



DIGGING INTO
YOUR
EMOTIONAL
HEALTH

An introductory emotional health discovery course to help you gain awareness and understanding for healing and growth



COURSE MODULE OVERVIEW



DIGGING INTO YOUR EMOTIONAL HEALTH

THERE'S WHAT WE SEE ABOVE THE SURFACE,
BUT WHAT IS THE REALITY UNDERNEATH?

1 YOUR EMOTIONAL HEALTH/INDICATORS OF GROWTH, 3
WE'RE EMOTIONAL BEINGS/INDICATORS OF STRUGGLE, 4

2 LEVELS OF EMOTIONAL MATURITY, 5
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4 BREAK FREE WITH INTENTIONALITY, 9
STILL DIGGING WORKSHEET, 10
HUMAN "DOING" TO HUMAN "BEING" WORKSHEET, 11

COURSE CHECKLIST

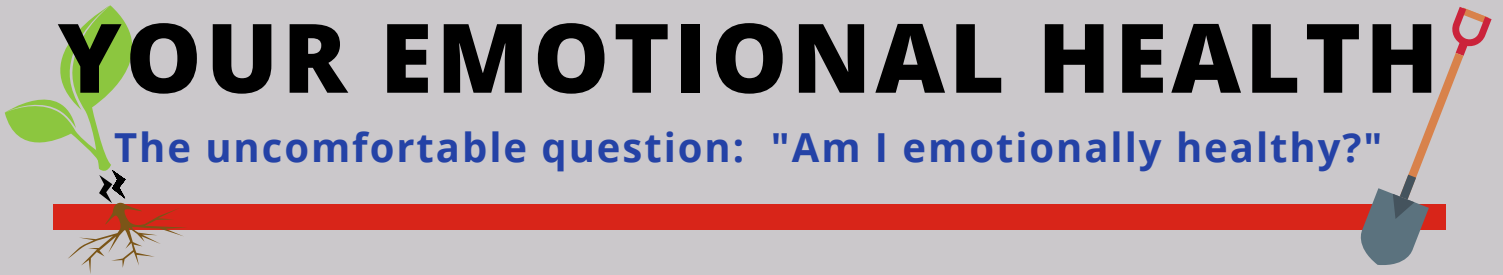


Check off each action item from each course page as you complete. Use the journal pages at the end of the course to make note of what's being revealed to you.

- Page 3 - Ponder the indicators of growth (Read slowly, and consider where you stand on each one - doing well, improving or not doing well.)
 - Page 4 - List any emotionally unhealthy trends
 - Page 5 - Evaluate which level fits you best
 - Page 6 - Levels of emotional maturity worksheet
 - Page 7 - Understanding our families of origin - review six focus areas
 - Page 8 - Families of origin worksheet
 - Page 9 - Breaking free from emotionally unhealthy habits - make note of the positive and negative habits you tend to exhibit
 - Page 10 - Still digging worksheet
 - Page 11 - Human “doing” worksheet
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YOUR EMOTIONAL HEALTH

The uncomfortable question: "Am I emotionally healthy?"



Our emotional health is reflected in our ability to process and cope with life events in a productive and sound way acknowledging our own emotions as well as the emotions of others. **Two important things here: 1. Self-awareness 2. Loving others well**

Knowing what is going on inside of us is vital to our emotional health and loving others well, because it helps us (1) move toward processing our feelings instead of pushing them down and in turn (2) helps us see and treat others as worthy of respect.

Often we're struggling and showing it in our behavior, but we may not stop to think about **"Why?"...Why is this bothering me? Why did I do/say that? Why was I so defensive just now? Why am I avoiding that person? etc.**

When we're out in the world, we sometimes need to ask ourselves, "Am I masking my true self here and being someone I'm not?" We may need to shed some false layers and just be our true selves! **THIS CAN BE A CHALLENGE!**

Here are some indicators of us growing in our emotional health:

Read slowly, think deeply and consider where you stand on each one - (1) doing well, (2) improving or (3) not doing well.

- being able to initiate and maintain healthy and meaningful relationships
- developing the ability to voice what we need or prefer in a healthy, respectful way
- being able to recognize, name and manage our own feelings
- having true compassion for others that shows in our actions
- breaking free from patterns of self destruction
- having awareness of how our present is impacted by our past
- respecting and loving others as they are, without having to change them
- accurately assessing our strengths and weaknesses and being okay to share them
- learning to resolve conflict maturely considering the perspectives of others
- grieving well by acknowledging hurt/sadness, then moving toward optimism in time

"GOD WON'T ASK, 'WHY WERE YOU NOT MOSES?' HE WILL ASK, 'WHY WERE YOU NOT YOU?' " **RABBI SUSYA**


"Living joyfully in the present requires us to go back, breaking free from destructive patterns so we can live as God intends and be a gift to the world."
Peter Scazero, Emotionally Healthy Spirituality

THE DIFFERENT PARTS OF WHO WE ARE



Neglecting any aspect of who we are results in challenging consequences, but we still tend to neglect our emotional development because it can be unpleasant to process the issues that are causing the emotional hang ups...we find it easier, for a time, to stuff it down.

"The truth sets us free, but it first makes us miserable." Author Sandra Wilson 😞

Embracing the difficulty is an important part of us moving into a cycle of growth and maturity so we can bless others with **who we authentically are** rather than hurt others because of things we've avoided. God's word teaches "that suffering produces perseverance; perseverance, character; and character, hope." Romans 5: 3-5 

Our hope should be to grow into people with a humble, loving, approachable and teachable character- in touch with ourselves and in touch with the God who loves us!

Poor emotional health is not so obvious when we first meet people or when they first meet us, but over time, indicators (or trends) are revealed. Here are some examples:

- 
- 1 Saying one thing to a person, then another behind their back
 - 2 Giving people the silent treatment
 - 3 Blaming/attacking
 - 4 Making promises we have no intention of keeping
 - 5 Giving in because we're afraid of not being liked
 - 6 Telling half the truth because we don't want to cause friction
 - 7 Becoming sarcastic
 - 8 Leaking out anger we have been pushing down

Think back on your relationship history. List any of these unhealthy trends that are coming to mind.




LEVELS OF EMOTIONAL MATURITY

Which one do you think fits you best?

From *The Emotionally Healthy Church: Updated and Expanded Edition (Grand Rapids: Zondervan, 2015)* by Peter Scazzero with Warren Bird *Full Inventory can be taken free online at www.emotionallyhealthy.org.


Some of the following statements may make you feel uncomfortable - try to be honest as you think through.

EMOTIONAL INFANT




I look for other people to take care of me emotionally and spiritually. I often have difficulty describing and experiencing my feeling in healthy ways and rarely enter the emotional world of others. I am consistently driven by a need for instant gratification, often using others as objects to meet my needs. People sometimes perceive me as inconsiderate and insensitive. I am uncomfortable with silence or being alone. When trials, hardships, or difficulties come, I want to quit God and the Christian life. I sometimes experience God at church and when I am with other Christians, but rarely when I am at work/school.

EMOTIONAL CHILD




When life is going my way, I am content. However, as soon as disappointment or stress enter in, I quickly unravel inside. I often take things personally, interpreting disagreements or criticism as a personal offense. When I don't get my way, I often complain, throw an emotional tantrum, withdraw, manipulate, drag my feet, become sarcastic or take revenge. I often end up living off the spirituality of other people because I am so overloaded and distracted. My prayer life is primarily talking to God, telling him what to do and how to fix my problems. Prayer is a duty, not a delight.

EMOTIONAL ADOLESCENT



I don't like it when others question me. I often make quick judgements and interpretations of people's behavior. I withhold forgiveness when someone hurts me, avoiding or cutting them off. I subconsciously keep records on the love I give out. I have trouble really listening to another's pain, disappointments or needs without becoming preoccupied with myself. I sometimes find myself too busy to spend adequate time nourishing my spiritual life. I attend church and serve others but enjoy few delights in Christ. My Christian life is still primarily about doing, not being with Jesus. Prayer continues to be mostly me talking with little silence, solitude, or listening to God.

EMOTIONAL ADULT



I respect and love others without having to change them or being judgmental. I value people for who they are, not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals and actions. I can state my own values and beliefs to those who disagree with me without becoming adversarial. I am able to accurately assess my limits, strengths and weaknesses. I am deeply convinced that I am absolutely loved by Christ and, as a result, do not look to others to tell me I'm okay. I am able to integrate *doing* for God and *being* with God (Mary and Martha). My Christian life has moved beyond simply serving Christ to loving Him and enjoying relationship with Him.



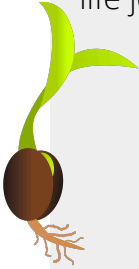
WE'VE GOT SOME DIGGING TO DO...

LEVELS OF EMOTIONAL MATURITY

Which EMOTIONAL INFANT traits, if any, resonate with you the most when you think about your life journey? (long past, recent past, current)



Which EMOTIONAL CHILD traits, if any, resonate with you the most when you think about your life journey? (long past, recent past, current)



Which EMOTIONAL ADOLESCENT traits, if any, resonate with you the most when you think about your life journey? (long past, recent past, current)



Are you one of the fortunate ones enjoying any of the freedoms of the EMOTIONAL ADULT level? If so, which qualities are you appreciating the most?



UNDERSTANDING OUR FAMILIES OF ORIGIN

Looking back to move forward - to break free from negative patterns



In God's family, being faithful to seeking His plan and purpose for our lives is considered success. As we seek first His kingdom and righteousness (Matthew 6:33), other good and important things for our lives will start to fall into place. Believing this will help us as we look back and evaluate what we came from.

1. Powerful Influence

We should understand the power of our families and cultures in shaping us into who we are today - both good and bad. Few of us get exposed to high amounts of emotionally mature behavior in our homes growing up.

2. Consequences

According to scripture, children tend to experience consequences of previous generations, so certain patterns may be repeated - such as divorce, abuse, alcoholism, relational conflict and money problems. Will your family break a cycle?

3. Fence Riders

We may choose to become Christ followers and seek to live as Christians, but often we continue to follow powerful subconscious rules from our past. Even when we try to break free, old habits creep back in and interfere.

4. Unspoken Rules

All families have invisible, implied rules regarding gender roles, treatment of authority, views of race and culture, expression of emotion, marriage expectations, definition of success and failure, and views of church and God.

5. Change by Choice

We should thank God for the good from our families of origin but say "no" to patterns that we have learned do not honor God. This takes wisdom, conviction and discipline, but through discipleship, studying God's word and in Christian community we can learn how to do life differently.

6. Rebirth in Christ

We are reborn into the family of Jesus when we place our faith in Christ - our old family patterns do not have to determine our future! God does! We just have to get on board with what He longs to do and be in our lives!



DIGGING INTO OUR FAMILIES

Breaking cycles, changing legacies

We have some important **choices to make here** - to thank God for ANYTHING GOOD that came from our original family, AND to ask Him to show us and help us turn from anything engrained in us from our family that needs to go. **When this is done with love in our hearts and conviction about who God is, we will find this to be healing and an important component of our emotional health growth.**

Keeping the good, shedding the bad...List any good habits or patterns you are keeping in your family and/or the bad patterns you have broken or need to break.

Four horizontal grey bars for writing.

Do you ever find yourself with victim's mentality, feeling controlled by your circumstances, like you've been dealt a "bad hand," dwelling on the past, or blaming others for your hardship? What areas get you stuck the most?

Grey box for writing.

In relation to your answer above, answer the question: "What am I doing or going to do about it?" (Asking yourself this question takes the focus off blaming and places it on you taking personal responsibility.)

Grey box for writing.

In relation to any unhealthy implied rules from your origin family regarding gender roles, treatment of authority, views of race/culture, expression of emotion, views on marriage, definition of success or failure, and views of church and God, answer the same "What am I..." question.

Grey box for writing.

WE FIND OUT WE CAN'T...

We can't break free from unhealthy emotional habits or the power of the past **WITHOUT** intentionality.

Often, we make progress in our emotional maturity as we bring to the surface and sort through challenging things from our past, but **we still struggle to have good self-awareness** of our thoughts, feelings and habits that may be hindering our relationships. For us to move towards Christ-like health, we need to become more aware of our internal selves and our external behaviors and what those things mean. Make note of anything below that resonates.

Here are some unhealthy emotional habits we may develop over our lifetimes:

- pushing down feelings that make us uncomfortable like fear, sadness, or anger
- leaking out pushed down feelings in passive-aggressive ways - like a harsh voice tone, silent treatment and sarcastic remarks
- being defensive or reactive when someone questions or corrects us
- not stopping to be aware of our own hearts - what we value, what we fear, what we hope for, what our preferences are and what brings us joy
- serving or working tons to please others, but we're miserable
- accepting the world's "big" and fleeting forms of love - money, attention for our appearance or possessions, prestige, co-dependent relationships, and plenty of temporary "feel-goods" like food, other indulgences or "quick-fix" substances



And here are some healthy behaviors we can repeatedly practice to start breaking the cycle of unhealthy behavior (ask God daily to help you with these):

- openly and kindly sharing your true beliefs and feelings
- speaking respectfully while sharing true self
- listening well, and with empathy, ready to negotiate conflict fairly
- slowing down and spending time with God, asking Him to help you realize the things that matter to you most, especially what brings you JOY (jot these down!)
- reframing our serving and working to reflect joy, healthy boundaries and some rest in addition to our obedient desire to serve God and our family well
- Remembering that through **accepting the love of Christ into our hearts**, the world's feel-goods will diminish in their importance to us, and we can't love others well if we can't realize ourselves **how much God truly loves us**



And I pray that you, being rooted and established in love, may have power, together with all the Lord's holy people, to grasp how wide and long and high and deep is the love of Christ, and to know this love that surpasses knowledge—that you may be filled to the measure of all the fullness of God. Ephesians 3:17-19





STILL DIGGING...

Are we so busy **DOING** for God that we can't enjoy **BEING** with God or people?

In what ways do your to-do lists, distractibility or perfectionism keep you from enjoying the presence of Jesus or the people around you?

In what areas of life might your pursuit of getting things accomplished or getting things done at a higher level be more about your ego than about honoring God or serving others?

In what subtle or even unconscious ways might you be judging or disliking someone that seems to have easily gotten some things you've been striving for? Why might this be happening?

What thing/s in your life started out as good and God-honoring but grew to steal away valuable family time, your time with the Lord, and your peace and sanity? When did you realize this, and how did you change?



HUMAN "DOING" → HUMAN "BEING"

Pausing to pay attention to God and the people in our lives

List areas where you feel God may be prompting you to modify so you can relate to others and the world in a healthier way. And there may be a brand new activity you need to add in...

IDEA 1

Examples: getting up before family to pray and read scripture, connecting with a friend once a week, setting better boundaries with work, putting phone down when family is in the room

IDEA 2

IDEA 3

IDEA 4

What are you willing to change or let go of?

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