

Episode 2 <https://youtu.be/B6mfoyeQrdA>

00:00 Lance: Welcome back to the second episode of our podcast of "What is it Like to be in Relationship with Me?" And I did the homework from last week and actually I found out what it is like to be in relationship with me and unfortunately I found out it was a little different than what I thought was going to be. So I did the homework and I asked people around me what my values were. I think the thing that was most upsetting or revealing was I really care about my kids and I really care about whether they know the Lord and whether I'm being a good example. However, what they had in my value systems was that – where the Seahawks, it was playing football on video games, and watching football – which I do do a lot of. And also doing jobs around the house – a lot of action, working – but that's all the – in a sense like you said last week, you obsess, or do, or focus on what your values are and that's what they see me doing. So they naturally responded to those are my values.

01:39 Beth: They like... Value... they see you value being productive.

01:45 Lance: Yeah – and also I care about football. Which is not what I – basically my thoughts, my feelings, and my actions didn't line up. And so I felt bad about that.

02:02 Beth: – so that is an interesting part – so that is a great thing to notice. We don't feel bad or good, those are not feelings. Those are judgments about our feelings. And so that is something that is really important as you go through this process when you have your values identified – you are going to have responses to those, and the hope is to be curious and not judgmental about them because they are giving you a clue about something. And so we like to call things that feel uncomfortable as bad – and things that feel good or pleasant as good. And really it's more unpleasant – or not pleasant – and pleasant emotions more than it is good or bad feelings. They're just a neutral response. It's kind of like what I do with those feelings that dictate whether they are good or bad. God doesn't say feel bad about envy – He says don't be envious. So what are you doing with your envy, how are you handling it, what are your behaviors and actions towards your neighbor based on those things. How do I address in handle that.

03:05 Lance: So, you're saying when I say bad I am labeling that but I'm not getting to what the actual emotion is.

03:14 Beth: Right, you are getting to a thought rather than a feeling. One of the big clues you can tell, if you are trying to say how I feel and you're saying a sentence – you are talking about a thought, not a feeling. Feelings are typically one word. They can sometimes be a little bit more, but typically they are one word. And so that is a big clue to you if I am expressing a thought or feeling.

03:38 Lance: So, I would say two words describe an actual emotion.

03:46 Beth: You would use one word.

03:46 Lance: Oh!... I see.

03:47 Beth: So, like sad, mad, ashamed, embarrassed. For example – I feel like he didn't want me today and that nobody was interested. So – that is a thought. That is not a feeling. But I can use the word I feel, but that is not actually an emotion.

04:04 Lance: I get that.

04:06 Beth: Bad and good are judgments about emotions, they are not actually emotion words.

04:11 Lance: What is the importance of – I say bad – what is the importance to go beyond that to – what the actual emotion is and I am feeling – because this... now I'm going to say feeling, but it is a thought... it feels like – it's too heavy I don't want to deal with it, it's cover some, I've got other things I need to do, I don't want to deal with it.

04:38 Beth: Yeah – so, one the emotional response is what is going to happen. So when you have a value – I think I talked about this last time – you have a value honored neglected or violated – you are going to have a response. So your responses can be emotional, physical, mental and spiritual – often all four. Because you are not just one of those – you are all of those things. And so if I am going to just not acknowledge my emotions – just pretend they are not there – then I am missing out on what is happening for me and I am losing control. I lose my self-control and my ability to manage my feelings when I don't acknowledge them the same that if I have an engine on the back of my boat pushing me, but I don't ever look at the engine – then I cannot direct it, and steer it and make the boat ride a real great time, versus ramming into other boats off – or maybe running over somebody. So which we do with our feelings all day long. And so your feelings are the motivator for your actions. So if you have actions you are wanting to change, you've got start to recognize the force behind them – which is your emotions.

05:41 Lance: Even though it might seem like a lot of work, I'm still going down the road, or going in the water like you said...

05:45 Beth: Your boat is moving anyway so do you want to run over people or do you want to have fun and people behind your boat with the tube. So, to think that feelings don't exist is like saying gravity does not exist. You can pretend that, and walk off a building and say it's fine. But it doesn't make it any less reality. You have emotions. You are having emotions all the time. Now there are different degrees, different intensities – and they're not sort of bad – you see I am calm – I am mildly happy – or it might be that I am mildly anxious – it doesn't have to be a level 10 Richter scale emotion to be experienced.

06:22 Lance: But, with the subject of the podcast being "What's it Like being in Relationship with Me." If I am not able to know what emotions I'm actually having, or even label them, then it is going to be very difficult for me to do better in relationships or be a better person. Be the person I want to be and have healthier relationships.

06:49 Beth: Emotions are the connector for relationships. You don't have relationships without feelings. You have coexistence – but it's not relationship. They are not the same.

06:57 Lance: Well, like with your model about there is things that are moving you that you are ignoring, but yet they are factoring on you so heavy – you are saying these emotions are the

connectors, but I have no idea – I could be – you know be like having a stick – swinging it around I could be hitting people and all I'm trying to do is just connect with people and I don't know why that is not working. So it is super important for me to understand what these emotions are – so how does one do that?

07:27 Beth: Right – so being curious is a start – so that's why I mentioned...

07:31 Lance: [interjecting] ... Being curious about my... well – how am I feeling? I said bad I feel bad – where do I go from there?

07:37 Beth: Right... so, there's a couple of different places – it's kind of like playing detective, which could be fun or not. This process starting is difficult – but, one of the first places is a great indicator to what you are feeling is what you want to do. Because your emotions are motivators for action and so when I have a response to something, I have an urge. Now the urge doesn't mean I do it, because my culture taught me not to speak up or it taught me to yell what I want – or whatever. So there are reasons to why you do or don't do it based on experiences and training and maybe God's Word. You can be like anger is bad so don't yell.

08:15 Lance: Social norms cultural norms –

08:15 Beth: Right - all that stuff ties in, but it doesn't mean I have the urge any less. I just may learn how to manage my urges the same that I don't sit down and eat an entire pizza by myself per se, but I have the urge to want to. So, we develop those as we kind of go along. Another way to look at emotions is just like an engine on a boat – it's like lights on a dashboard – and so I can look at the engine or the dashboard of my car and drive and the gas light comes on. I can be curious about that and what does it mean – or I can just keep on driving. Oil light – same thing different side effects happening – different consequences happening if I just act like it's not happening. So it is a signal – so it is neither good nor bad, it's just an awareness – something is going on under the hood. And now I need to be curious about that.

09:04 Lance: OK Beth, it seems complicated to – I mean I think about it for very long and it is just – it feels like quantum physics to me – I don't even know what that means – but going – being a detective, I like the idea that – but it seems complicated. What is an easy case of cause and effect – for emotion, to find an emotion that I'm actually having.

09:32 Beth: OK – so, what we start off with – anger is one that a lot of us can grab – our culture seems to be OK with everybody being angry. That's where we are. So, what comes up that makes you mad?

09:39 Lance: I get mad – you know the traffic in North Idaho is worse than it has been – let's say that. And I am trying to get somewhere in the fast lane and somebody is doing far far below the speed limit. In fact if I talk about it much longer I will get angry.

10:03 Beth: Just great for talking about. 10:06 But for now, what it sounds like is you have a blocked goal. You're trying to get somewhere and somebody is getting in your way.

10:15 Lance: They are physically blocking me.

10:17 Beth: So, you come to my class – we take all the major motions and we do this process with all of them. We don't have time for that, so we're just going to cheat a little and have us do this. So, the blocked goal is tied to a prompting event. So something that set off my emotion, you do not have an emotion without something happening. And that you need to be aware that it happened. I don't get ticked at my friends talking crap on my back – if I don't know they did it. Right so I have to have an awareness of it. So, I have a prompting event.

10:50 Lance: A prompting could be a memory - right?

10:53 Beth: Sure could. It really could be anything and that is unique to you... it probably goes back to some vulnerabilities or the things are pieces of like my history tells to interpret, to know things. I am sensitive to sounds in pieces because of... you know if I was a Vietnam vet – the sound of a missile dropping – I am going to have a different response to a truck backfiring then someone who has never been in war before. So even what I pay attention to changes based on my history. Am I always blamed for everything at home – and so I am very sensitive to people blaming – or I'm very sensitive to things go wrong it's my fault. So we all have kind of default things from experience at a taught us that/personality pieces too. But, so you have a blocked goal, prompting event. OK? What did you want to do?

11:41 Lance: Well... What I usually do is I just sit in my truck and... Let's just say make judgments upon a person's character.

11:51 Beth: And are you hoping that said judgments are going to help them get out of your way?

11:56 Lance: Somehow – I will... yeah, it's not a rational feeling – but yeah somehow I feel like this energy that I am expelling inside my truck is going to generate them moving over. Or being aware of their surroundings.

12:09 Beth: Or the hand motions will help them understand.

12:11 Lance: Yeah – hopefully there's not a lot of hand motions. I have an occupational problem with that – but yes.

12:17 Beth: OK – so the idea here we can neutralize this because this is specific, but the idea is that you want to step in. You would like something to happen. Intervention. My goal – get out of my way – whatever it might be. So, if you came to my class you would have a clue about this that – that is tied to anger. So if you had this cheat sheet that you have this information that we have – you can come back to your chart when you are like – "I want to do this." I want to go yell at somebody, I want to go punch somebody in the face – I want to do whatever and go – oh! This is a form of stepping in now I need to go what do I think is happening? Is a blocked goal happening, is that real is that legitimate? Yep! I am trying to drive – this person is going... Is my response and intensity of my anger makes sense and is it helpful? So these are some curious questions.

13:11 Lance: I think it makes sense, Beth, but it is... You are right it's not helpful.

13:14 Beth: Or, another fun question for us as Christians – does this help us reach the goal of representing Christ as we go.

13:19 Lance: Never.

13:19 Beth: So, well, anger can. Anger can... that's a whole other thing... but, so this is a blocked goal. So this is how I can start, we will get into how we should change it later. But, I could start to go in the car – I am angry. Like if you were actually saying to yourself – I am angry right now. You think you might respond different.

13:40 Lance: You know, I realize you're doing this one because it's simpler, but, I think... Anger I think I could've got there. The... which is interesting... but it's the blocked goal I don't think I would have connected the dots on. And actually a desire that I wanted to happen, which was I wanted them to do something.

14:09 Beth: You need to use all three of these spots to be curious. So what happens is you get this chart with all kinds of emotions – with all 10 emotions – with all these three filled in. And where do you need to start? You might look at your prompting events, to help you see. You might look at what do I want to do? Or you might go – no I go I'm sad.

14:27 Lance: it's not only – you don't always find out what the emotion is by finding out what you – what the response is – sometimes it could work in any order. But the reality is whatever you don't know – it looks like a crossword puzzle – whatever is blocked, you're going to find out more about yourself by finding out one of the three quadrants that you don't know.

14:52 Beth: Right – so, if I want to go OK – I know I am angry, and now I get to ask myself – is it helpful? If it's not helpful, then on another time that I come to visit that we will talk about what we do then. But if I don't know what it is, I can't control it. If I don't know I am feeling sad or feeling shame or feeling guilt I cannot address it.

15:18 Lance: And that goes for everyone of those. So, next time then, we are going to talk about how I felt about basically the homework that I did last time. And the gap in what I saw about myself.