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Chapter 9 Understanding Our Soul Bible Class Handout Week 6

Today's Date: _____ My Name: _____

Section 11 – Reading Our Emotions (29:16)

1. All our emotional indicators register at the same _____, making it difficult for us to read them.
2. Each emotion within us is its own _____ or indicator.
3. Each emotion contributes to the overall report of the _____ it belongs in.
4. Each indicator registers _____ of the others.
5. Each emotion can be _____ by the other emotions.
6. Our emotions are part of our soul, which is still in the process of being _____
7. Most people think of themselves primarily as a _____ being.
8. To help a counseling client get in touch with their emotions a counselor/therapist
9. is trained to ask, "I see. And how does this make you _____."
10. Some traumatized people do not think they have the _____ to have certain feelings.
11. It is OK to have emotional _____.
12. Emotions only become wrong when we act out of them in _____ or hurtful ways.
13. We need to be in touch with our emotions, which means to _____

- and _____ them correctly.
14. We also need to know how to _____ our emotions properly.
 15. By processing the emotional indicators associated with any life experience, we will determine possible _____ to that experience.
 16. Before acting out any of these possible responses, two more determinations should always be made.
 - a. Is my proposed action according to Godly _____ of truth?
 - b. Is my proposed action God's _____ or leading?
 17. We will usually conclude and store the memory of how we feel about an experience under the name of the _____ feeling.
 18. It is easier to define how we feel when one _____ is predominantly responding over all the rest.
 19. It takes _____ to process the emotional settings associated with any multi-emotional experience.
 20. We process our emotions by _____ the memory file of that experience several times to read the emotional settings.
 21. When we reopen a memory file, we will experience every _____ the same as we did at the time of the experience.
 22. These emotional indicator levels will always occur when we _____ about that event, until we process the file.
 23. Sometimes the processing of memory files can happen during our _____.
 24. If an experience is acutely emotionally _____, we may stay away from it.
 25. Or we become _____ with that unresolved, unprocessed memory, and think about it all the time.

26. To fully process our emotions requires that we understand...
- a. the way we _____ about an experience,
 - b. the _____ we feel that way,
 - c. and what we should _____ about it.
27. Women process - or read - their emotions best by _____ about them.
28. Men process their emotions by _____ about them.
29. The memories of the mind carry with them the _____ of our emotional indicators.
30. This also happens with the data from the five _____ as well.
31. Memories have a very powerful effect on both our _____ and _____.
32. To endure the necessary procedure of processing our painful emotions regarding an experience,
- a. tell your brain, "This is just the _____ of this experience."
 - b. take a " _____-shot " of the emotions
 - c. Mentally dial back the impact of all emotions equally while processing the file.
33. It is not easy to process our files when our _____ indicator settings are nowhere like any other memory we have had before.
34. Processing of our memories includes determining how we feel at the time of any memory in two ways.
- a. the settings of every _____ emotional indicator
 - b. the _____ feeling that resulted from that particular combination of emotional meter settings.
35. Every memory will feel different overall from other memories, because of the

different _____ of emotional indicator settings that are possible.

36. For those who are functioning from emotional weakness or sickness, it can seem almost _____ to sort out the emotional indicators without help.
37. God intended that our emotions would indicate to us the _____ of our inner being.
38. The emotions of warning are _____ that something is not right.
39. The emotions of warning should trigger a self- _____ to determine where the problem originates, and what to do about it.
40. The emotions of warning should tip us off that something is not _____, and needs to be addressed.
41. When you sense anger, you should not automatically _____ that anger with whom you are mad at.
42. When we detect an emotional indication of warning you must take two actions.
 - a. Examine the situation according to the _____ of the Word of Truth.
 - b. Pray to God for _____.
43. Do not _____ the emotional indicators of warning, and do not _____ out of how you feel until God gives you instructions.
44. If God does not give instructions right away, store the memory file, then return to the _____ principle.

Section 12 – An Exercise in Reading Your Indicators (9:18)

45. In our exercise, speculation as to what might have brought on how the person is feeling should follow these rules. The experiences you share can come from these three places:
 - a. totally _____ or fictional

- b. experiences you have _____ in others
 - c. your _____ past experiences
 - d. they cannot come from other people's _____ or imaginations
46. The object of this exercise is to understand the individual _____, and overall _____ of this person.

Discussion Questions

1. The leader should read this scripture, then each person takes turns expressing Why is it important to think about positive memories instead of the events that are bothering you because they are unresolved or unprocessed?

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. Philippians 4:8 (NIV)

- 2. What are some positive thoughts we can think about?
- 3. Do you have any thoughts as to how this translation's words in this list compare to the KJV?

KJV	NIV
True	True
Honest	Noble
Just	Right
Pure	Pure
Lovely	Lovely
Good Report	Admirable
Virtue	Excellent
Praise	Praiseworthy

- 4. How are they the same?
- 5. How are they clarified?