

00:00 Lance: Welcome back to the Real for Life Podcast and a special edition which is What is it Like to be in Relationship with Me. I am Lance Wigton I am the Communications Director here at Real Life Ministries. And once again in this Podcast I'm with my good good friend, Beth Keop and Beth is soon – or working towards going out on her own and being a counselor on her own which I'm very excited about, called Keop counseling. So look for that! OK – let's get back into it. 00:34 So, last time when we visited our Super Hero – last time we talked about action and urges and finding out more about our emotions. You used an easy one because you didn't think I was ready for it – you needed to get training wheels on me – you used people driving too slow in front of me and I was angry. Right – which was not difficult for me to draw from. This time we're going to use more of a real example and stretch it out. But the first thing, you said you wanted me to do was talk about what are the – there are a lot of emotions out there, we have seen that off this list – a lot of emotions out there – really all boils down to 10 primary.

01:20 Beth: Yeah – so, this is from dialectical behavioral therapy. 01:21 There are hundreds maybe thousands of words for emotions and they are kind of shades of the same color – it's "blue" or whatever or whatever selects that. 01:31 Whatever that might be. These are kind of the 10 that boil down to you have lots of different ways you can say it. But these are the 10 events...

01:38 Lance: [interrupting] now you said, a phrase there which I am not familiar with, diabolical –

01:38 Beth: seems like it, but that's for the people who don't like feelings. Dialectical –

01:49 Lance: Dialectical – so I can touch it?

01:58 Beth: No, it means two opposites that fit in the same space. Like, I accept myself for who I am, and I accept that I need to change. How do those both fit?

02:01 Lance: It's complicated just like life itself.

02:04 Beth: Yes – kind of like grace and truth. It seems like they are opposites, but they are not. And so we are going to spend some time in talking about like reason and emotion and how they seem like two sides of the teeter totter. So dialectic is like two parts of a teeter totter.

02:20 Lance: So, the primary emotions.

02:23 Beth: so the 10 would be over here would be anger, fear, sadness, disgust, envy, jealousy, yes they are different... shame, guilt, love, and happiness. So those are kind of the 10 we left off with. Talk about hopefully starting to identify – because naming your feelings are where your kind of start the process for managing them. Instead of them managing you.

03:09 Lance: So, the reason that I want to get to this emotion – is because right now I'm having those emotions whether I deny them are not or whatever I think is going on. I am having those emotions, but until I can name it, or put a handle on the root emotion that is causing these urges and causing these behavioral changes – and I really can't change these behaviors in the future – is that right.

03:42 Beth: right, it's kind of talking about the action urge. You kind of hit on it. Our emotions are the energy and the power that motivate us to do things. And so if I know what engine is pushing the

boat forward I can start to manage the boat, but if I don't know what engine is there, the boat is just moving around, I am not in control. And so what we kind of started with last time was; we have the name of the emotion, we have what we call prompting event, something that happened and set it in motion, if you are having an emotion, something happened. 04:15 And you became aware of it. Like if my friends talk crap about me, I don't get mad about it, unless I know about it. OK so, prompting event, and then I have the urge. I have the action or something I want to do. And again just because I have the urge doesn't mean that I do it – I learned – in my culture whether anger is acceptable or not. You know with my dad anger worked – with my mom anger was scary because bad things happened when people got mad. So based on some of your experiences and what you believe about anger, you may follow through on the urge or not, but the reality is you have the urge. And that is what we talked about last time. 04:55 So, in identifying the emotion you have the ability, and sometimes again let's be a detective, that's what we talked about last time right – if I want to step in – which would be for anger – that is my urge, to step in. What it tells me as I can backtrack to my prompting event which is going to tell me what my need is. Because my need is in the first feeling I am having. Because it's telling me I am identifying something that has happened – and I am understanding the situation is "this" – and if it is this, then this is my need. And I cannot test whether it is true or not if I am dealing with wrong engine. So if I think it's anger if I think I am dealing with, and the engines go – but really it is shame or guilt – I am on the wrong engine and I don't have any power over where the boat is going. And so it's really kind of important to come back here to your needs. So one of the things, the reason why we did the training wheels anger first is because actually what you identified 05:51 is a kind of compound emotion so it's a little bit of the cluster. I like to describe them as firecrackers. Because they sent each other off. And so learning what your cycle is – is really important, because all of us have it. We have personalities that God put us together with – we have cultural context for what we believe in. God's word. And so we have this cycle that you can potentially go on. And so when you start to dive into the cycle a little bit – you learn some of your coping skills.

06:21 Lance: So you said cycle you mean it would be like – a lot of times I've heard people refer to it – oh we're on the crazy cycle again – or – here we go again – talking about somebody else or...

06:31 Beth: Right – so like if you have me that you give feedback to – and you want to be like – hey, that wasn't really helpful – and their response is... Oh you're right I'm a terrible horrible person – I am the worst person ever I just shouldn't even be here anymore. Cool... I can't give you feedback. Because every time I do that you just go on this rant about how you hate yourself. That is your coping skill. It's a way to deflect actually accepting that feedback. Start the cycle I hate myself more than you can therefore I win. Which is an interesting thing. 07:00 Which is an interesting thing. You don't even necessarily know consciously that you are doing it so it's really important. So, using mine... so in my family anger worked. Anger won the day, so, I learned pretty quickly if I wanted stuff done anger was a big deal. It mixes with my personality that I am a passionate person. So it is a two for one. So, I just thought I was angry all the time, and actually what I found out was I actually felt other things so let's say I made a pretty big mistake. Let's say I disrespected my mom in front of the family, because I got irritated and my aunt saw and called me out on it. Not an awesome way they still did. So I'm thinking all I'm just ticked them. I'm just mad - who do they think they are. While actually, there were emotions that happen in between. What I actually experienced was shame. I was embarrassed – that I disrespected my mom because that's not what I really wanted to be – and maybe I felt like it was justified – it was both. Right? So then I jumped to anger – now depending on the situation I might lash out but... " You don't have a right to talk to me..." Later because I actually love Jesus and all that, I get this lovely experience of guilt. 08:18 Because now I have called people names I have yelled I

have lost my temper I don't even know what I said – and really any and I didn't repair any relationships, I did damage there. Because I'm not a safe person now because one of the things that being a counselor is that I'm really good at calling out people's strengths – I'm also really good at noting their weaknesses. So I know right where to shove my finger. And so I have hurt people, and so in my anger to win, to be right, I end up having a boatload of guilt and hurting people and so I could even throw sadness in here but sadness isn't always on the table for me. And then I go – oh this isn't what God wants me to do and I go through the cycle and I always get stuck in it.

08:58 Lance: OK, so, as far as the chart goes – you know – this concept for me I think is real – seems to feel right. But it's confusing, I'm still... Unfortunately I see what you have had me on training wheels – but it feels like it should break down this group – I heard your story if I was going to put these on your emotion that you did not know – or that...

09:24 Beth: I was clueless about.

09:28 Plants: Yes – shame. The prompting event is your aunt called you out – and your urge was to be angry.

09:36 Beth: So actually my urge here would have been to hide. Or to conform. Which will get into. But how I dealt with being embarrassed – instead of sitting in this, and recognizing my need was to either make it right with my mom. Or take a break. Right? I put on anger because anger was my coping skill. So instead of dealing with feeling embarrassed, I lashed back out. Because that is my coping skill. Being embarrassed vulnerable and making mistakes in my family – not OK. So anger wins. 10:11

10:11 Lance: OK so, but going back to this, here is where I get confused. I look and I see of these primary emotions – I see shame and anger and so it would seem like your answer of anger was an urge – is what you said – but in my mind, I would say no you actually have got two emotions – and I'm not even sure what the urge is.

10:34 Beth: Right, so these are all primary emotions but they can be firecrackers if they're connected. And so what you have to identify is what you felt first. I was embarrassed first. So the problem with these firecrackers is there like real ones – it's really hard to differentiate sometimes, they all seem to slam right into each other. And so I'm like I just feel angry all the time. I would venture to say if you're saying you feel angry all the time you actually have a whole cluster of feelings you feel and anger is how you cope with it.

11:00 Lance: Because just by the time that your aunt is gotten done talking, it was probably while they were talking that you felt shame and then you were moving to anger so quick. And so the key is if you don't understand what the first emotion is, which is shame, you really can't break that cycle.

11:27 Beth: So what I had to do for my cycle was how to sit and feeling OK being embarrassed.

11:35 Lance: Yes – I am almost angry for you at this point.

11:37 Beth: Feelings are uncomfortable. But what happens is what do I do and what is the deeper stuff for me was what does it mean to be embarrassed – what does it mean to make a mistake – and what

does it mean about my identity. And that is where the truth of God's Word had to come in. It's OK for me not to be perfect. I can sit in embarrassment a lot easier now, versus I am the one who is rejected and no one is going to want me – was the answer if I made a mistake and I can never feel this. So I'd better do anger.

12:03 Lance: And, you go back to what is it like to be in a relationship with me. If I don't do the hard work early – and go back and find out its shame – then you are just going to continually do that loop – and really it's not easy to be in a relationship with you because you are going to constantly do that loop.

12:21 Beth: Yes, and that's what it was for me in middle school and probably more high school – with some choices that my father made – so my life – he had a lot of anger, and I thought I could put anger in this little box over here – a dad box – and it wasn't going to affect anyone else. Problem is emotion is a little bit like food coloring and water. You put them in their they are going to intermix, and you are going to have them show up. And so what I kept hearing over and over from people is you are scary. – What? I'm a lovely kind person – what are you talking about? I terrified people because I have this energy that came from being angry. And so I took it with me everywhere, because I am wherever I am. And so I would actually scare people and not have a lot of patience be like this... [Beth: snaps her fingers repeatedly] being a high drive person and anger mixing in really felt like people were getting run over. And so it took someone loving me enough to come in and say you run over people for me to have to kind of backtrack to this spot – to realize the lack of forgiveness from my father – and the anger around it – was actually destroying many relationships and I was hurting people and I didn't mean to. And it hurt enough that I was hurting people that it made it worth turning a corner.

13:34 Lance: So, anger was the behavior – your personality...

13:38 Beth: ... anger is the emotion – my behavior was this fix and to step in...

13:43 Lance: ... right... But because the way that God made you was passionate it made the anger even worse.

13:51 Beth: Right – amplified it. And that is why you have some tendencies – so those of us who are maybe more deep feelers – maybe instead of anger being your coping skill skill, it's sadness, and so depression becomes a big overwhelming thing for you. Or shame. Like I talked about earlier, I just suck as a person. So anytime I get any kind of feedback or anything, I suck as a person therefore I must go hide and isolate and stay away from everyone. I guess I can never do anything right... so why try. With this process. But you will notice it because it will show up over and over and over again because that's how you deal with relationships. And so we talked before about that limbic system. That automatic reflex – you see when I put my hands up, the ball coming at my face – you do the same thing was certain emotional things. So you will have specific experiences in your history that tell you – anger – sadness – this is how I am supposed to deal with it. This is how I made it through that. And so – learning what that reflex for you is emotionally is what we are talking about. Because that reflex was helpful in that moment, but it's clearly causing damage for a long time here. It's not helpful anymore.

14:58 Lance: To your relationship.

15:00 Beth: Yeah – I don't want to snap at my kids when they make a mistake, or my friends or whatever, 15:03 that might be – but that's what I did growing up – because anger works. Does it? It didn't work, it was doing the opposite of what I intended. I was completely out of control with it.

15:16 Lance: OK – so, to get a better idea of the action urge chart, which is key, because I feel like without doing it you are going to have a hard time understanding what emotions are that are driving behaviors.

15:32 Beth: Right – and so what is interesting is if you come to my class, we go through all 10 emotions and what they are. It's just too much for our podcast today, so if you come on Thursdays, starting here soon – anyway we can – we actually walk through this entire chart of all of them. So we're going to just kind of walked through experience you had when you got the feedback from your daughters. And so because that was a cycle – that's why we went back to his simple one emotion experience with anger – you had one emotion. This is a little bit more complex when we hit a cycle.

16:10 Lance: Right – so the original homework was to go and ask other people around you what are my values. Because the topic of it was core values. What are your values, will latch is led to a whole mess. Or a mess for me anyways – what I found out is my girls told me that my values were watching football, playing Madden or playing football on video games – and yelling at the TV when sports are on. And occasionally they felt like I valued you know doing work around the house. Which was not great. My response was I would hope that I was reflecting Jesus like I'm supposed to – I'm supposed to be discipling them – and therefore if Jesus is Lord of my life they would see that clearly He is a value. And that is not the impression that I'm giving off. I can't blame them for their response.

17:16 Beth: ... it sometimes feels good to do that though... It doesn't work and it doesn't help...

17:20 Lance: It isn't like I didn't think about it. And so there I was, I was stuck in that and there was a lot – I was feeling a lot of things. So, anyways, help me out of this – it feels like a yarn ball to me –

17:37 Beth: Right – your firecracker chain.

17:39 Lance: Yes, except it's all in my head.

17:41 Beth: Right – so, what would be good is we're going to... So I was talking about cycles, it doesn't mean that what we're going to unpack is a cycle for you – it would be something for you to be curious about and explore and maybe even get feedback from other people. But we are going to unpack it because it is more complex because it is multiple feelings rather than just the one.

17:59 Lance: So a cycle might – one of my cycles that make it difficult for me to be in a relationship with other people or people to be in relationship with me – could be interwoven in this yarn ball, but it's not necessarily this yarn ball.

18:12 Beth: Correct – because you can have things where you didn't eat and you are angry and didn't sleep well the night before and have the flu and you're going to have a response that is not normal. You are going to look for your loop, you're going to look for patterns over time, in different situations with different people. When you start hearing the same thing in multiple – at work, at home – you need start listening to that because likely that is where your loop is. So one situation doesn't

necessarily dictate a loop. So – OK – how did you feel? You read the piece of paper – what did you feel?

18:44 Lance: So – I felt convicted I felt like it was right, because that's what they said – it wasn't what I wanted –

18:58 Beth: ... so, those are all thoughts. Great job. What we are looking for is feelings. So a big tell for you – the big difference between a thought and a feeling, which can be difficult for a lot of people – I really feel like you don't care about me – not actually a feeling even though we're using a feeling word. A good clue is thoughts usually are multiple words, emotions are typically one. Our list did not include multiple words. It is one. So it's usually a good clue to you, if you are putting a sentence together, likely you are doing a thought not a feeling. So how did you feel?

19:32 Lance: So am I supposed to take it off the board?

19:35 Beth: No – I want you to tell me, without looking at the board real quick, because other people may not have a board.

19:40 Lance: I felt like cheating was an answer there – I felt, bad – that's not right –

19:47 Beth: Oh, so let's stop. Why is it people say I feel bad.

19:51 Lance: I felt bad because there was a gap in what was actually going on – to what was actually happening.

20:00 Beth: Right – so bad it's actually is not a feeling. We like to use it in our culture a lot – it is actually a judgment. I neither feel bad nor good – feelings are neutral – and we judge whether – some kind of more words to think about is it felt pleasant or unpleasant. In fact if we look at this list over here, what is really interesting is only two of them out of our 10 are actually pleasant to feel. Unless you really like sadness, some people do. Or if adrenaline and fear is your thing. For the most part only two of those are actually pleasant. The rest are quite unpleasant. Which is a real pushback in the face of our culture says we should feel this all the time. Which there is a little conversation between joy and happiness and all that jazz. But, the other emotions are very present and part of your experience. So something is not wrong with you if you are feeling these. If they dominate your life, and they are overwhelming to your life and they are not helping you be in relationship with God and with other people or they are getting in the way is some of that stuff that's a whole different conversation. But they are neither bad or good, they are neutral. It is what I do with them that makes them bad or good.

21:12 Lance: OK – will let me tell you – this is harder than it looks – OK – I felt shame I would say – I felt shame because the thing I value is my relationship with God and my relationship with my family – and in this situation my daughters – and my whole thought priority value would be that I was disciplining my daughters, but clearly I was missing the mark on that – so I felt shame because I wasn't doing that. How is that?

21:50 Beth: OK – that's a great start.

21:55 Lance: Oh! That was exhausting. And frankly the last thing I want to do is not eat – I want to eat something. But it doesn't seem like a good response at all – stopping eating –

22:01 Beth: Right – sometimes – so we will start here with shame. I am actually going to pull out guilt, because these get mixed up a lot too. Because I heard some things that are mixing these two. So let's talk about, kind of how they are different. Guilt really is I did something bad, so it is more behavior focused. And shame is I am bad. More like I'm doing identity.

22:36 Lance: Well in this situation I feel like – now correct me if I'm wrong – but I feel like shame is more accurate because the reality is I didn't do something – that is the problem – I didn't do something, if I did something I would've been – I wouldn't have had this response.

22:58 Beth: Right – you are experiencing your firecracker chain. We might have something else up here as well. And that is the point, this is maybe where you ended. But it is not where you started and we talked about how knowing where you start is where if I learn how to sit where I have my first emotion that's where my need is and that's where I can start to figure out where I need to go.

23:21 Lance: How in the world – it took me it seemed like an hour and a half – I am sure that is real time – it took me quite a while and I had to cheat off the board to come up with shame and guilt. But you're saying that's not even yet – that's more of an urge.

23:39 Beth: So, these cause urges – the firecracker means you go through the whole thing. Each time. But you do it faster than I can snap.

23:48 Lance: Right, that part I will buy.

23:50 Beth: So, to kind of help us figure out where we are going in sorting out, because I am hearing both language in there. So guilt is when I violate, what sets it off, is when I violate my own values.

24:07 Lance: Now is that for everybody or just this story.

24:11 Beth: Everyone. I did something I know is bad.

24:15 Lance: So, going back to your story with your aunt – it is the aunt called you on something but the reality was, when that happened you realized you had violated your own values.

24:25 Beth: Yeah – so actually guilt was in there, so great identifier – guilt was in there, and then I am a bad person because I did that. Now I'm shifting gears.

24:37 Lance: And this happened like that [Lance snaps his fingers] and we moved on to anger for you.

24:40 Beth: Yeah – and then I was like oops I don't want to feel that. So I know what feels more powerful, this is vulnerable. I don't like to feel shame and embarrassed and vulnerable – that is weak, anger is powerful. We manage that – yeah, it is powerful to the point people feel hurt and abused verbally around you. And so they go like this [Beth gestures recoiling or withdrawing in fear] right? So depending again, it doesn't mean that anger is bad, is not bad or good – it's what I do with it. Because being angry at the right things absolutely can. So, you know, I had situations where that say if

we had child abuse going on – I should get angry. And my anger should want me to step in. How I step in is where it comes into whether I represent Jesus or not. And I clearly wasn't, I wasn't a Christian during that cycle time either – well later I was – but I was a new Christian. So the anger is not bad it's what I do with it. You see sins are behaviors. So what do I do with if I'm feeling envy, what do I do if I'm feeling jealous. Do I go and seek to destroy the other person? Or do I go before the Lord and go this is a desire I have and I put it at Your feet because You give me good things. If You give me good things then You know the desires of my heart – help me to know what to do with this.

25:54 Lance: But, and the more I can start to break these things apart – these firecrackers – if I can get this string stretched a little bit, then I'm not just constantly responding.

26:08 Beth: Right – so, we have kind of stimulus, which is what happened, something happened – my aunt called me out – I missed the bus – whatever it might be. Stimulus and then response. Something happened and then I respond to it. The distance between these two is what we call choice. But, for some of us a reflex right? The choice between putting my hands up for the ball hits my face, if I spend too much time thinking about that I am going to get hit in the face. So my limbic system says – "got you, got you, got you" – you have the same thing emotion wise. And so some of us this is how we experience feelings. It is happening and I am responding instantly. And so part of what we will get into later is how do I stretch this out so that I have more of an opportunity for choice. And sometimes you don't want it. If I am in a room that is on fire, I don't want to be like... gosh – should I be afraid? ... No, I'm going to think about that... As I die of smoke inhalation. And God gave me fear – He gave me these emotions for a reason – and sometimes I will like... Oh I am afraid – this is the adrenaline I need for my body to get me out of the room so I live. So that's why we don't say, bad or good, we say unpleasant or pleasant, because maybe the unpleasant feeling is to motivate you to go where God would like you to go. And that's where shame – we want to say is always bad or whatever – sometimes it's not, being embarrassed by my aunt I should not have been disrespecting my mom. It's not honoring to her, it's not making us feel close to each other – it's not honoring to God and how I treat other people does affect my relationship with God. The hope is that shame doesn't overwhelm me to where I go to my room and eat an entire pizza instead – or go and spend a bunch of money or go and scream and yell at people. But if I actually go... Oooo – I am embarrassed – I feel like I need to make that right. And I respond to that. One I quit feeling embarrassed, and two I am correcting to where God wants me to be. But if I decide – you know the story I think about this is, so shame is when I violate other people's or the community's values –

28:24 Lance: So, this would be like it is a known thing – like a taboo. Everyone knows that this is a value that everybody has. OK.

28:33 Beth: And so, this would – you know like – going up probably in most places in America – going up in a mall and a little old lady in a wheelchair and just slapping her in the face – what's happening? Right? – And everybody around you is going to go whoa... Right? And you see all of their eyes – and that is woaaa – you are feeling this OK? That is shame. Then maybe I feel guilt because why am I slapping a little lady in the face. And there may be context, I don't know... But let's just say. What is interesting, if I violate other people's values, I have to consider this. This is really complicated in the aspect of when you think about our culture that wants us to... because the urge was here was to appease, but I also like to say to conform. Or to hide. So for those of us who have faith, and maybe we don't agree with sweeping wide cultural changes and shifts – maybe you just don't want to talk to me about it. Like I don't agree with that, so, I don't want to talk about it. Or I want to look

like everybody else. Because shame really is about rejection. You are not part of the group. You have violated the group values and now we're putting you out. And so your desire is to be part of the group. Not just because I have the urge, doesn't mean I do it. But it is the urge – it is the people pleasing, if you struggle people pleasing here in the zone. Big time.

30:00 Lance: So, I get conforming especially when you're talking about other people's norms – basically you are being a hypocrite to your – to yourself but no one knows it as long as you're playing game. I understand that. The – it makes it a lot easier when we are talking about you – I do know that – that seems way clearer. So I get this on – well I could get to where I feel guilty and I felt shame – pretty easy, because I care about my relationship with God, and I care – and I know – oh and I care about my relationship with my daughter's. I also know down here in the shame category, that God also cares about discipleship, the church I work for talks about discipleship all the time – and I am not living that out in my home. So I feel guilt and shame. The problem is you go to what my primary thing is. That is... I...

31:10 Beth: It's harder. So this is, we are doing something that is complicated. This is a process that takes time, it is OK to baby step stuff. And even if you're not 100% – give yourself some time. If this is like, oh my gosh this is a complete foreign language – what? I highly recommend you come to my class. Because we will go through all of these and it will kind of help a little bit better and we will have 8 – 9 weeks to unpack stuff. So you have more time. Or you might want to explore some counseling to really start help do this if this is a totally different language for you. So what we're doing is complicated, it's kind of like being at l, m, n, o, p and it is OK to be at a, b, c – and in the same way that you learn how to spell you don't start out with sentences – or complicated words. You start out with the letters. So it's kind of like these are your alphabet for feelings. That you are starting out and so this might be a little complicated, but it will kind of give you an idea of how it works. And so guilt – the urge here is, if I am ready to deal with it – is to repair – if I'm not ready it is to avoid. Like if I hurt my friends feelings and I know I did bad and I'm at the grocery store and I turned down the aisle and I see my friend of my friend doesn't see me – well I'm not ready to say Oooo - I'm sorry I did that. Oops I don't need that aisle. Right? And then again the urge maybe I fight that, turn and go talk to her. But maybe I don't. So these actually have two options, not all of the emotions like anger was to step in. Now it still looks different, to your personality and your culture in place as to what stepping in looks like or what repairing looks like or avoiding. Because avoiding really is could be whatever your pet sin is. Or whatever that type of – it could be eating – it could be pornography – it could be buying – I mean there's all kinds of things. Basically, and all of us are different busyness that can be a huge one for me that I am running away from what I'm feeling, because one of the things that is really hard about feelings is if you don't deal with it it's like a beach ball in water, just because I shove it under the water doesn't mean the beach ball is not there anymore. It's totally there – and eventually my arm will get tired. And that sucker is going to pop up. And the hope is nobody is close enough to me to get nailed in the face. In fact the further I pushed the beach ball down, the more pressure I create for that sucker to boom. And so for people maybe don't express feelings – if they experience moments where they have their meltdown for the year or every few months blowout – they are experiencing this beach ball experience. And the hope is to bring in on the water surface with you and then you can have fun with the ball. And it can be a beautiful opportunity to connect and play with others which is what emotions are for – helping us bond and connect with God and bond and connect with each other. And letting us know what our needs are. And so, in this process you had some guilt and some shame – I wonder if there's something up here, I don't actually know.

34:16 Lance: Well – I struggle with it – I get in your scenario with the loop and the anger – what is the urge – I get that. But with, and maybe that's the breakdown in this particular story is – you know I thought about it, here is your results – and then when I think back about it – is guilt and shame – it is the – I can't come up with anything else – other than – oh this isn't what I was expecting, what are the ramifications of that? And I go right to guilt and shame. I don't have like another one that you think...

34:59 Beth: Yeah – so this could be true. Could be – what would be good is to look at the list – and see are there any other feelings that might fit. And if the answer is no – no it's OK. And thinking about what your first response was – when you are holding the piece of paper you got the feedback what was your first response?

35:26 Lance: Well – shock. Which is not on there – it is not an emotion.

35:37 Beth: It is an emotion – is complicated, we are going to come back to shock later.

35:41 Lance: You do not want to go down there.

35:42 Beth: Yeah – it would kind of be... Anyway, yeah.

35:47 Lance: Well, disgust – I didn't want to think about it I wanted to get away from me – I guess if you disgust yourself, that is guilt though.

36:06 Beth: So good – could be could be – so kind to think about your chain – your firecracker chain – you think that you felt guilt and recognized you violated your own values and and there were disgusted by it, or did you feel disgust.

36:28 Lance: It was guilt – I felt guilt right away.

36:30 Beth: All right – so we will go with it.

36:31 Lance: I linked it – that doesn't match my – I mean I literally had the – that is what I value, this is the feedback I'm getting.

36:38 Beth: I'm not doing what I want.

36:40 Lance: And the repair, avoid thing makes a lot of sense especially when you talk about broad you know more than one person. Everybody has this value it's not just me and so you just – I'll just follow along like a lemming.

36:56 Beth: Right – right – so, it gets complicated – so the idea was to avoid because what you want to do?

37:02 Lance: I wanted to – it felt like such a big rock that I wanted to do what I always do when I am dealing with something I am confused by that I care about is isolate and I just think about it – just think continually about the situation. And a lot of times that doesn't lead to anything. But I just...

37:32 Beth: do you want to do that with people be around people?

37:33 Lance: Never with people. Never with people. Any people. In my hot tub.

37:40 Beth: Do you want to see anybody?

37:41 Lance: No, I certainly do not want to see anybody – I do want to text anybody –

37:45 Beth: Did you want to be near your family? Did you want to go inside and be near them?

37:47 Lance: No,

37:49 Beth: OK – Yes, so – avoid – so this is our clue – so this is kind of like we're playing detective right – so I can use some of these things to kind of go back. So in this case it probably does make sense. So I am recognizing I want to go hide in my hot tub. Time to be curious. What happened that makes you want to go hide in the hot tub?

38:10 Lance: It is because I looked – I violated my own values – but, it seems like – is such a large thing – I cannot repair it at this point. So I am...

38:30 Beth: I can't fix it...

38:30 Lance: I can't fix it. It's too late now.

38:37 Beth: So, I am just broken.

38:41 Lance: Yes.

38:41 Beth: OK – So, we flipped from here down to here – which is honestly, common for a lot of us. So the definition of guilt and shame – like I lied – I am a liar – that's kind of how we start to go in – that identity piece. So, again I want to maybe hide it.

39:04 Lance: OK – so, I got it. So I go to the hot tub, which I get I avoid – I would like to repair it – but it feels like it is too – it's too big a thing for me to repair. I feel like I am stuck and it is all over with. It is – I missed my opportunity – I missed my whatever –

39:34 Beth: What is all over with?

39:35 Lance: My opportunity to disciple my girls – because I have already – I mean you only get so many opportunities you know when they're growing up and in relationships and I didn't realize it and I made a mistake and I just don't – I think it's just too late to change the course at this time. You know it's like a tree that grew up next to another tree, and so I tried to get light – and so now it is bent – and now that other trees gone, but it's like this – and it's not coming back – it is going to stay like this.

40:16 Beth: So – that's a lot of guilt. So,...

40:20 Lance: I have a tree like that behind my house.

40:21 Beth: OK that's why it's... So if you violated your own value – how about down in this space?

40:32 Lance: Well... I let God down too. And talk about other people's values – I let – God down and I know that it's not – that's not just a feeling – that is also, I know that from ahead level – that I did not disciple my kids. And also discipling people around you – especially your kids – is certainly a – something that this church cares about – a ton too. So, everyone around me's values don't match what I – when I have done.

41:11 Beth: So, would the words maybe at the moment, and the time doesn't mean it wouldn't shift – I was not a good Christian.

41:16 Lance: Oh 100%. I am bad – Yeah.

41:21 Beth: And so you want to hide or want to appease and you want to make that better potentially. Right? So, what can happen here is that we have – we have violated other people's values – so we have this shame piece. So there is guilt and shame and kind of like what is really important is we go through this process of what do I do with it. And so it makes me think of what the difference between like Peter and Judas. Right? Judas betrays Jesus – recognizes He didn't raise from the dead like He was supposed to [not sure I'm understanding what Beth said] 41:53 or well not raised from the dead, but He didn't stop and take the throne and him become the kingdom – because he was a zealot [Judas] so you are supposed takeover, it didn't happen and now I am the one that did it. And so he goes and he takes his life. Right? And Peter on the other hand – Jesus foretells him – you are going to deny me three times, which is no bigger disgrace than to deny your Rabbi. And three times and then they make eye contact – what does Peter do with it? He doesn't actually give up hope, he comes back to Jesus and says but You can fix it. And so it is kind of like at this point you are saying, I broke it, it's too late. Is it too late? In God's economy. For your daughters to be disciplined.

42:40 Lance: I – I would say no but if – we know what we're talking about – we're talking about how I felt –

42:49 Beth: Right – but at the time – which is why it's important, it's always a snapshot – when you are doing something like this, it's a snapshot in a moment. If I haven't done this before, one of my favorite things about emotions – the word emotion – is the little word motion – they move. OK, but they are still telling you what you need is, right? So, really if we're coming back to guilt – and the reason why we want to identify the emotion in which one happen first – is my action urge is telling me something. And yours is saying I want to repair. Now it's a whole different conversation about having hope that God can come back and create that opportunity to you. For you to repair. Right? But it's I violated my own values – now I have the opportunity to be curious – what do I want to do about that? Because if I want to guilt to because if I want guilt to move 43:42 I need to address the problem associated with it. So, what could you do?

43:46 Lance: Well, you know it's interesting – I just realized that just by you talking that I – other people's values, and my values is that Christ is the Redeemer. I have quickly made a jump in my head without really thinking about it, and I am telling Christ basically, no, You can't redeem this situation. Or in fact me. Because it is too late. So now I feel guilty and shameful about that. So now it is just I have actually and feeling way worse.

44:27 Beth: So, these feelings move – so that's good to know because you feel bad now. Doesn't mean you will later. So if you can learn to embrace the discomfort, the unpleasantness of these two long enough to wonder what they look like – it is kind of like lights on the dashboard of a car – I can ignore the gas light, or the check engine oil. But there are consequences. I can ignore the guilt I feel about not disciplining my family, so if God lets me know I have a problem – "Beth, you have an anger problem," I can ignore – go – "I'm just going to ignore that crap..." That's fine – that's fine, I'm not going to feel guilty... nope, nope. And then continue to not have friends and to destroy people and then be sad and lonely. Because that is what it reaped – my anger was not righteous – it was not done as God would have it. And I was hurting people, and it was devastating to me. Or I can go... I'm feeling guilty about this, why? And I start to use the tool of curiosity to backtrack. Which is why you want all three columns, because if I don't know what sets it off, I can't identify if it's real or not. Is it true? For those of us who deal with – people pleasing – I feel guilty, my son who is using substances is going to be homeless and on his own and I just feel so guilty. Did you actually do anything wrong? Or is this a choice that your son needs, and in fact stepping in to constantly take away his discomfort – starts from actually maybe turning towards the Lord and having the pain enough to change because you make it comfortable enough for him to not change. So your guilt doesn't fit the facts, it is not helpful, and so I need to not try to repair his problem of where he is going right now.

46:16 Lance: Yeah, because you are actually causing him to avoid the problem.

46:20 Beth: Yeah – you are helping him stay longer in the pain. When he could actually maybe get out of it.

46:24 Lance: So, yes – I would – the answer is I do think that what am I specifically going to do? I don't know right now. But there is a plan – I do believe that God would want to help me do something, and repair that situation I am in. And redeem me, because...

46:50 Beth: Right – and you already see how the level of this is already shifted in the way you are talking. And that is the point.

46:55 Lance: The level meaning ...

46:57 Beth: The intensity level of of the guilt.

46:59 Lance: Also I feel like it is less shame, it is not who I am...

47:04 Beth: Because you know who you are – who are you?

47:05 Lance: I am redeemable.

47:08 Beth: Jesus did what I couldn't.

47:11 Lance: And, but therefore then I work on it – then it is something I did. But it doesn't have to be something I do in the future. That's good.

47:22 Beth: These two are probably the most complicated as far as it really dives in. So you went right for the heavy start. Which is great and really honestly most of us as Christians probably do sit in the cycle quite a bit, you see this in the Garden right? Adam and Eve messed up and they covered up – "what you talking about? – I don't know what you're talking about – I covered up my nakedness." Who told you you were naked? So this is built-in from the first. And so this is part of that, and that's why Jesus said there is no condemnation anymore.

47:57 Lance: That is really good – and I can see the importance of really filling out these three components on – now mine went several – went a different way you know, wasn't as easy as the anger one – but to start thinking about this on your own, I think is positive, at least to be curious, I think that is huge, and... But a lot of time it's going to take a help. It's going to take people that you are in relationship with, Godly people that you know. And potentially taking your class or getting counseling – finding counseling.

48:35 Beth: if I put a four-year-old and just put letters in front of them that will never teach them how to read? They need someone to help them put them together, what does it look like, how do we decipher the emotion. We learn logical things so we may need someone to show us how to put sentences together for emotions. And it is not shameful, that you should've done it sooner – I joke a lot about with my people – about "shoulding" on yourself – the judgment doesn't help you, doesn't move you forward in fact it helps you stay stuck. It does not help you progress. Which I think is a big part of why God doesn't like it. He came in here to remove it because He doesn't want us to be stuck anymore. He wants us.

49:14 Lance: So, next time we will talk about breaking up – these things –

49:20 Beth: Well, we will talk a little bit because this is more about like one of the ways to be curious – one of the other ways to be curious is it is not just my urge that tells me what I'm feeling, another clue is what my body is doing. As I have an actual body sensational response to feelings.

49:36 Lance: OK – and also we are going to ask her about – because I didn't get to it – the difference between jealousy and envy because I'm pretty sure they are the same thing. But we will find out next time on "What is it Like to be in Relationship with Me."