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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

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Most people think of themselves primarily as a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ being.
2. To help a counseling client get in touch with their emotions a counselor/therapist
3. is trained to ask, “I see. And how does this make you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”
4. Some traumatized people do not think they have the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to have certain feelings.
5. It is OK to have emotional \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
6. Emotions only become wrong when we act out of them in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or hurtful ways.
7. We need to be in touch with our emotions, which means to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ them correctly.

1. We also need to know how to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ our emotions properly.
2. By processing the emotional indicators associated with any life experience, we

will determine possible \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to that experience.

1. Before acting out any of these possible responses, two more determinations should always be made.
   1. Is my proposed action according to Godly \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of truth?
   2. Is my proposed action God’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_ or leading?
2. We will usually conclude and store the memory of how we feel about an

experience under the name of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feeling.

1. It is easier to define how we feel when one \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is predominantly responding over all the rest.
2. It takes \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to process the emotional settings associated with any multi-emotional experience.
3. We process our emotions by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the memory file of that experience several times to read the emotional settings.
4. When we reopen a memory file, we will experience every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the same as we did at the time of the experience.
5. These emotional indicator levels will always occur when we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about that event, until we process the file.
6. Sometimes the processing of memory files can happen during our

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. If an experience is acutely emotionally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, we may stay away from it.
2. Or we become \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ with that unresolved, unprocessed memory, and think about it all the time.
3. To fully process our emotions requires that we understand…
   1. the way we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about an experience,
   2. the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we feel that way,
   3. and what we should \_\_\_\_\_\_\_\_\_\_ about it.
4. Women process - or read - their emotions best by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about them.
5. Men process their emotions by \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ about them.
6. The memories of the mind carry with them the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our emotional indicators.
7. This also happens with the data from the five \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as well.
8. Memories have a very powerful effect on both our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

1. To endure the necessary procedure of processing our painful emotions regarding an experience,
   1. tell your brain, “This is just the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of this experience.”
   2. take a “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_-shot ” of the emotions
   3. Mentally dial back the impact of all emotions equally while processing the file.
2. It is not easy to process our files when our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ indicator settings are nowhere like any other memory we have had before.
3. Processing of our memories includes determining how we feel at the time of any memory in two ways.
   1. the settings of every \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ emotional indicator
   2. the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feeling that resulted from that particular combination of emotional meter settings.
4. Every memory will feel different overall from other memories, because of the

different \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of emotional indicator settings that are possible.

1. For those who are functioning from emotional weakness or sickness, it can seem

almost \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to sort out the emotional indicators without help.

1. God intended that our emotions would indicate to us the \_\_\_\_\_\_\_\_\_\_\_\_\_\_ of our inner being.
2. The emotions of warning are \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that something is not right.
3. The emotions of warning should trigger a self- \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to determine where the problem originates, and what to do about it.
4. The emotions of warning should tip us off that something is not

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and needs to be addressed.

1. When you sense anger, you should not automatically \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that anger with whom you are mad at.
2. When we detect an emotional indication of warning you must take two actions.
   1. Examine the situation according to the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the Word of Truth.
   2. Pray to God for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
3. Do not \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ the emotional indicators of warning, and do not

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ out of how you feel until God gives you instructions.

1. 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)**

1. 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:
   1. totally \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or fictional
   2. experiences you have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in others
   3. your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ past experiences
   4. they cannot come from other people’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or imaginations
2. 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)*

1. What are some positive thoughts we can think about?
2. 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 |

1. How are they the same?
2. How are they clarified?