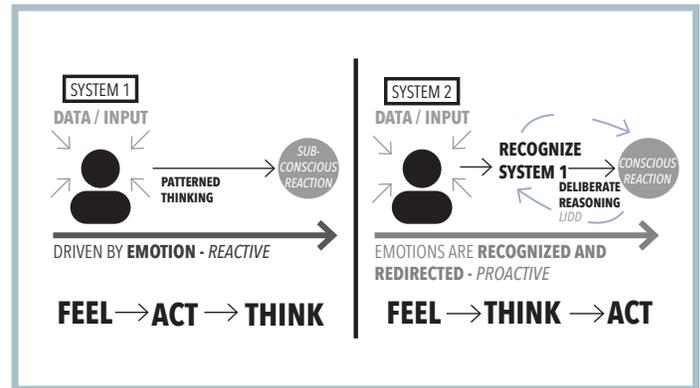


HERE TOOL

PROPER USE OF EMOTIONS



A tool to help us manage our emotions and use them to discover the best response available. Using Systems Thinking, this tool helps empower individuals to explore the limit and value of emotions, their proper place in the process, and ultimately the best solutions to challenging situations.

- Our emotions are valuable and should not be ignored. They react to external stimulus and are our body's warning system, letting us know something we value is at stake
 - In and of themselves, emotions are not good or bad. They are neutral. It is the way in which we respond to our emotions that can bring about positive or negative outcomes.
- While emotions are important, they are not trustworthy. They are valuable, but not the ultimate Value. They should not be blindly obeyed, but taken as the very beginning of a process involving steps outside their control.
 - While emotions alert us of a value, they do not tell us what value or how we ought to respond.
 - They do not even accurately tell us if the alert is because our value is threatened or in need of being exercised.
- We need to recognize that we have the power/control/authority to *conduct our emotions* in an appropriate manner. While we cannot control the onset of emotions, we can control how we perceive them and how we respond to them.
 - **Feel-Act-Think:** Based on System 1 Thinking. We too often use this process. We feel an emotion and act based on that emotion. Only later do we think about what we have done.
 - I'm angry (F). I punch a hole in the wall (A). My hand is broken and I go to the hospital and wondering later, "why did I do that? And why did I get so angry?" (T).
 - **Feel-Think-Act:** A more effective approach, leads to better results. We feel an emotion and quickly intervene to figure out what value that emotion is warning us of and why. And only then do we decide how to respond.
 - I'm angry (F). I take a deep breath to consider why I am angry and decide it is because I don't think my friend is listening to what I am saying (my value for Purpose) and he probably does not intend that (T). I tell my friend what I am perceiving and humbly ask we pursue truth together (A).

LIDD is a process we can go through when emotions are triggered:

*Listen
Investigate
Decide (based on values)
Dismiss (release with gratitude)*

Systems Thinking:

- The human mind operates on two different systems. Our brains have so much work to do. Our System One is the brain's way of creating shortcuts for familiar patterns. System Two is slow, deliberate thinking that requires more energy and effort.

Patterned Thinking (SYSTEM ONE)

- System 1 is learned behavior. We have trained ourselves through repetition and routine to recognize patterns and have shaped our worldview, emotions, and reactional behavior to respond to those patterns. When the patterns are established, the subconscious mind reacts accordingly.
- It uses less energy and capacity than System 2, and allows us to do simple tasks with ease. This can be both positive and negative. System 1 does not get the full story, it recognizes patterns and fills in the gaps with assumptions based on previous experiences, and reacts accordingly..
- Examples:
 - Riding a bike, brushing your teeth, and typing on a keyboard. It also allows us to catch a glass that is falling off the counter before it shatters on the floor.
 - Steve has learned from his parents that conflict includes loud screaming. Whenever Steve feels he is in conflict, he raises his voice.

System One Strained

- Sometimes we discover our patterns are no longer working. This causes a strain on our System One and invites us to engage our System Two.

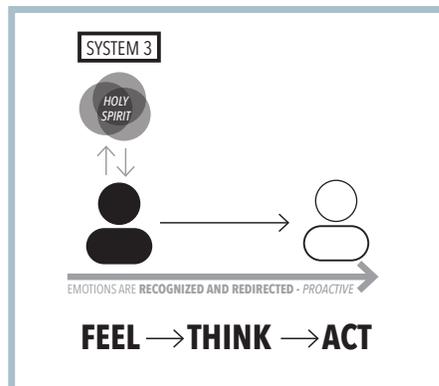
Deliberate Thinking (SYSTEM TWO)

- System 2 is the focused human mind. It encounters a situation or problem and methodically filters through the information available in order to discover what is actually happening.
- We learn how the world works through continued use of our System 2. Engaging System 2 is how we originally learned to ride a bike, brush our teeth, and type on a keyboard.
- System 2 directly informs the development of our System 1.
- System 2 takes more energy to engage, and so once we have developed our System 1 we tend to rely upon it heavily.

- Examples:
 - Ellie's car breaks down and she does not know what to do. She opens the hood, looks at the parts and calls AAA to ask for help.
 - Steve gets married and his System One is strained when his wife feels afraid during Steve's patterned approach to conflict. He has to engage System Two to consider how best to love his wife and resolve conflict in his new marriage.
- We need to slow ourselves down when our emotions are triggered and think through a response before acting (System Two). Through doing this you are better able to serve and lead others. And eventually your deliberate thinking will lead to a healthy, transformed System One.

System Three

- System Three is necessary when our System Two cannot figure something out. It requires us to put our trust in something bigger than ourselves.
- For Christians, this is the ever-present Holy Spirit. Although active in System One and Two as well, we lean fully on the Holy Spirit in System Three and submit to its transformation of our lives.
- System Three relies upon one of the three things we can control: whom we trust.





QUESTIONS TO CONSIDER:

What are some examples of your System One emotional reactions?

What triggers strong emotional reactions in you? Why? What values are being pressed?