

STARTING OVER

OVERCOMING NEGATIVE EMOTIONS HANDOUT (Appendix)

1. Insignificant

- > What might be the cost to you of
 - o being a guide for someone else needing to start over?
 - o making them feel significant—helping them to see purpose in their life?
 - o modeling trust for them in your own life?
 - o if you are a Christian, pointing them to the infallible Guide?
- > Is there someone already in your life needing your guidance?

2. Confused

- > What might be the cost to you of
 - o sharing some things that you used to accept as true but proved to be false?
 - o sharing with them the power we have to evaluate what's true?
 - o describe how we can form new habits?
 - o if you are a Christian, pointing them to the infallible Scriptures?
- > Is there **someone already in your life needing to hear the truth?**

3. Despised

- > What might be the cost to you of
 - o assuring someone that they can begin on a path to a good name in their community?
 - o providing help in making decisions and considering the needs of others (If they ask?)
 - o sincerely giving them honor and respect?
 - o if you are a Christian, assuring them they are created in the image of God and deeply loved by Him?
- > Is there someone already in your life needing your acceptance and experiences?

4. Enslaved

- > What might be the cost to you of
 - o sharing with them the phases of life-controlling problems?
 - o helping them to recognize where they are in the cycle?
 - o helping them learn the cues and triggers leading to entrapment in their own lives?
 - o if you are a Christian, presenting Christ as able to free them from the Trap?
- > Is there someone already in your life needing to be set free?

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5. Chaotic

- > What might be the cost to you of
 - o revealing to them excuses you hear them using?
 - o helping them to share feelings they have been tried to hide?
 - o offering support for them in developing a new, wholesome habit?
 - o if you are a Christian, offering assurance that the Holy Spirit is more powerful than any obstacle?
- > Is there someone already in your life needing to be set free?

6. Hopeless

- > What might be the cost to you of
 - o sharing with someone your losses and the grief it's caused?
 - o describing your struggles in climbing out of the pit?
 - o offering to lend your support in their own grieving?
 - o if you are a Christian, assuring them that Jesus Christ knows all about sorrow
- He was despised and rejected—
a man of sorrows, acquainted with deepest grief.
We turned our backs on him and looked the other way.
He was despised, and we did not care. Isaiah 53:3
- > Is there someone already in your life needing your compassion?

7. Anxious

- > What might be the cost to you of
 - o modeling forgiveness in your own life?
 - o helping them to recognize the torment that unforgiveness is causing them?
 - o if you are a Christian, pointing them to Jesus who died that we might live; gave up his identity that we might receive one; was rejected that we might become accepted?
- But he was pierced for our rebellion,
crushed for our sins.
He was beaten so we could be whole.
He was whipped so we could be healed. Isaiah 53:5
- > Is there someone already in your life needing to drop the charges?

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8. Isolated

- > What might be the cost to you of
 - o being honest about your attitudes toward others and how you're trying to change them?
 - o helping them to recognize that giving friendship is the only way to gain friends?
 - o if you are a Christian, pointing them to Jesus who offers his friendship without any possibility of receiving anything in return?
- > Is there someone already in your life needing to be freed from self-imposed isolation?

9. Alienated

- > What might be the cost to you of
 - o helping someone else see that there is a path that leads to a place of love and acceptance if they are willing to walk it with you?
 - o that since we never "arrive" having travelled it perfectly, finishing first (self-attainment) isn't the goal?
 - o if you are a Christian, pointing them to Jesus who is calling them to become a new person, not just make a new start, and to a destination really worth living for?
- > Is there someone already in your life needing to be freed from feeling alienated from others because of their own self-absorption (only interested in ME)?