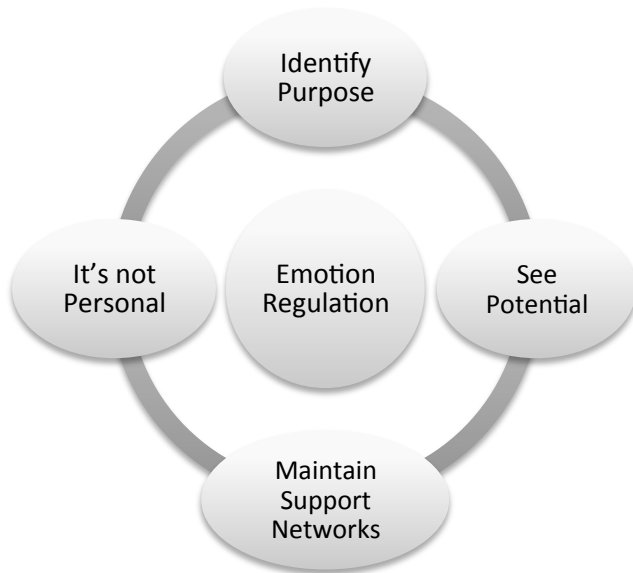




Leading Well Under Pressure

Amy Blackshire & Rob McKenna

What are some things that can help us to regulate our emotions?



“Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres.”
1 Corinthians 13: 4-7

Get to know yourself...

- What are some of the situations that trigger negative emotional responses for you? Write these down and then have a conversation with someone who is invested in you.
- How do you know when your emotions are being triggered? (e.g. heat in your body, racing mind, etc.) Talk about this too.
- What would change in your life (and those around you) if you handled your emotions better? Write about and discuss this as well.
- When your triggers emerge, practice stopping and checking yourself (answer the questions on the right).

Stop and Check Yourself

- What is my purpose in this situation?
- What is God trying to teach me in this situation?
- What is the potential to be realized in this situation?
- Am I taking things personally? If so, what are some alternative reasons why the person I'm interacting with may be acting the way he/she is?
- What is God trying to teach me about accepting myself when I take things personally?
- Who are the people in my life that I rely on for emotional support and friendship? And how can I invest more energy in those relationships?