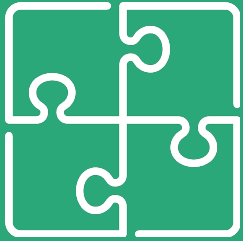


YOUR EMOTIONS TELL THE TRUTH JUST NOT ALWAYS THE TRUTH YOU THINK.

See chapter 10, "Seeing the Inner Workings"



A BODILY
POSTURE

AN AUTOMATIC
PATTERN
OF THOUGHTS

AN OBJECT
IN MENTAL
FOCUS

A GENERATED
STORY

AN EMOTION IS A COMPOSITE EXPERIENCE OF 4 ELEMENTS.



THE 5 As – HEARING, UNDERSTANDING, AND RESPONDING TO YOUR EMOTIONS



ATTEND
Notice Your Feelings.



ASK
Consider the Meaning.



APPLY
Act with Intention



ARTICULATE
Name Your Experience.



ASSAY
Weigh the Value.

More Information on other side. Also see chapter 16, "Learning to Pay Attention"

YOUR EMOTION ISN'T BAD OR
WRONG OR SINFUL
IT'S A NATURAL RESPONSE

EMOTIONS SAY SOMETHING
IMPORTANT ABOUT
YOUR INNER WORLD
OR OUTER CIRCUMSTANCES

YOUR EMOTION ISN'T YOU
IT'S JUST INFORMATION

FEEL IT TO HEAL IT

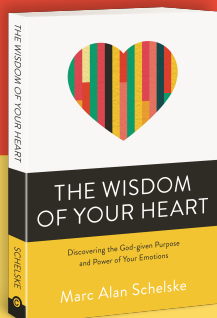
BASIC EMOTIONS CHART

EMOTION	CONTENT	HOW WE SEE THE OBJECT	OUR INTUITIVE RESPONSE
ANGER	Violated or Obstructed	Enemy	Fight (Pull Toward)*
FEAR	Threatened	Danger	Flight (Push Away)
ANTICIPATION	Exploring New Terrain	Intriguing	Explore (Pull Toward)
SURPRISE	Encountering the Unexpected	Unexpected	Stop to Check (Push Away)
JOY	Experiencing Gain	Possessed	Exclaim, Repeat Behavior (Pull Toward)
SADNESS	Experiencing Loss	Beyond Reach	Cry, Shut Down (Push Away)
TRUST	Experiencing Acceptance and Inclusion	Friend	Nurture (Pull Toward)
DISGUST	Contaminated	Unacceptable	Reject, Exclude (Push Toward)

Emotions are not subjective, but our interpretations are. Remember that we always define our emotions in relationship to our own view of the circumstances. A good way to keep this in mind is to start each definition with the phrase: "_____ is the emotion you feel when, in your own personal logic, you or someone or something that matters to you, has been _____"

See chapter 10. Based on the 8 Primary Emotions described by Plutchik, adapted by Marc Schelske.

* All emotions a sense of pulling toward or pushing away from an object. Learn more in Ch. 10.



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LEARNING TO PAY ATTENTION TO YOUR EMOTIONS

THE 5 A'S: A PATH TO HEARING, UNDERSTANDING, AND RESPONDING WELL

Until this process becomes natural, it's most fruitful to do it as a Journaling Exercise, writing all your reflections out.

See chapter 16 "Learning to Pay Attention"



ATTEND Notice Your Feelings.



ARTICULATE Name Your Experience.

SITTING WITH & COMPASSIONATELY OBSERVING.

- 1. What is the physiological state of my body right now?** Hot or cold? Relaxed or tense? Is there tightness? Pain? What is the pace of my breathing and heartbeat? Has there been an immediate change in my body state?
- 2. What is the tone of my thoughts right now?** Busy, slow, distracted, focused? Negative or positive? Pulled toward something or pushed away from something? Has there been an immediate change in my thoughts or mental tone?
- 3. Do not label or evaluate what you're feeling yet.**

NAMING WHAT YOUR MIND AND BODY ARE EXPERIENCING.

- 1. Is this feeling essentially a PULL TOWARD something or a PUSH AWAY from something?** Notice that each emotion on the Basic Emotions chart is either a PUSH or PULL emotion. This can help narrow down what you're feeling.
- 2. What is this feeling definitely NOT?** If you're having a hard time naming your emotion, can you rule out obvious things you're not feeling?
- 3. What does this feeling remind you of?** Is there some past experience this feels like? Is there some past experience that inexplicably comes to mind? How is your current circumstance or feeling similar or different?
- 4. Name your emotion.** Use a Basic Emotions Chart or list if that is helpful.



ASK Consider the Meaning.

CONSIDERING WHAT TRUTH YOUR EMOTIONS MAY BE SURFACING.



- 1. In my body, I'm feeling ... and in my mind I'm experiencing ...** Recount your observations from Attending.
- 2. These things may indicated that I'm feeling ...** Your best articulation of your experience.
- 3. The core meaning of this emotion is...** Recall the primary meaning of the emotion you're feeling, perhaps using a Basic Emotions Chart.
- 4. Considering both my outer circumstances and inner experience, how might this emotion make sense?** i.e. If anger is the emotion of being violated, am I being violated? If so, how and by whom? If sadness is the emotion of loss, what loss am I experiencing? Etc.
- 5. Invite God's insight as you reflect on these things**
- 6. If needed, find a trusted 3rd party to help you think these things through.**



EVALUATING OUR EMOTIONS FOR WHAT IS HELPFUL.

- 1. In my mental story, the object of my emotion is...** **Is this interpretation accurate?** Is the object of your emotions really the cause of your emotional response? Often what triggered us is just a flag for something deeper.
- 2. In my mental story, am I denying any aspect of my own responsibility?** Am I shifting blame onto someone or something else, so I can feel better about myself?
- 3. The emotion I'm experiencing is moving me to ... Will this response be helpful or hurtful?** Does the action I'm moved to take align with who I believe God is asking me to be? Does it align with who I want to be in the world and in my relationships?

- *Do my emotions on this issue align with God's emotions as I understand them?*
- *Is God surfacing something in my character or personal story that needs attention?*
- *Is my pain or reactivity from a real violation or from wounded pride?*
 - *Does my emotional response reveal woundedness or sin in my heart? Does it reveal spiritual growth?*
 - *Do the actions I'm feeling motivated to take reflect Jesus' character?*
 - *How might I respond in a way that has integrity to my emotions but is also loving?*

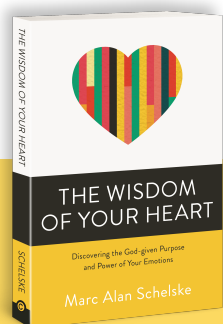
ASSAY Weigh the Value.



APPLY Act with Intention

RESPONDING WITH FREEDOM & LOVE.

- 1. Your best response will depend on what you've learned.** Is there a conversation you need to have? An action you need to take? Is there some heart issue that's been uncovered that needs follow-up? Do you think God is leading you to act? Do you need to take responsibility?
- 2. Channel your emotional energy in a healthy and life-giving direction.** Instead of reacting, exploding, or stuffing, you are now free to respond and move forward in a way that is healthy, God-honoring, and in keeping with who you want to be.



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