



EMOTIONS BOOT CAMP

**UNDERSTANDING WHY WE FEEL
THE WAY WE DO!**

HUMAN BASICS

These two should lead or help us channel our feelings and emotions, not vice versa. They are our superpowers as human beings. Fish and bugs may feel things, but they cannot reason or will to do something like we can.

INTELLECT
(the ability to
reason)

WILL POWER
(the ability to
do and act)

**FEELINGS
OR
EMOTIONS**

**GOD MADE
US WITH
ALL 3 OF
THESE
THINGS.**



**EMOTIONS
BOOT CAMP**



EXAMPLES



I CAN **FEEL TIRED** AND BE SLEEPING IN MY CAR AT THE GROCERY STORE WHILE MY MOM IS INSIDE BUT BECAUSE I HAVE **WILL POWER** I CAN FORCE MYSELF TO GO OUTSIDE AND HELP AN OLD LADY WHO IS DROPPING HER GROCERIES ON THE GROUND.



I CAN **FEEL SAD** AFTER LOSING A GAME OF FOOTBALL, BUT **I CAN REASON** WITH MYSELF TO REALIZE THAT THERE IS ANOTHER GAME WE CAN WIN LATER.



FEELINGS AND EMOTIONS



Feelings are emotions that incline us to act or not to act in regard to something felt or imagined to be good or evil.

I see
something I
think is good
or evil



Automatically
makes me
want to get it
or to avoid it



Feeling or
emotion
happens



EMOTIONS AND PASSIONS



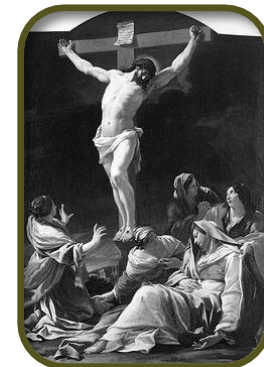
Strong emotions or feelings are called **passions**.

Passions can be very valuable.

God gave us passions to do good things.

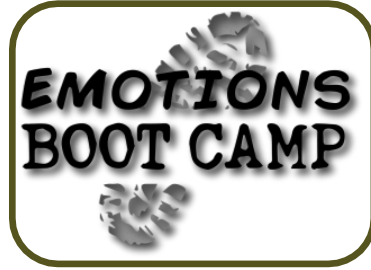
NOTE: THE WORD PASSION IS USUALLY ASSOCIATED WITH ROMANTIC THINGS NOW, BUT YOU CAN ALSO HAVE A PASSION FOR SPORTS (MEANS REALLY STRONG LOVE FOR SPORTS) OR MUSIC, OR ANYTHING.

The passion and death of Jesus refers to his really strong love for us.





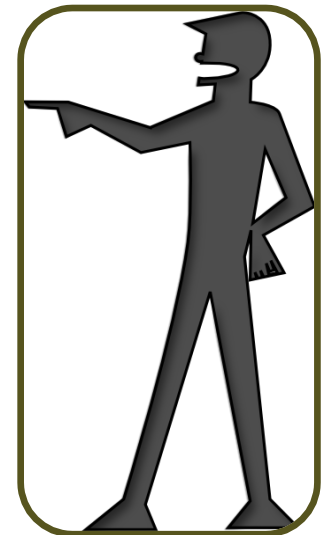
PASSIONS



THE MOST IMPORTANT PASSION IS **LOVE**
WHICH IS CAUSED WHEN WE ARE ATTRACTED TO
SOMETHING **GOOD**.

Something
we see as
GOOD
(person,
thing, food)

*I love it because it
is good for me.*





PASSIONS

ANOTHER PASSION IS **HATE** WHICH IS CAUSED
WHEN WE SEE SOMETHING **BAD OR EVIL**.

Something
we see as
**BAD OR
EVIL**
(person,
thing, food)

*I HATE IT
because it is bad*





ALL OTHER FEELINGS ARE ROOTED IN **LOVE & HATE** & **GOOD & EVIL**



**SOMETHING
OR SOMEONE**

Feel **LOVE**
because it is
GOOD

Feel **DESIRE** or
HOPE because I
DON'T HAVE the
GOOD yet.

Feel **JOY** or **HAPPY**
because I **HAVE** the
GOOD thing.

Feel **HATE**
because it is
EVIL

Feel **FEAR** of an
EVIL that is **NOT**
YET PRESENT.

Feel **SADNESS** when
EVIL is **PRESENT.**

Feel **ANGER** when I
RESIST the **EVIL.**

SADNESS can also happen when the good is
not attainable, which is bad.



EXAMPLES



SITUATION:

Your best friend gets game tickets to go see your favorite team and he invites you to go with him. Your parents say yes and it is going to happen tomorrow. You are feeling really excited and anxious. Why do you feel that way?

WHAT IS THE GOOD?

DO YOU LOVE IT?

DO YOU HAVE IT YET?

SO WHAT DO YOU FEEL?

What if the concert got rained out and cancelled?

WHAT FEELING WOULD YOU HAVE?

WHAT HAPPENED TO THE GOOD?





MOODS?



MOODS ARE SOMETHING ENTIRELY DIFFERENT. THEY CAN COME ABOUT BECAUSE OF SOMETHING YOU ATE, OR BECAUSE YOU FEEL SICK OR A RAINY DAY.

MOODS SHOULD NOT GOVERN YOUR LIFE. YOU HAVE A MIND AND WILL POWER TO OVERCOME ANY MOOD OR FEELING AND DO GOOD.





REMEMBER

There are things that are good and then there are things that we convince ourselves are good, but in reality they are not.

There are things that are bad and then there are things we think are bad, but in reality they are probably good.

So we need to stop and think about that before anything else!





HOW DO I CHANNEL MY FEELINGS?

1- IDENTIFY

- When you feel something stop and ask yourself – why do I feel that way?
- What is the thing or person you want or do not want?
- Is it really bad or good? Or do I just think it is?
- Is it just a mood? Do you have the flu?

2- DO SOMETHING

- If you can do something to get the good or avoid the bad thing then do it.
- If it is just a mood, use your will power and reason and know it will pass.

3- LEARN

- Make a mental note of when you feel certain things. For example, do you get grumpy when you are hungry? Do you get silly when you are really tired?
- Get to know yourself. God does not make mistakes.