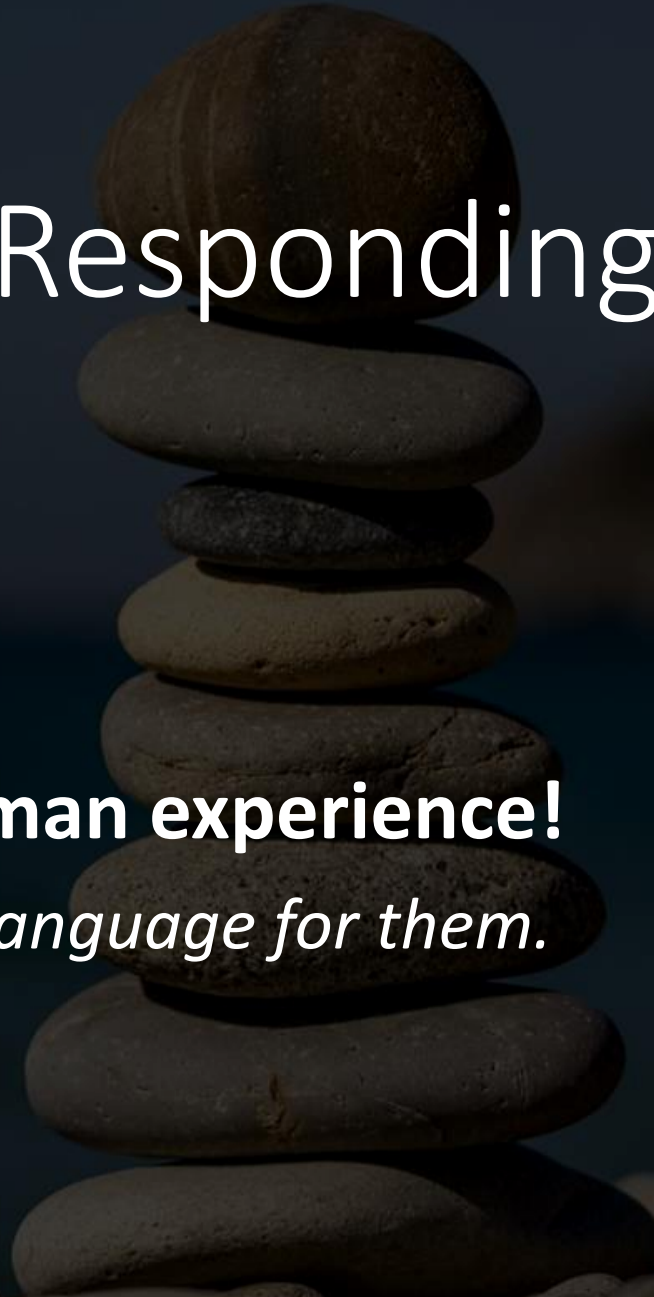
Common Obstacles in Responding

Lack of Awareness

Lack of Language

Emotions are a *fundamentally* human experience!

We ought to recognize them and have language for them.



A Human Experience

A stack of smooth, dark stones is positioned on the right side of the slide. The stones are stacked vertically, with the top stone being the largest and the bottom stones being smaller. The background is a dark, textured surface, possibly a wall or a backdrop, which makes the stones stand out.

“When Jesus saw her weeping, and the Jews who had come along with her also weeping, **he was deeply moved in spirit and troubled...Jesus wept.**” John 11:33,35 (Sadness)

“**You unbelieving and perverse generation,**” Jesus replied, “how long shall I stay with you? **How long shall I put up with you?** Bring the boy here to me.” Matthew 17:17 (Anger)

“**My soul is overwhelmed with sorrow to the point of death,**” he said to them.” Mark 14:34 (Fear)

“At that time **Jesus, full of joy** through the Holy Spirit, said, “I praise you, Father, Lord of heaven and earth,” Luke 10:21 (Happiness)

“In the temple courts he found people selling cattle, sheep and doves, and others sitting at tables exchanging money. So **he made a whip out of cords,** and drove all from the temple courts, both sheep and cattle; **he scattered the coins of the money changers and overturned their tables.**” John 2:14-15 (Contempt)

Common Obstacles in Responding

A stack of smooth, light-colored stones balanced on top of each other, set against a dark background. The stones are stacked vertically, with the top stone being a darker, more rounded shape. The background is a dark, gradient blue.

Lacking Awareness:

- “I don’t really know.”
- “This isn’t really an emotional situation.”

Lacking Language:

- “I don’t know how to describe it.”
- Basic/Universal Emotions
 - Happiness
 - Sadness
 - Fear/Surprise
 - Anger/Disgust
 - Contempt

Awareness



Lacking Awareness:

- “I don’t really know.”
- “This isn’t really an emotional situation.”

“Emotions are always connected to the body. Bodily sensations are the first form our emotions take, and emotions are regularly expressed through the body...emotions, in sum, are the processes by which we viscerally appraise the goodness or badness of the experiences we encounter...” -David Wallin

We are in an ever-changing, but never-ceasing emotional state.

When we lose touch with our bodies, we lose touch with our emotions.

Language

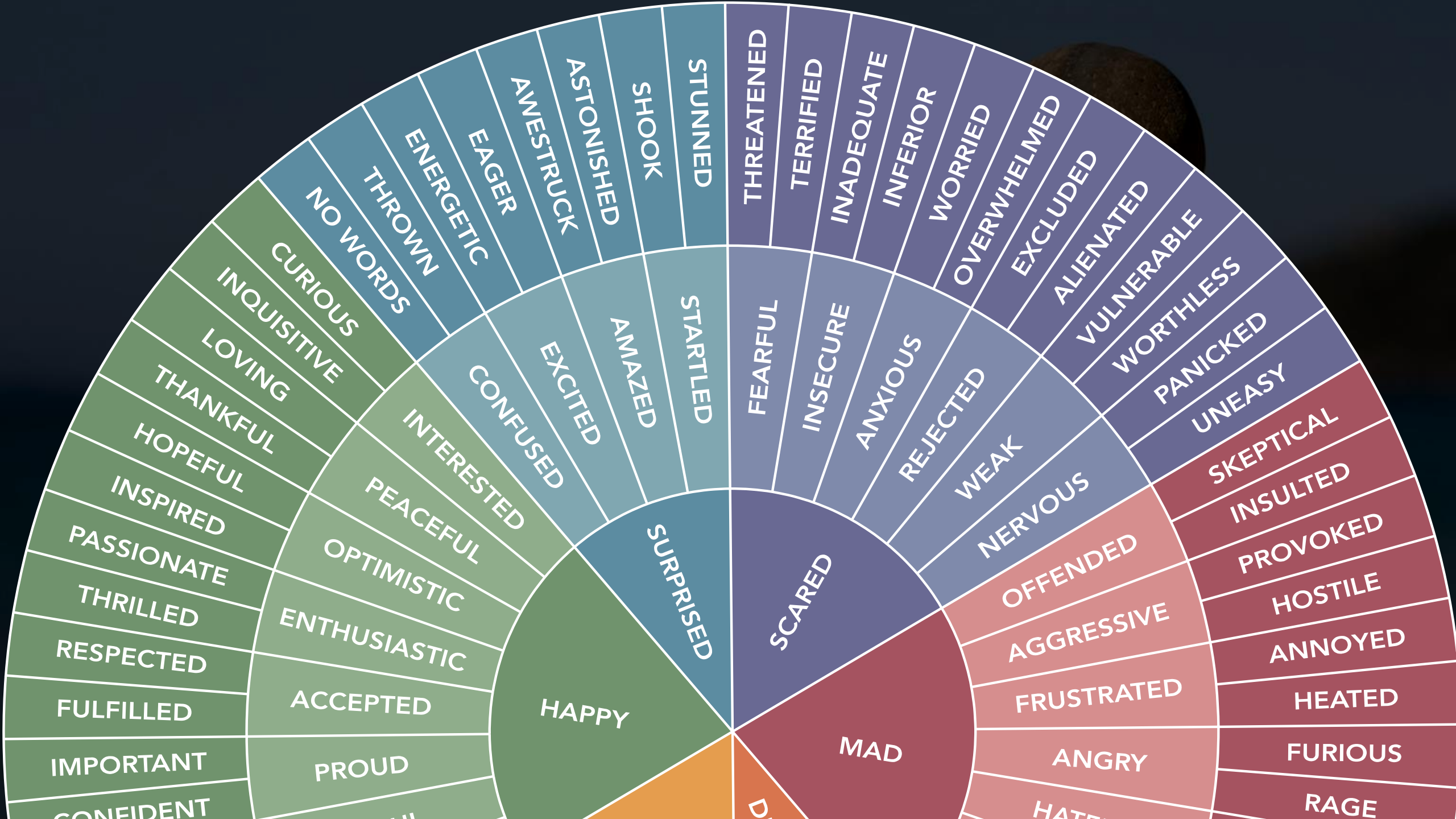
Lacking Language:

- “I don’t know how to describe it.”
- Basic/Universal Emotions
 - Happiness
 - Sadness
 - Fear/Surprise
 - Anger/Disgust
 - Contempt



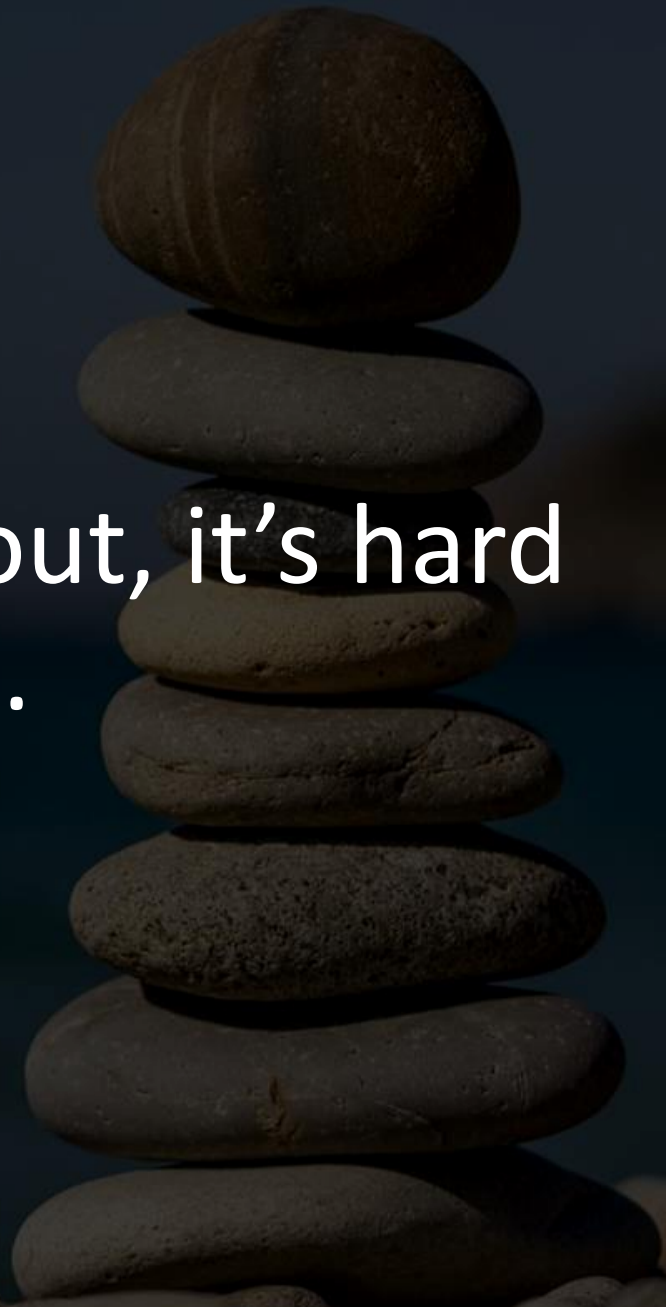
The Feelings Wheel





Language

When it's hard to talk about, it's hard to understand.



One Final Point

A stack of smooth, light-colored stones balanced on top of each other, set against a dark background. The stones are stacked vertically, with the top stone being a darker, more rounded shape. The stack is positioned on the right side of the frame, with the text overlaid on the left.

The more adept we are at understanding our own emotions, the more adept we are at understanding those around us...and vice versa!

