

axis



A CONVERSATION KIT ON

TEEN EMOTIONS

EMOTION

EP 1: An Emotional God

Why do we have emotions in the first place?

Give examples of God expressing emotion:

The Father's heart was "deeply troubled." Genesis 6:6

"...My heart is changed within me; all my compassion is aroused." Hosea 11:8

"My soul is overwhelmed with sorrow to the point of death." Matthew 26:38

How does the idea of an emotional God make you feel?

EP 2: The Pursuit of Happiness

What do you think it takes to be happy?

Define hyper-emotionalism:

Whatever we feel at any given moment should be considered the most important thing about us.

Define stoicism:

We shouldn't put much stock in our emotions—even in our good feelings.

"...Success, like happiness, cannot be pursued; it must ensue, and it only does so as the unintended side effect of one's personal dedication to a cause greater than oneself or as the by-product of one's surrender to a person other than oneself." - Victor Frankl

EP 3: Anger & Sadness

Why would someone who loves get angry?

Give some strategies for conflict resolution:

Both sides repeat what the other person said before giving their own perspective.

Saying, "When you did _____, it made me feel _____."

Turning toward our pain is counterintuitive. But in fact, the heart of Christianity is that the way to life is through death, the pathway to resurrection is through crucifixion."

– Emotionally Healthy Spirituality

EP 4: Redux

Where is home to you?

Define trigger warnings:

They warn people about content that might make them feel uncomfortable

Define safe spaces:

Places where people aren't allowed to say offensive things.

What makes trigger warnings and safe spaces problematic?

They protect people from "the very experiences embedded in daily life that they need in order to become strong and healthy."