

Emotionally Healthy People (Romans 12:1-3)

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Understanding your self

1. Recognize causes of any possible dysfunction

Wounds caused by abuse, neglect, rejection, etc

Result – can see self as worthless or guilty

2. Proper Response

Feelings may indicate guilt

Facts will reveal whether the guilt is real or false

False guilt can be result of abuse or blame

May result from dysfunctional family

Children subconsciously blame themselves for family problems

Real guilt must be confessed and repented

Place guilt where it belongs

Healing – wounds become scars

3. Improper response

Result – eating disorders, moral problems, accident proneness, hypochondria

Authoritarianism, unrealistic expectations (if my husband would be perfect then I would be fine)

Perfectionism - fixation on finding the perfect: spouse, church, physician, health, health foods, minister, counselor

Compulsions – fix everything and everybody, internally out of control so try to create external order to be in control

Setting unrealistic goals –Putting success out of reach – guarantees loss while not feeling responsible for the loss since the goal was unattainable –

Moral struggles – Allow wrong (sinful) choices to become behavior patterns of self abuse in which self becomes abuser, fixer and abused

4. Healthy response

See self as God sees you

Tell the truth about yourself

Respect and develop the talents God has given to you

Correct the wrong thoughts and behaviors you have developed

Take practical steps to change behaviors (laziness, greed, anger, etc)

Select friends who are honest about you and will tell you the truth about you

Set realistic goals – reachable, challenging, encouraging

Allow self to fail without becoming depressed

Allow others to fail without becoming discouraging

Secure healing of emotion and spirit
Seek new relationships as healed, healthy person

Notes

Develop basic life skills

Discipline

Plans

Money

Time management