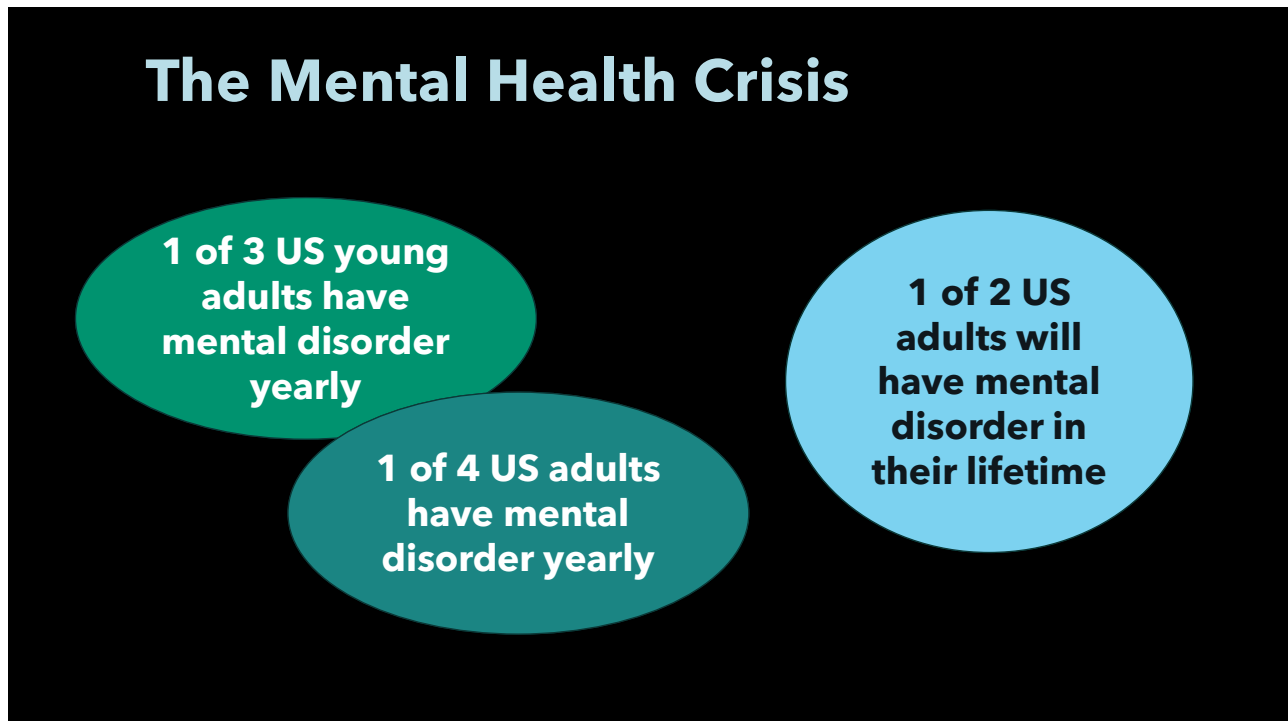




1



2



EMOTIONS ARE ESSENTIALLY GOOD.

These are God-given mechanisms that:

**Motivate us,
Connect us in relationships,
Keep us from danger,
Prepare us to fight,
Engage us in worship.**

3



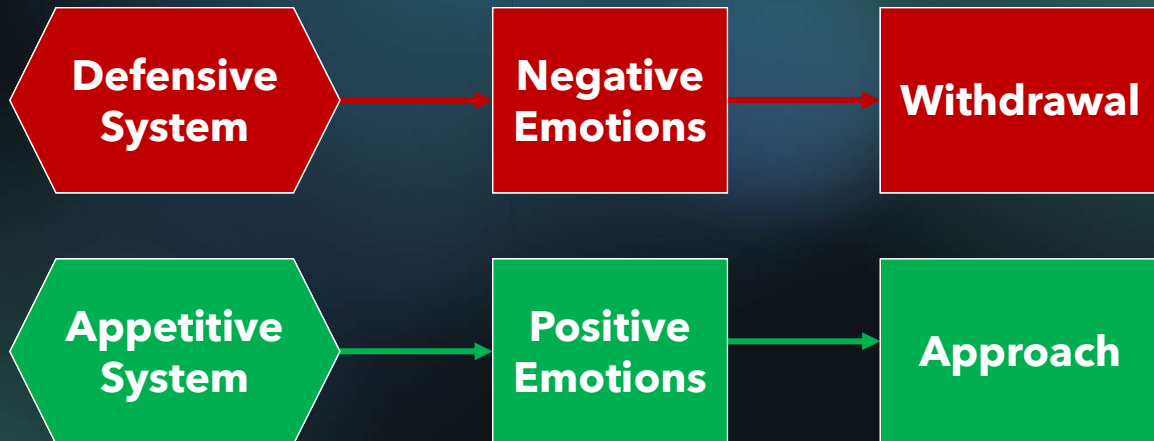
EMOTIONS ARE ESSENTIALLY GOOD.

**Emotions help us pay attention to
both internal and external events
so that we can navigate our world
successfully.**

Adapted from Chapman, Kevin, 2023 CAPS Conference

4

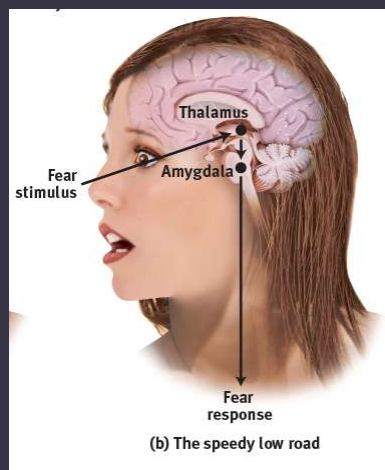
OPPOSING EMOTIONAL SYSTEMS



Adapted from Chapman, Kevin, 2023 CAPS Conference

5

The Low Road



Our brain responds more quickly to emotional stimuli.

Neal Creative ©

6

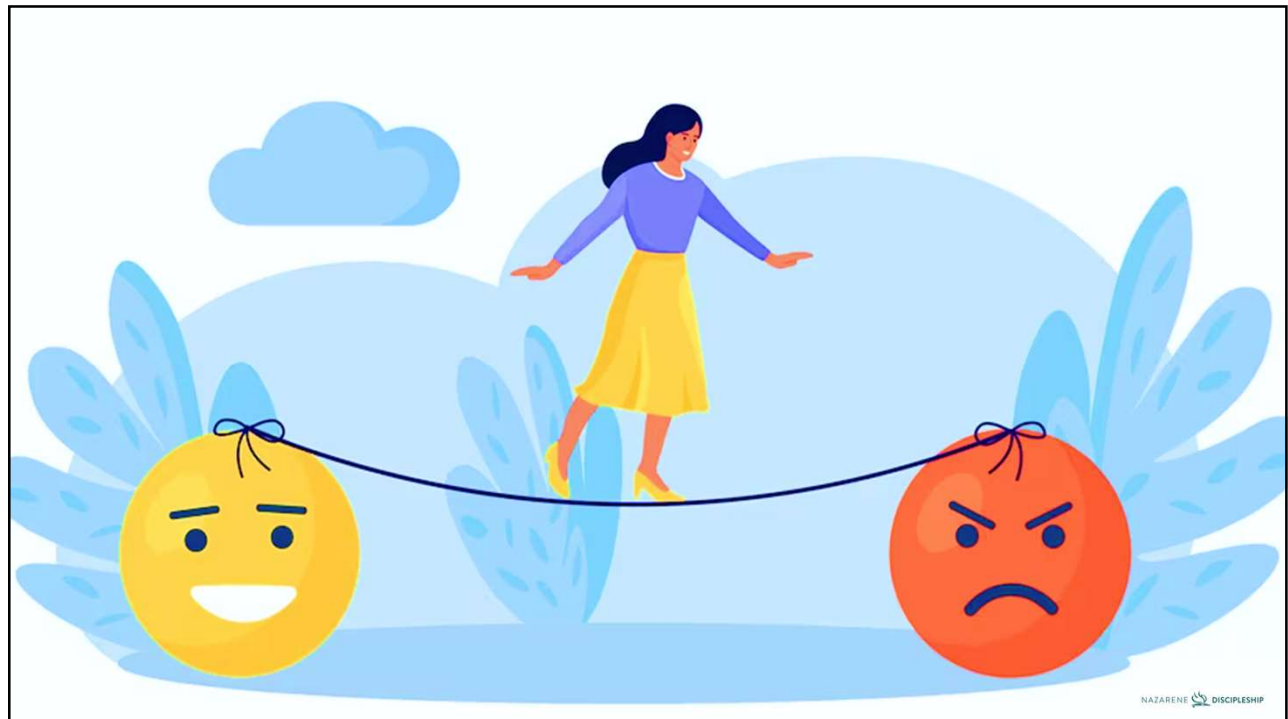
The High Road

Prefrontal cortex
Somatosensory cortex
Thalamus
Fear stimulus
Amygdala
Fear response

Our brain responds more thoughtfully when it's not emotional.

Neal Creative ©

7



8

**The Fall brought
sin, brokenness,
and imbalance
into the world.**



9

The Tree of the Knowledge of Good and Evil.... **Genesis 3**

6 When the woman saw that the fruit of the tree was good for food & pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it.

She also gave some to her husband, who was with her, and he ate it.

7 Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.


8 Then they heard the sound of the Lord God as he was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.


9 But the Lord God called to the man, "Where are you?"


10 He answered, "I heard you in the garden, and I was afraid because I was naked; so I hid."

Adapted from Chapman, Kevin, 2023 CAPS Conference

10

 **Shame & Embarrassment**
 (Sewed Fig Leaves)

 **Anxiety** (Hid based upon "hearing")

 **Fear** (In His presence)

Genetic Predispositions
 (another consequence)

**NEGATIVE EMOTIONS
OCCURRING AT THE FALL**

Adapted from Chapman, Kevin, 2023 CAPS Conference

11

THE POINT?

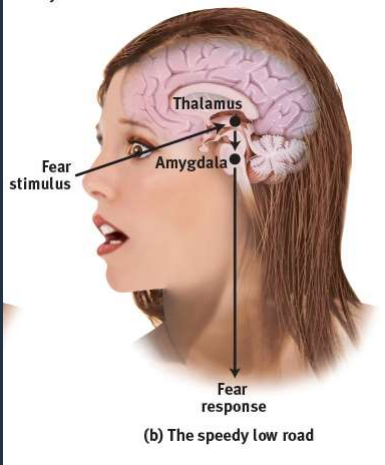
**Emotions are not the
problem,**

**rather it's how we have
learned to respond to these
emotions!**

(Chapman et al., 2011, 2012; Turner, Beidel, & Costello, 1987)

12

The Low Road



Fear stimulus → Thalamus → Amygdala → Fear response

(b) The speedy low road


Our brain responds more quickly to emotional stimuli.

Neal Creative ©

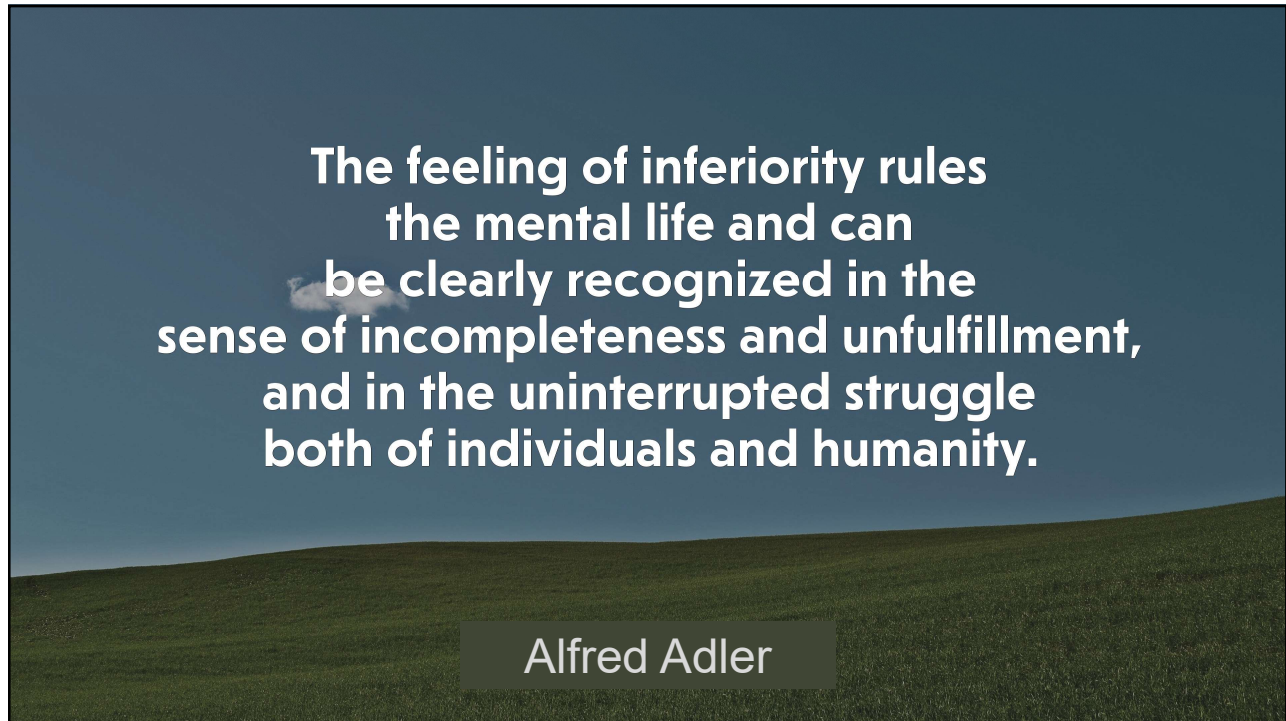
18

INFERIORITY COMPLEX

*"To be a human being means to feel oneself inferior."
- Adler*



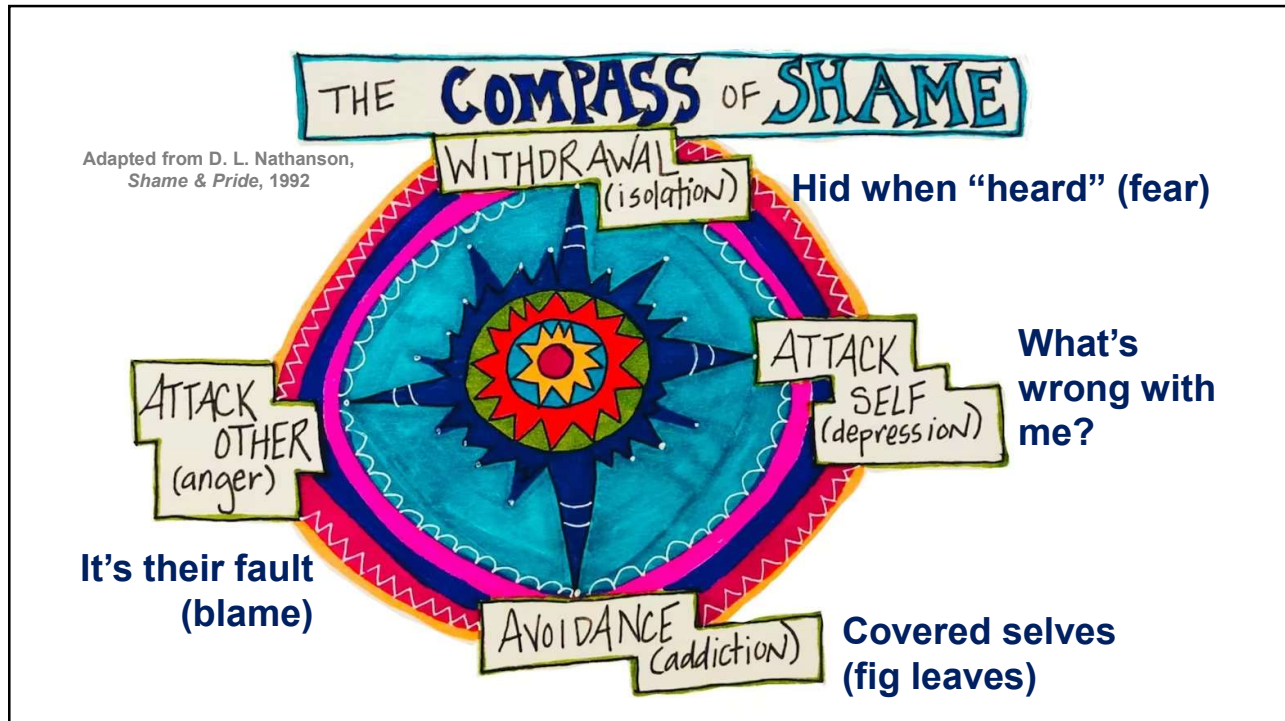
19



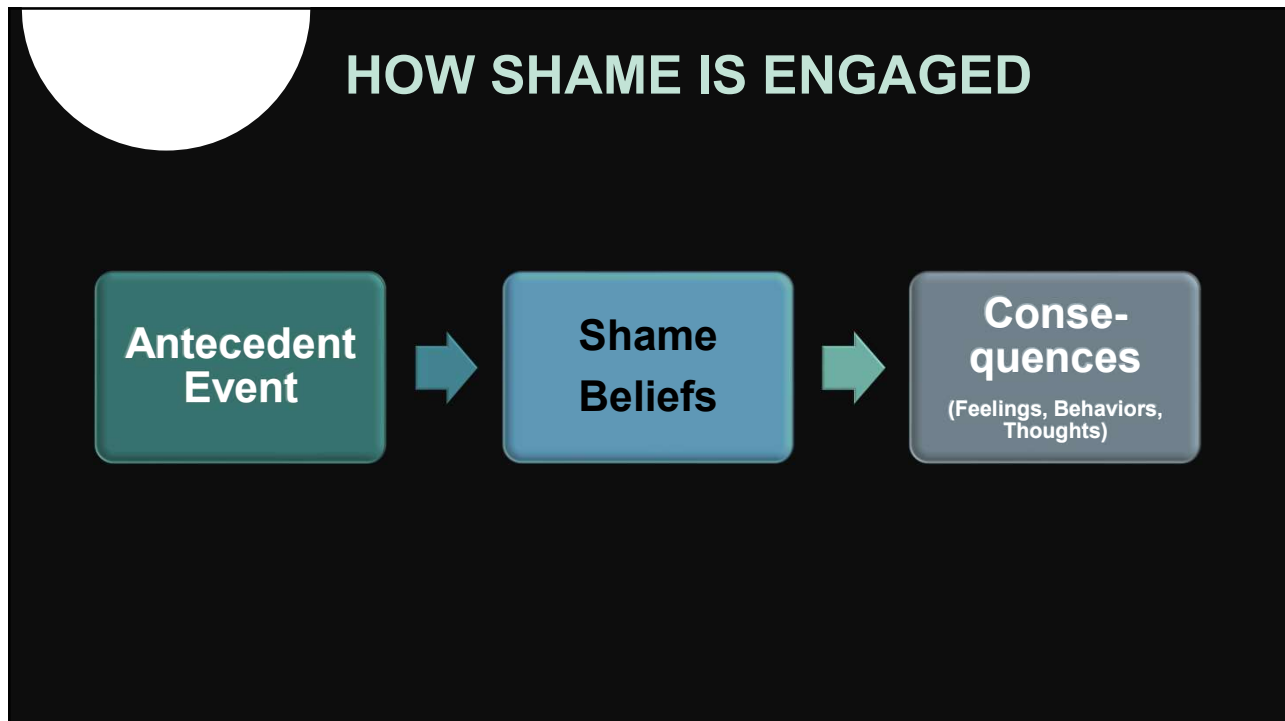
20



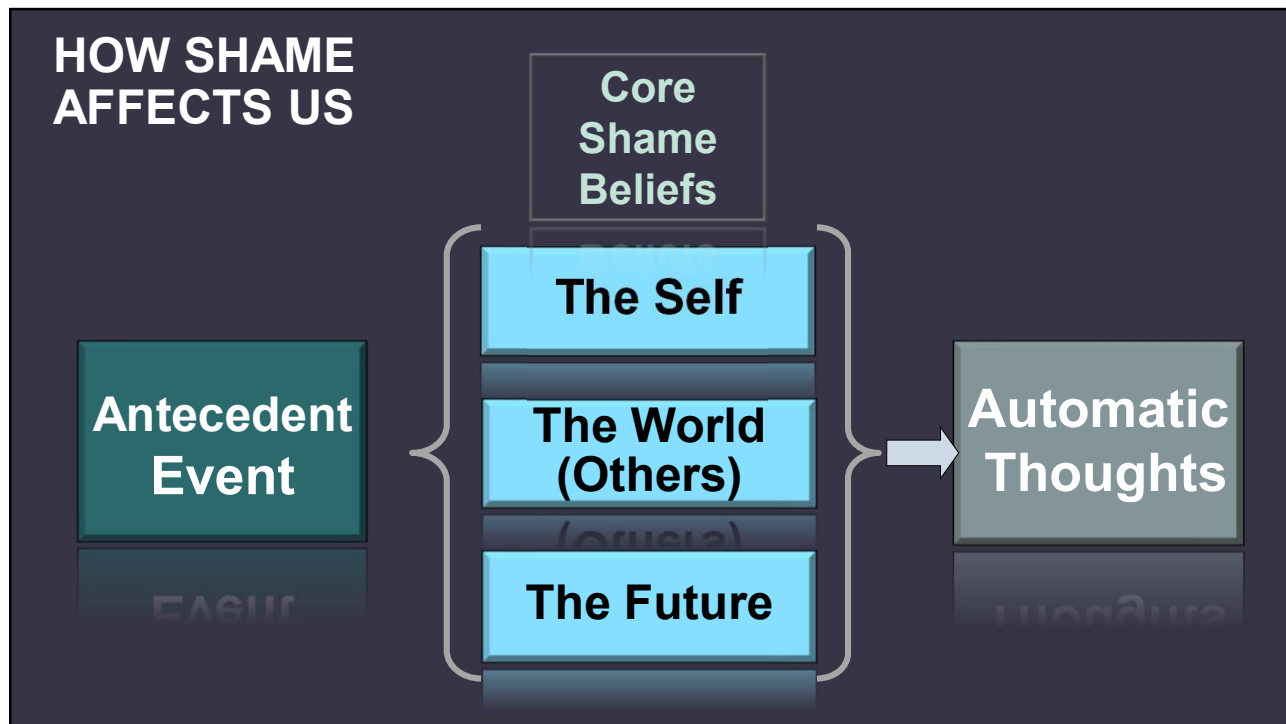
23



24



25



26

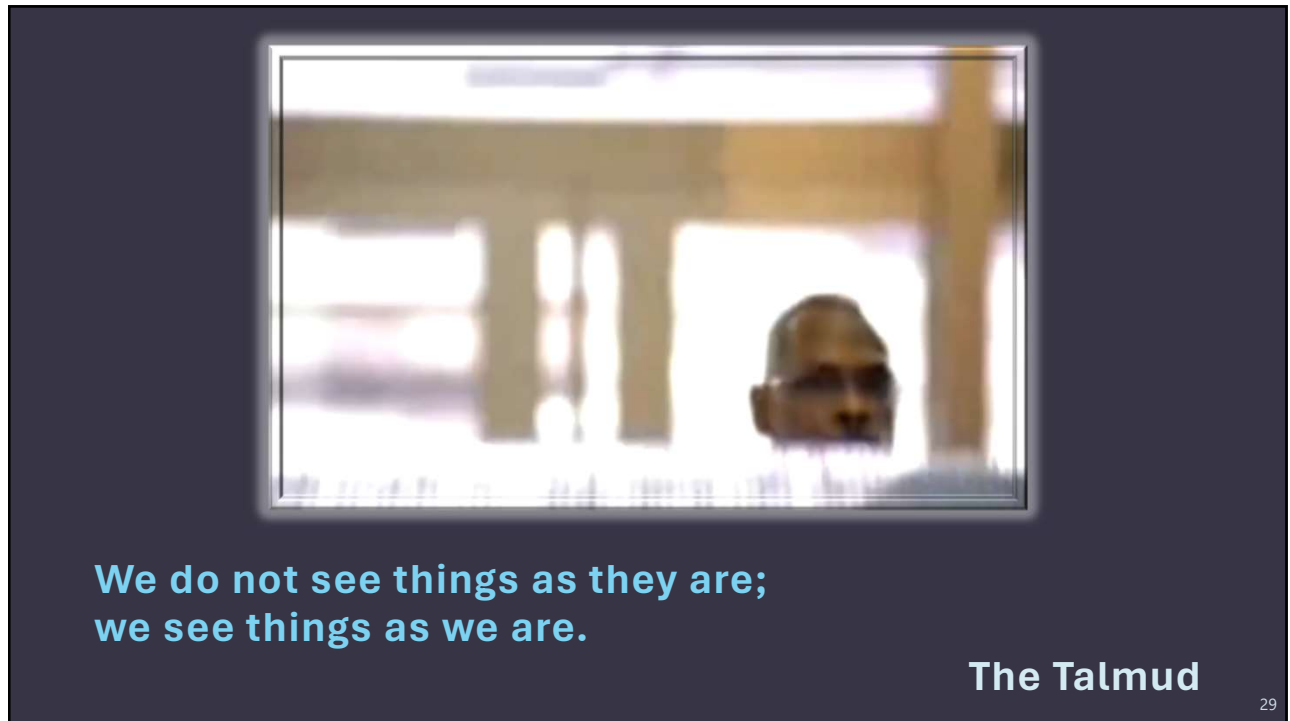
CORE BELIEFS

Helpless Core Beliefs	Unlovable Core Beliefs
– I am helpless.	– I am unlovable.
– I am powerless.	– I am unlikable.
– I am out of control.	– I am undesirable.
– I am weak.	– I am unattractive.
– I am vulnerable.	– I am unwanted.
– I am needy.	– I am uncared for.
– I am trapped.	– I am bad.
– I am inadequate.	– I am unworthy.
– I am ineffective.	– I am different.
– I am incompetent.	– I am defective.
– I am a failure.	– I am not good enough.
– I am disrespected.	– I am bound to be rejected.
– I am defective.	– I am bound to be abandoned.
– I am not good enough.	– I am bound to be alone.

27



28

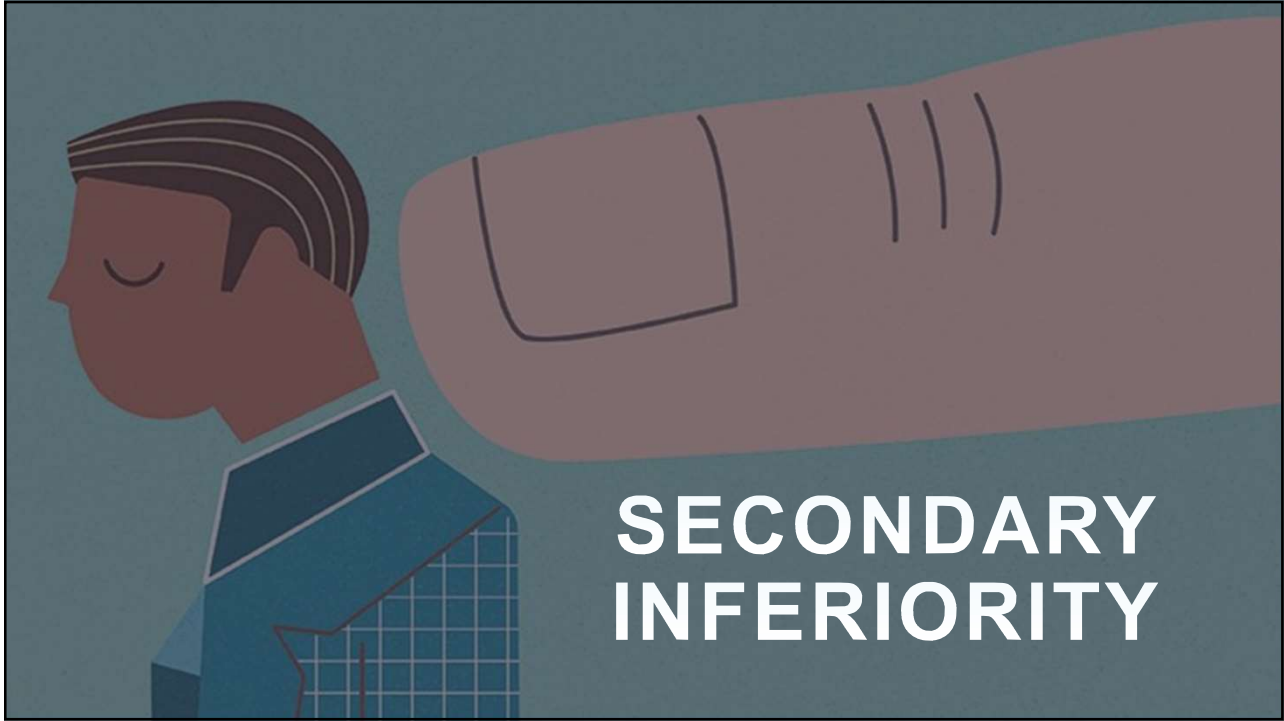


We do not see things as they are;
we see things as we are.

The Talmud

29

29



30



31

STRIVING FOR SUPERIORITY

"We should not be astonished
if in the cases where we see
an inferiority complex,
we find a superiority complex
more or less hidden."
- Alfred Adler



32

TO BE A HUMAN BEING MEANS TO
POSSESS A FEELING OF INFERIORITY
WHICH CONSTANTLY PRESSES
TOWARDS ITS OWN CONQUEST...THE
GREATER THE FEELING OF INFERIORITY
THAT HAS BEEN EXPERIENCED, THE
MORE POWERFUL IS THE URGE FOR
CONQUEST AND THE MORE VIOLENT THE
EMOTIONAL AGITATION.

- ALFRED ADLER -

LIBQUOTES.COM

33

How do we overcome our inferiority complex?

34

*“What comes into our minds
when we think about God is
the most important thing about us.”*

- A. W. Tozer

A.W. Tozer, *The Knowledge of the Holy* (New York: HarperCollins, 1978), 1.

35

“In the end that Face which is the delight or the terror of the universe must be turned upon each of us either with one expression or with the other, either conferring glory inexpressible or inflicting shame that can never be cured or disguised. I read in a periodical the other day that the fundamental thing is how we think of God. By God Himself, it is not! How God thinks of us is not only more important, but infinitely more important. Indeed, how we think of Him is of no importance except in so far as it is related to how He thinks of us.”

- C. S. Lewis

C. S. Lewis, "The Weight of Glory" (1941)

36

“It is written that we shall “stand before” Him, shall appear, shall be inspected. The promise of glory is the promise, almost incredible and only possible by the work of Christ, that some of us, that any of us who really chooses, shall actually survive that examination, shall find approval, shall please God. To please God ... to be a real ingredient in the divine happiness ... to be loved by God, not merely pitied, but delighted in as an artist delights in his work or a father in a son—it seems impossible, a weight or burden of glory which our thoughts can hardly sustain. But so it is.

- C. S. Lewis

C. S. Lewis, "The Weight of Glory" (1941)

37

THOUGHT LOG


EVENT

38

Psychologist and developmental researcher Daniel Stern (2004) reports in his studies of infants through adults,

“Our nervous systems are constructed to be captured by the nervous systems of others, so that we can experience others as if from within their skin, as well as from within our own. A sort of direct feeling route into the other person is potentially open, and we resonate with and participate in their experience, and they in ours.”

(p. 76, The Present Moment in Psychotherapy and in Life).



39

“Because human physiology is . . . an open loop arrangement, an individual does not direct all of his [or her] own functions. A second person transmits regulatory information that can alter hormone levels, cardiovascular function, sleep rhythms, immune function, and more - inside the body of the first. The reciprocal process occurs simultaneously: the first person regulates the physiology of the second, even as he [or she] is regulated. Neither is a functioning whole on his own; each has open loops that only somebody else can complete. Together they create a stable, properly balanced pair of organisms.” (p. 85).



Lewis, Amini, & Lannon (2000). *A General Theory of Love*.