**Pr 29:11 Perception & Performance- Emotions 3A** ©2004/18 WF Cobb Truthbase.net ***DailyTruthBase.blog***

**Fools Vent - Wise Prevent** *Pr 29:11 A fool vents all his feelings, But a wise man holds them back.*

## I. Our Habits & Values create Expectations, influencing our Perceptions & Emotions, determining our Performance.

Prologue-Innate drives® constructed emotions experiences & learned values; expressed as feelings, which shape **perceptions**; mood

## II. Emotions can be positive/helpful or negative/hurtful; denied, avoided, or used and mastered

Pr 29:11 Vent = cause wind/spirit/disposition to go out (Hiphil -causative); Holds = soothe or still back (Piel -intentional/intensive)

No one makes us feel; we choose to create feelings, acc our rules; by what we focus on, meaning we attach, represent = re present

**APP** We need to understand why we feel as we do rather than burying them or blundering thru life oblivious to our values and habits.

**III. TEN categories/types of emotions and their message** (from Tony Robbins *Awaken the Giant within - Lessons In Mastery*)

***First:*** *change state and stop the train (90 seconds, look up and call out to God/pray, focus on breathing, shift attention/thinking)*

**Steps** *(TR)*1. Identify emotion & signal; 2. Listen to message about what needs to change (perception/rules or procedure/behavior);

3. Get curious about what it’s offering you - how can benefit; need to change way of thinking, acting, feeling, communicating;

4.Reprogram by rehearsing how to use as tool of empowerment; 5. Take constant and repeated action to improve and change life

**1. Uncomfortable**: low intensity: boredom, impatient, uneasy, distressed, embarrassed

Message: need to change, clarify what you want, take action until you get it. *Isa 26:3 You will keep him in perfect peace, whose mind*

*is stayed on You, because he trusts in You. 4 Trust in the LORD forever, for in YAH (YHWH), the LORD, is everlasting strength.*

**2. Fear\***: concern, apprehension, worry, anxiety, scared, frightened, terrified (don’t deny or surrender to) *1Pt 5:7 \*see sermon*

Message: need to prepare self to deal with or avoid negative consequences (appropriate versus fixation*) Isa 41:10 Fear not, for I am with you; Be not dismayed, for I am your God. I will strengthen you, Yes, I will help you, I will uphold you with My righteous right hand.’*

**3. Hurt (Grief)\***: loss (intimacy, trust) (is there really a loss? Maybe need to change expectation or way of communicating)

Message: expectation not met *Php 4:19 And my God shall supply all your need according to His riches in glory by Christ Jesus.*

**4. Anger\*:** irritated, livid, resentful, furious, rage – outgrowth of hurt {build-up} (how you deal will result in closeness or distance)

Message: important rule or standard has been violated (clarify or compromise {personal stds}) *Eph 4:31 Let all bitterness, wrath, anger, clamor, and evil speaking be put away from you, with all malice. Eph 4:26 do not sin": do not let the sun go down on your wrath,*

**5. Frustration:** held back, hindered in pursuit of something *Ps 138:8 The LORD will perfect that which concerns me*

Message: change approach to achieving goal (flexible) Js *1:4 But let patience have its perfect work, that you may be perfect and complete, lacking nothing. Ps 18:32 It is God who arms me with strength, And makes my way perfect.*

**6. Disappointment:** sad or defeated\*, something you expect didn’t work out well *Php 4:4 Rejoice in the Lord always. Again I say, rejoice!*

Message: outcome won’t happen unless you change expectation to more appropriate outcome in light of reality *\*Death Spiral sermon*

**7. Guilt:** regret (don’t deny it , nor surrender – it will intensify into inadequacy, inferiority)

Message: you violated the standard and must do something immediately to ensure you won’t do it again in the future (make right)

1Jn 1:9 If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.

**8. Inadequacy**: less than or unworthy (is criteria appropriate or do I need to change procedure) *2Tim 3:16-17 adequate/perfect/equipped*

Message: need to do something to get better in this area right away *Php 4:13 I can do all things through Christ who strengthens me.*

**9. Overloaded:** overwhelmed, hopeless, depressed\*, more than you can deal with (too much in too short a period of time) *Mt 26:38*

Message: reevaluate what’s most important (necessity or desire), prioritize, take action on first one, back in control! *2Cor 9:8 God is able to make all grace abound toward you, that you, always having all sufficiency in all things, may have an abundance for every good work.*

**10. Lonely\*:** separation *Ps 42:11 Why are you cast down, O my soul? And why are you disquieted within me? Hope in God; For I shall yet praise Him, The help of my countenance and my God.*

Message: need to connect with another *2Tim 4:16 At my first defense no one stood with me, but all forsook me. May it not be charged against them.17 But the Lord stood with me and strengthened me,*

**Questions for Reflection/Discussion/Response:**

1. What situation tends to evoke a strong negative emotional response? What are your expectations in that situation? What **values** are revealed?

2. How does complete faithful submission to the Lordship of Christ “solve” emotional problems or keep them from arising?

3. Is it easier to change our **values** or reprogram our robot (subconscious habit) responses? How do you act your way into a feeling?

4. What emotion would you most like to master? Why? What advantages would you experience? What would you have to change?

5. **ACTION STEP**: note the times and expectations that evoke a feeling you want to master. **A**nalyze, **A**djust **(values/expectation),** **A**ct.