

TED TALKS: THE BOOK OF LASSO | WEEK #09

Meet the Diamond Dogs and Dr. Sharon | November 5th

WHAT'S THE ISSUE ANYWAY?

Who do you turn to when you _____?

Our feelings are mental interpretations of our _____.

Emotional Intelligence (EQ) is our ability to understand, use and manage our emotions
in _____ ways.

Without Emotional Intelligence, our emotions will _____ us and not _____ us.

WHAT WISDOM DOES SCRIPTURE OFFER US WHEN IT COMES TO OUR EMOTIONS AND FEELINGS?

The Psalms don't hide the _____ feelings. (Psalms 42:5, 9; 77:1-6)

Emotions and feelings are _____ to navigating life. (Psalm 139:13-14)

DON'T MISS THIS!

Emotions and feelings form the rich _____ of human existence.

HOW CAN I LIVE THIS IN MY EVERYDAY, NORMAL LIFE?

Embracing and understanding our emotions is the _____ process.

Embracing your emotions leads to spiritual _____.

Understanding your emotion is a _____.

Create your own _____ that don't expect
perfection but do make you better.

HOW DOES THIS MAKE ME A BETTER PERSON AND THE WORLD A BETTER PLACE?

Identifying and understanding our emotions keeps us moving towards _____.

WHAT IS GOD INVITING YOU INTO TODAY?

1. Grow your emotional EQ by expanding your feelings vocabulary beyond happy, sad and mad.
2. Listen to, read or watch the documentary "Atlas of the Heart" by Brene Brown.
3. Assemble your group of "Diamond Dogs."

THOUGHT PROVOKING QUESTIONS:

1. What are some common challenges or triggers that lead to emotional overload or distress? How do you personally deal with these challenges?
2. When you read the Psalms and think about the depth of emotion, are you surprised, encouraged, discouraged to find that in the Bible? Why?
3. Why do you think the average person can only identify 3 feelings (anger, sad and mad) in the midst of the emotion?
4. Make a list of as many “feelings” as you can. Try and come up with at least 20. How often do you describe yourself as feeling these? Which ones are foreign to you?
5. How can you grow your “feeling vocabulary?”
6. How important is having a support network or a “Diamond Dogs” group in your emotional well-being? How do you select and maintain such relationships?

