



DEEPER WALK INTERNATIONAL

CORE COURSE 3

EMOTIONAL HEALING





Deeper Walk International
Core Course 3: Emotional Healing



Course Contents

- Session 1 Understanding the Wounded Heart
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Who is Deeper Walk International?

Our Name is Our Mission

Deeper Walk International exists to help people identify and overcome the obstacles to a deeper walk with God.

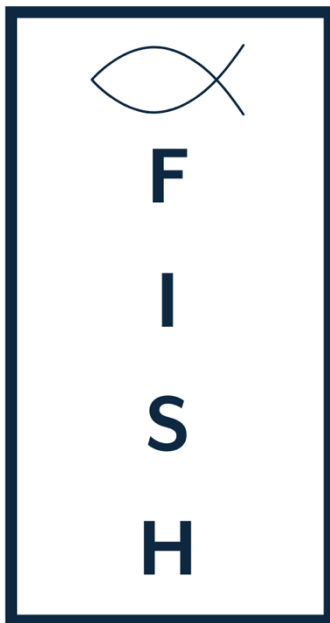
A Unique Model

We call our model **heart-focused discipleship**. Our “secret sauce” brings together brain science, spiritual warfare and inner healing in a biblically-balanced way.

Heart-Focused Discipleship

Many Churches have lost hope that transformational discipleship even exists. We want to share with you our unique and proven model that is helping Christians and churches everywhere experience true, lasting transformation.

We call it “heart-focused discipleship.” It’s biblical, practical, and anchored in the Gospel. The goal is to help you experience freedom and grow in maturity in Christ.



- **Freedom – Spiritual Warfare and Emotional Healing.**
As a child of God, freedom is your birthright! However, freedom is not automatic.
- **Identity – Grace vs. Law.**
Every Christian has a shared identity based on Covenant (what Christ has done for us) and an individual identity based on Creation (who God has uniquely made us to be).
- **Spirit – Scripture and Conversational Prayer.**
Walking in the Spirit will open up a whole new way of living in union with Christ. Learning to hear God’s voice and experience His presence with you in your daily life changes everything!
- **Heart-focused Community – Belonging and Relational Skills.**
No one is called to go it alone. We are created for community that goes beyond the surface to sharing life from the heart.



The gospel is meant to transform us and to propel us outward to the world. FISH leads to Mission, and engaging in Mission will take us deeper in our own journey of transformation.

- **Mission** will take us deeper in our own journey of transformation.



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C3: SESSION 1

UNDERSTANDING THE WOUNDED HEART

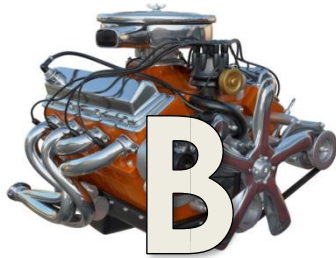




Session 1:

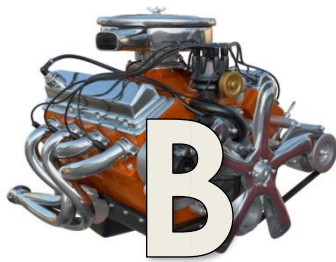
Understanding the Wounded Heart

Three Engines that drive our Emotions



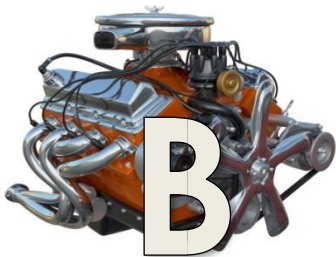
Engine 1: _____

- Lack of sleep
- Poor nutrition
- Illness
- Chemical imbalances
- Genetics



Engine 2: _____

- There are only two kinds of bonds we develop
 - Joy Bonds – happy to see you
 - Fear Bonds – not happy to see you
 - Attachment pain is the deepest pain we experience
 - Desire to bond with someone who won't or can't bond to you.
 - Need to bond with a scary or bad person
- (Alaine Pakkala, *Laura*)



Engine 3: _____

- The Bible places great emphasis on meditation and setting our minds on what is true. (Philippians 4:8; Colossians 3:1-3; Romans 12:2; Psalm 1:1-3; Joshua 1:8, etc.)
- People cannot consistently live inconsistently with what they really believe. (Neil T. Anderson, *Victory Over the Darkness*)
- People may not always practice what they say they believe, but they will always practice what they really believe. (Timothy Warner)
- As the “Father of Lies” Satan is particularly active in using false beliefs to drive our emotions and our behavior.



WLVS – A Common Model for Belief-Based Emotions

World		It is impossible to live in this fallen world without having your heart wounded.
Devil		Every lie has its roots in the work of the Father of Lies.
Flesh		Lack of trust in God leads us to rely on the flesh and try to control our lives by the vows we make.
Results		Strongholds are areas of the mind taken captive by the devil's lies. They keep God's love from filling our hearts.

Wounds

_____ Trauma - Wounds of **Absence** (neglect, omission, ignorance, etc.)

_____ Trauma - Wounds from **Bad Experiences** (emotional, verbal, or sexual abuse)

_____ Trauma - Wounds of **Comparison** or Perception

Lies

- Lies keep us from trusting God. Satan tends to aim specifically at our view of **God** and our view of **ourselves**.
- Lies can take root at the worldview level:
 - Creates a **filter** that cause us to misinterpret life's experiences
 - Creates a set of **values** out of step with the Kingdom
- Lies don't have to be rooted in wounds. They can be rooted in our sinful attitudes.
 - Pride (wounded pride is a common source of deception)
 - Rebellion (the flesh likes to adopt beliefs that justify its rebellion)
 - Covetousness (the flesh likes to adopt beliefs that help it get what it wants)



Vows

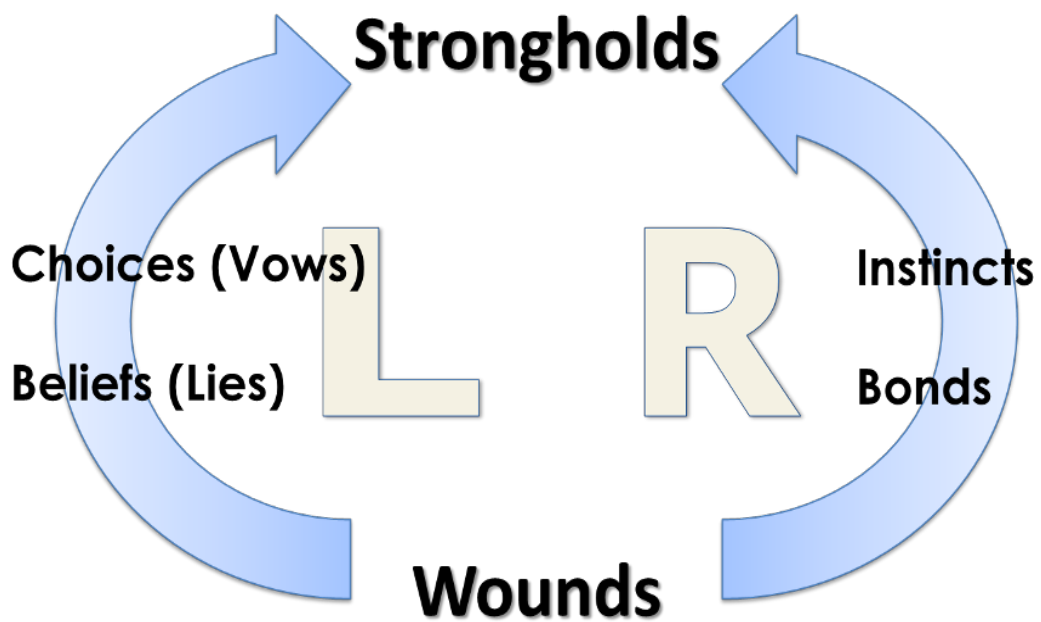
- A vow is an “I will . . .” or an “I will never . . .” statement.
- Vows are a flesh response to the devil’s lies.
- Vows are always rooted in a lack of trust. They reflect a choice to rely on our own understanding rather than trust in the LORD (Proverbs 3:5-6).
- Vows represent an attempt to control our world (The A.I.M. of vows)
 - Avoid _____
 - Increase _____
 - Maximize _____

Strongholds

- Areas in which Satan has gained the right to access and control in our lives.
- Areas in which I am not free to be myself (live with joy and peace).
- Characteristics
 - Constant torment
 - Recurring sin
 - Ingrained sinful attitudes (pride, rebellion, lust, covetousness)
 - Persistent lies
 - Plaguing fears
 - Lack of control over our emotions/behavior
 - Expectations of Defeat
- Central Purpose:
 - To keep God’s love from penetrating our hearts and to keep us from trusting God’s love for us.
- Common Results:
 - Slavery - Control makes demons feel like gods.
 - Fear - Fear is a form of worship.
 - Bad Fruit - Satan wants to ruin our testimony.
 - Fellowship - Satan wants to rob God of relationship with His children.



Right Brain/Left Brain Model



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C3: SESSION 2

ELEMENTS OF EMOTIONAL HEALING-1





Session 2:

Elements of Emotional Healing

Worldview Foundation



Divine – **Listening Prayer** (Spirit)

Angelic – **Spiritual Warfare** (Spirits)

Human – **Discipleship**

- Skills - Right brain Training
- Truth - Left brain Training



Discipleship

Brain Training

Skills – Right-brain training



Right-brain skills have to be taught relationally. They can't be learned out of book. They require relational context and practice.

1. A counselor who has the brain skills already.
 2. A counselor who can identify missing brain skills.
 3. A group where skills can be practiced.
 4. Guidance on practicing these skills during the week.
- Returning to joy from the big six negative emotions
 - Learning to quiet the fight, flight, or freeze response.
 - Developing emotional capacity
 - Developing non-verbal relational skills

Truth – Left-brain training

Left-brain training is about correcting faulty thinking and assumptions. It focuses on identifying and replacing lies with truth. There are some emotions that will not respond to a truth-only approach to emotional healing.

- **General** Truth
 - Knowledge from research
 - Knowledge from experience
- **Biblical** Truth

The Bible repeatedly urges Christians to meditate on truth.

- Scripture (Psalm 1:2; Joshua 1:8)
- "Whatever is good . . ." Philippians 4:8
- "things above" Colossians 3:1-2
- "Be transformed by the renewing of your mind" Romans 12:2

Assign **passages** that reinforce the truths you want them to learn as well as general Bible reading. Bible memory work can be quite valuable.



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Assign books that guide them through studies of important truths:

- Taking Thoughts Captive* (Alaine Pakkala) – a good study on the character of God for people who struggle to see Him as good.
- Victory over the Darkness* (Neil Anderson) – a good introduction to our identity in Christ.
- Warfare Prayers* (new) – a good collection of warfare prayers (many from teachers related to Deeper Walk)
- Toward A Deeper Walk* (Marcus Warner) – the core book of Deeper Walk discipleship themes.

Teach basic Bible study skills: A simple process (*321 Bible Study Method* by Marcus Warner)

- Observation
- Interpretation
- Application



Listening Prayer

Theophostic – stirs up the pain

Immanuel – starts with appreciation/presence

R.E.A.L. – works both ways

The REAL Prayer Process

- **Remember** – What is the memory that Jesus wants to heal?
- **Explore** – What are the verbal and non-verbal elements of that memory that are important to remember?
- **Ask** – What does Jesus want to do to heal this memory?
- **Listen** – Look through the memory and listen for the promptings of the Spirit regarding the truth He wants you to know.

Common Questions

1. Why do some people NOT perceive the presence of Christ?

- Relational brain circuits may be off (in non-relational mode, functioning mostly in the left brain)
- Possible demonic interference
- Person may need a salvation experience
- It may not be God's time.
- They may need to build more joy capacity first.
- It is okay to use a different approach and not force everyone to fit the pattern.
- They may be afraid of God/Jesus and need encouragement to take baby steps of faith toward Him.
- There may be a dissociative block.
 - Early childhood trauma often causes dissociation – a disconnect from the memory or the emotions of the memory.
 - Dissociation can be as elementary as daydreaming or as advanced as dissociative identities (parts with different names and personas than the core person).
 - There will be more teaching on this in the Advanced Course.



2. What do I do after a person perceives Christ's presence?

- Encourage interaction (you may need to take baby steps)
- Encourage them to ask questions.
- Ask Jesus if there is more he wants to do, or if he is done for now
- Ask if there is any other memory he wants to heal
- Be prepared to test for counterfeits
- Listen for truth that can be confirmed with Scripture

3. How do I know if they are making it up?

- Most people have a "shared mind" experience in which the Holy Spirit influences their own thoughts and guides them to what is true. This is the normal experience of the Christian life.
- Our chief concern is that the lessons being learned are true. Can you verify them with Scripture? If the lesson is biblical then at worst the person has had an experience that took the truth from their head to their heart.
- Examine the fruit.
- If Jesus is unhelpful (or worse) it may be a dissociative pretender or a demonic counterfeit.
 - A dissociative pretender is generated by the mind. It is a part of the person playing the role of Jesus. Such a Jesus generally says and does things that are not completely biblical.

You might simply ask, "Is there a part that is trying to help by playing the role of Jesus? Or, is there a part inside whose name is Jesus?"

- A demonic counterfeit is a demon playing the role of Jesus.
 - Legalistic Jesus
 - Signs and Wonders Jesus
 - Catholic Jesus
 - Unhelpful Jesus
 - Cruel Jesus
 - Weird Jesus



4. What do I do if I suspect a counterfeit?

- Bind: It is always best to start with a thorough prayer of binding. You may also need to bind along the way especially if you run into the following:
 - Overt opposition from the enemy
 - Physical interference (sleepiness; migraine headache, glazed eyes, etc.)

- Test: You need to be prepared to test to make sure elements of the experience are not demonically counterfeited.
 - “If this is a demonic counterfeit of the true Christ, I command you to reveal your true identity.”

- Evict: You made need to identify and remove demonic interference before you can proceed.

- Find the real Jesus.
 - Immanuel - led warfare: There are times when a battle still needs to be fought after a person has encountered Christ. If this happens, ask Jesus for His strategy for the battle. If there is no answer, follow the principles you have already learned for such battles.

Follow Up

- Have them share their experience with at least two other people. This seems to cement the experience for them. Without doing this, many people have seen the fruit of their experience fade.

- Forgiveness may still be needed for people involved in the memory.

- Encourage involvement the other essential elements of emotional healing: Bible Study, Joy Bonding, and Skill Building.



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C3: SESSION 3

ELEMENTS OF EMOTIONAL HEALING-2





Elements of Emotional Healing (2)

Warfare

1. _____ Encounters

A truth encounter is Neil Anderson's term for dealing with legal ground without directly confronting a demon (2 Timothy 2:26; 2 Corinthians 10:5).

- Since the devil is the "father of lies" much of spiritual warfare is related to the battle for the mind.
- A stronghold is a mind taken captive to do the devil's will. A truth encounter seeks to break the devil's hold on a person by replacing lies with truth.
- The primary purpose of a stronghold is to keep the love of God from filling our hearts (Ephesians 3:16-19).
- *The Steps to Freedom* is a good tool for this approach to spiritual warfare.

2. _____ Encounters

A power encounter is a confrontation between the power of the kingdom of darkness and the power of the kingdom of Christ.

- Moses and Pharaoh
- Elijah on Mt. Carmel
- Paul and Elymas the Sorcerer

A power encounter in a warfare counseling setting involves a direct confrontation with a demon. (Mark Bubeck, Fred Dickason, and Karl Payne use this approach primarily)

- **Bind:** (Sample) "In the name of Jesus I bind every demon in or around this person and bring you under the authority of Christ. I command that you will not act out or cause harm to anyone here. I cut you off from any outside help. I bind you all together as one and command only the chief spirit present to respond."
- **Challenge:** "If there is a demon causing _____, then in the name of Jesus I command you to make yourself known to this person's mind without acting out in any way). You may ask for a name.
- **Renounce:** Lead the person to discover and renounce whatever legal ground the demons claim to be present.
- **Evict:** "In the name of the Lord Jesus Christ I cancel any permission claimed by these spirits and command them to leave now. They must take their claim to the cross of Christ and go where he sends you."



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3. Taking Thoughts Captive

Recognize and resist tempting thoughts from the enemy.

Don't just fight the thought; confront the adversary.

4. Cleansing Environments

Demons can claim a right to dwell in certain locations.

It is important to cleanse homes, objects, buildings, etc.

Confess: "I confess any sins that may have given legal ground to the adversary."

Cancel: "I ask Jesus to cancel any permission this gave to the enemy."

Command: "In the name of Jesus, I command all wicked spirits to leave now."

Commit: "I commit this place to Jesus Christ and ask him to guard and protect it."

5. Forgiveness

Forgiveness is an important part of the healing journey. Since it is also a primary means of giving the enemy permission to a place in our lives, I include forgiveness as part of spiritual warfare.

There is more to the resolution of resentment than forgiveness. Here are some of the key elements of resentment resolution:

- Forgiveness
- Reprogramming faulty thinking
- Repairing attachment
- Setting positive boundaries
- Expanding emotional capacity (growing the skills necessary to return to joy and remain relational despite negative circumstances and emotions).



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C3: SESSION 4

BRAIN SCIENCE AND CAPACITY





Session 4:

Brain Science and Capacity

Our emotional capacity determines how much hardship we can handle before shut-down or blow-up (Karl Lehman, *Outsmarting Yourself*, Jim Wilder, *Joy Starts Here*).

What is Emotional Capacity?

Joy Bucket – Emotional Capacity

- a. Attachment _____ – we all have attachment lights that are searching for someone who is happy to see us. (This is level one brain function).
- b. Attachment _____ – the deepest pain we feel is the heartache of failed attachment (rejection, abandonment, grief, loneliness, separation)
- c. _____ Bonds – There are only two kinds of bonds: joy bonds and fear bonds. When we do not attach (bond) in joy, we will bond in fear. Fear bonds limit our emotional capacity and create attachment disorders:
 1. Dismissive Attachment – (Human Teflon – nothing sticks, relationally detached)
 2. Distracted Attachment – (Human Superglue – clingy and overtly needy)
 3. Disorganized Attachment – (Borderline and Dissociative Identities)



How do we grow emotional capacity?

Joy Mountain – Working

- a. Growing joy requires the development of skills.
- b. Developing skills requires hard work that stretches our capacity.

Joy Camp – Resting

- a. Growing joy requires rest. You can't just keep pushing all of the time.
- b. Joy camp is comprised of “my people.” I share a common identity with these people. Belonging to the group helps me to know who I am and how it is like me to act.





A Little Brain Science

Cool and Hot

Cool Brains – Like a smooth-running engine, a healthy brain runs cool.

o There are two crucial elements to a cool brain.

1. _____ the relational happiness of knowing someone is happy to see you.

- o We need a “happy to see you” God.
- o We need “happy to see you” people.

2. _____ (*Shalom*) the well-being and sense of security that come from living life in harmony with God’s design.

- Joy is a high-energy experience.
- Peace is a low-energy experience.

Hot Brains – Like engines that run rough, an unhealthy brain runs hot.

o When joy and peace are lacking, personality disorders and addictions usually develop.

o Low emotional capacity has many characteristics. Three of the most common:

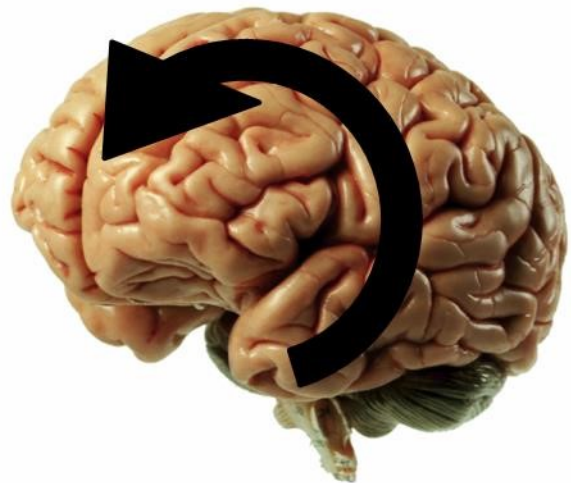
1. **Avoidance** – Avoiding hard tasks, conversations, and people.
2. **Anger** – blowing up or shutting down; easily triggered.
3. **Addiction** – self-stimulation; pseudo-joy.



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Front and Back (Top and Bottom)

- Emotions flow from bottom to top.
 - Our deepest emotions are rooted in the sub-cortical levels of the brain.
 - The top part of the brain wraps around and becomes the front of the brain. Thus, both front/back and top/bottom language can be used to describe brain function.
- Front – Key Concept: _____
 - Right occipital pre-frontal cortex
 - Has capacity to grow for as long as we live.
 - “The Joy Bucket”
- Back – Key Concept: _____
 - Where we go when we get overwhelmed and stop acting like ourselves.
 - Where dissociative parts are located.
- Need to develop pathways back to joy from fear:
 - **V**alidate
 - **C**omfort
 - **R**ecover
- Trauma blocks the development of these pathways.
 - A Trauma – The pathway never develops.
 - B Trauma – Memories block our pathway.
 - Immanuel Prayer is intended to resolve B Trauma.





Right and Left

Left Brain – Verbal

Key Concept: _____

VLE (Verbal Logical Explainer – "Triggered Traumatic Content and Verbal Logical Explainer (VLE) Confabulations," Karl Lehman M.D.)

- The VLE is that part of our soul that tries to make sense out of experiences.
- Sometimes the VLE is basically correct.
- Sometimes the VLE creates “confabulations” – explanations of life’s experiences with no necessary connection to reality. These are usually triggered by “implicit” memories – that is, memories that are crucially, but not consciously connected to the emotions we are experiencing.

Lies

- Lies anchored in past wounds drive many emotions.
- Lies and emotions rooted in past wounds drive self-defeating behavior.

Right Brain – Non-Verbal

Key Concept: _____

Hierarchical Levels - Each level builds on the one below it. If something is wrong in a lower level, it will affect everything above it.

Instinctive Levels - These impulses and reactions are not choices we make. They are instinctive responses to the world around us.



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1. Level 1: _____ (pleasure and pain center) *nucleus accumbens* and deep limbic system

Attachment Center

This nucleus contributes strongly to addictions, sexuality and most importantly, our attachment to those we love. The attachment level is sometimes called the “deep limbic system” and lights up when we want to bond with others. If we do not receive a response in return we feel pained, rejected, unloved, abandoned, jilted, dumped, alone or unwanted. The attachment level probably inspires more songs, stories, movies, relationships and crimes than any other structure.

2. Level 2: _____ (Fight, Flight, Freeze) *amygdala*

The Guard Shack

This level . . . has three opinions: good, bad or scary. These opinions are entirely subjective and permanent once they are formed. This level soon has opinions about chocolate, loud noises, elevators, airplanes, angry faces, dogs and almost all of life.

3. Level 3: _____ (synchronizing with the world around us) *cingulate cortex*

The Banana

Because we can share something of what others experience, we can become human, form relationships, interact predictably, synchronize our internal rhythms with life around us, and understand what it means to be ourselves.

4. Level 4: _____ (right occipital pre-frontal cortex)

The Captain

When trained, the Captain has the capacity to quiet the guard shack, direct our moral choices, be creative, think flexibly and even influence such delicate functions as our immune system. When the Captain is strong enough, and the three floors below him have sufficient capacity, the mind can resist becoming traumatized when things go badly and maintain a strong, positive, and determined identity.

**Excerpts from www.Lifemodel.org “The Brain’s Control Center: Four Levels”*

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C3: SESSION 5

MATURITY





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Session 5:

Maturity

Maturity: to be fully developed for your age (Jim Wilder, Lifemodel.org)

teleios – to be complete, perfect, mature (often used of a plant in full bloom or bearing fruit)

Trauma interrupts maturity development:

- A Trauma leaves holes in our maturity.
- B Trauma stunts maturity and leads to fear.

“Earned maturity is characterized by the joy with which it is expressed. Mature people consider their actions to be a normal part of their identity. Heroes often say, “I just did what anyone else would have done.” Pseudo-maturity develops when people become afraid that, “If I don’t do it nobody will do it.” Often, children develop mature looking behavior but a close look will show that they are taking care of themselves and even their parents out of fear. This is commonly called *codependence* or *enabling*. Mature behavior makes us satisfied with what we have done whether it gets results or not.” (lifemodel.org)



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Stages of Maturity (from the Life Model)			
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		<ul style="list-style-type: none"> ○ Sacrificing ○ Modeling 	<ul style="list-style-type: none"> ● Sacrificing ● Modeling
	<ul style="list-style-type: none"> ○ Identity ○ Justice ○ Significance 	<ul style="list-style-type: none"> ● Identity ● Justice ● Significance 	<ul style="list-style-type: none"> ● Identity ● Justice ● Significance
<ul style="list-style-type: none"> ○ Discernment ○ Discipline 	<ul style="list-style-type: none"> ● Discernment ● Discipline 	<ul style="list-style-type: none"> ● Discernment ● Discipline 	<ul style="list-style-type: none"> ● Discernment ● Discipline
<ul style="list-style-type: none"> ○ Smiles ○ Security ○ Synchronization 	<ul style="list-style-type: none"> ● Smiles ● Security ● Synchronization 	<ul style="list-style-type: none"> ● Smiles ● Security ● Synchronization 	<ul style="list-style-type: none"> ● Smiles ● Security ● Synchronization
<i>Birth-Weaning</i>	<i>Weaning-Puberty</i>	<i>Puberty-First Child</i>	<i>First Child-Empty Nest</i>
Grace: Unconditional Care	Wisdom: Responsibility for One	Identity: Responsibility for two	Family: Meet the needs of others first
			<i>Empty Nest-Death</i>
			Community: Parent outside the family



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Infant Level Maturity (0-3; birth to weaning)

A. Goal: Grace – Learn to Receive Love

B. Skills/Needs:

- **Smiles** - “I am happy to see you! I think you are special just because you are you!”
- **Security** – fed, quieted, changed, bathed, etc.
- **Synchronization** – be able to identify what your needs and ask others to meet those needs

C. Characteristics of a person who lacks infant level skills

- Withdrawn (Avoidant)
- Insecure
- Self-Stimulating
- Emotionally Unstable

Child (4 – 13; weaning to puberty)

A. Goal: Wisdom – Learn to take care of one (yourself)

B. Skills:

- Discernment
 - a. learning to distinguish what satisfies – the good – from what is merely temporarily pleasurable or downright bad for me.
 - b. developing a worldview that leads to life-giving values and behavior
 - A. Learn your own family history
 - B. Learn the big picture of what life is all about
- Discipline
 - a. learning to work for and wait for what satisfies
 - b. learning to accept pain when necessary
- C. developing skills and talent that grow your capacity to deal with life



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C. Characteristics of a person who lacks child-level skills

- Frustrated (inability to meet needs; often passive-aggressive)
- Ruled by comfort (fills life with unproductive activities, despite Godgiven abilities)
- Addicted (to food, drugs, sex, money, power, -- desperate chase for satisfaction)
- Undependable (stuck in failure mode)
- Dysfunctional (unable to disconnect from family lies and dysfunctions)

Adult (13 – birth of first child)

A. Goal: Responsibility – Learn to take care of two people at the same time

B. Skills:

- Group Identity – who are “my” people and how is it like us to act?
- Justice – what is fair in this situation?
- Significance – how can I impact my world?

C. Characteristics of a person who lacks adult-level skills

- Self-centered (frustrates others; consumed with the need to be important)
- Peer-driven (easily led into destructive behavior by peer pressure)
- User (Uses others; controlling, draining, unprotective)
- Role-player (Driven or Passive; plays roles to prove himself to the world; needs results to get approval)



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Parent (Birth of firstborn – Empty nest)

A. Goal: Family – Give life to your children without requiring anything in return

B. Skills:

Sacrificially care for your children without expecting to receive anything in return.

Model and Pass on infant, child, and adult level skills

Elder (Empty Nest – Death)

A. Goal: Care for a community and for those without families of their own

B. Skills:

Shepherding: Sacrificially caring for a community (those outside the family)

Adoptive Parenting: Caring for those without families.

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C3: SESSION 6

DISGUST AND SHAME

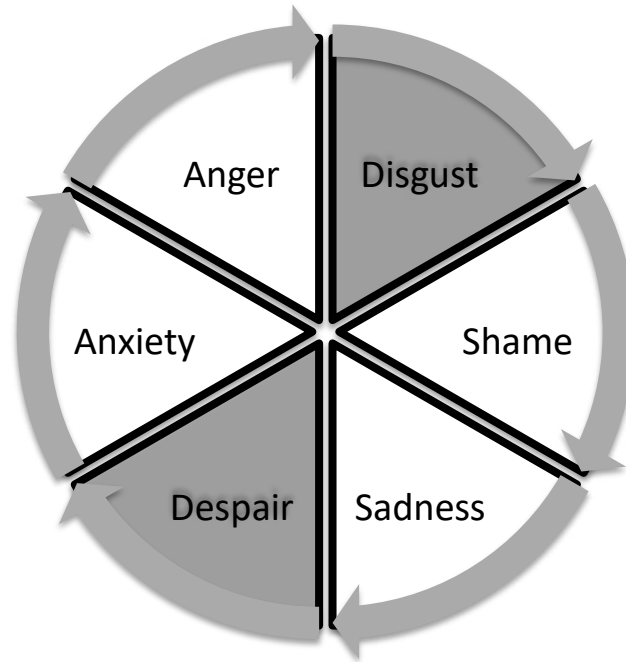




Disgust and Shame

The Big Six Negative Emotions

The big six negative emotions are like a color palette of bad feelings. Every other negative emotion we have is some combination of these six.



Overcoming the Big Six Negative Emotions

The 6 essential elements of emotional healing all play a role in overcoming these emotions.

1. Disgust

- Disgust is the instinctive desire to vomit something distasteful. It is a mechanism designed to prevent us from ingesting poisons.
- Disgust can be driven by a warped worldview – we can train ourselves to be disgusted by things that are not disgusting.
- Disgust can be managed as we learn to “hate sin” and “love the sinner.”



2. Shame

Shame and “The Scarlet Letter”

Definition of Shame:

Shame is a form of self-disgust. It can be defined as the feeling that you are bad or worthless.

Guilt relates to specific deeds and attitudes. Shame relates to identity and the nature of who we are. Shame is often rooted in the belief that others are not happy to see you or that they would not be happy to see you if they knew the “real” you.

Shame attacks your identity:

- a. **I am disgusting.** I deserve to be rejected and abandoned. I deserve to be punished.
- b. **I am a slut.** I am driven by sexual desire, and it is inevitable that I will act on those desires and live out my true nature.
- c. **I am a monster.** I am driven by great evil and have great capacity to do evil. Sooner or later my true nature will become known.
- d. **I am a failure.** I am defined by my mistakes, losses, and foolish choices.
- e. **I am inadequate.** I do not have what it takes to be what I am supposed to be.

Narcissism and Shame

Narcissists are masters at avoiding shame themselves and imposing shame on others.

“Shame takes us to the heart of human nature. Why? Because shame strikes at our essential identity. No other emotion cuts so deep into our experience of self that it can undermine our very worth as human beings. Shame is about who we are, deep down, our basic strivings and most fundamental conflicts.” (Michael Nichols, *No Place to Hide: Facing Shame So We Can Find Self-Respect* [NY: Prometheus, 1995] p. 112)



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Overcoming Shame

- 1) Listening Prayer
- 2) Warfare
 - o Spirits of Shame
 - o Forgiving yourself
 - o Rejecting Lies

LIES		TRUTH

- 3) Skills

The 19 brain skills:

Validation and curiosity are important skills in dealing with people who inflict shame.

Situation: Person shows us and says, "You're the sixth a-hole this woman (his wife or girlfriend) has dragged me to see already. This is just a waste of time and money."

Validation: "I can tell you don't want to be here and that you think this is a waste of time."

Curiosity: "I wonder do you often talk to other people the way you just talked to me?"

The goal is to make the relationship bigger than the problem and thus to help the person grow skills they did not have before.

- 4) Truth

- Grace
- Identity in Christ

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C3: SESSION 7

SADNESS AND DESPAIR





Sadness and Despair

Sadness

- Sadness is related to loss.
- We are generally trained in how to acquire things in life, not how to lose them.
- You don't need to go through Kubler-Ross five stages of facing death (denial, anger, bargaining, despair, resignation).
- Typical (not necessarily good) advice for grievers – John James and Russell Friedman, *The Grief Recovery Handbook* (NY: Harper, Perennial, 1998) p. 35.
 1. Don't feel bad.
 2. Replace the loss.
 3. Grieve alone.
 4. Just give it time.
 5. Be strong for others.
 6. Keep busy.
 7. Don't be mad at God.
- Healing is about “completing unfinished emotions” regarding the relationship that was lost.

Four Elements of Emotional Healing related to Sadness:

- Listening Prayer – Meet Immanuel in the memories.
- Warfare – Identify and renounce the lies; resist and, if necessary, remove the enemy.
- Truth – Promises.
- Skills– Develop a growth plan and, if possible, join a group (one that values being transparent, safe, and confidential).



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Despair

Despair is a feeling of hopelessness.

Depression is the most commonly diagnosed mental disorder in America.

- Approximately 10 million people are currently suffering from depression in the US.
- 33% of women are depressed (about 15% of men) 41% are too embarrassed to seek help.
- Young people (18-34) are more likely to become depressed than any other age group.
- Separated and divorced people get depressed more often than married or single people.
- 80% of depressed people are not currently receiving professional treatment.

The Roots of Depression

Depression, in general, is caused by the sense of being _____ in a state of overwhelmed emotional capacity.

1. Physical
 - Chemical imbalances
 - Lack of sleep, etc.
2. Spiritual
 - Strongholds
3. Mental
 - Beliefs about God, self, life
4. Social
 - Rejection
 - Grief
 - Stress

The Resolution of Depression

1. Listening Prayer
Resolve memories that fuel feelings of hopelessness.
2. Warfare
Tear down strongholds.
3. Truth
Identify and replace lies that fuel depression.



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4. Skills

Be relational. Counselors need to remain relational with people in their hopelessness. Don't try to interject hope and keep them from feeling the depth of their despair. They need to know that they can feel as hopeless with you as they do when they are alone and that you will still be happy to see them.

Other tips:

- a. Change diet, exercise, and sleep patterns.
 - i. Consult a doctor about medication.
 - ii. Consult a nutritionist about supplements.
- b. Engage in meaningful activity.
- c. Adopt a dog.

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C3: SESSION 8

ANXIETY AND ANGER





Session 8:

Anxiety and Anger

Anxiety

Anxiety Spectrum

Mild Concern

Serious Worry

Dread

Absolute Panic

Terror

“In sum, a small dose of fear keeps us alert and alive, but an overdose can leave us perpetually tense, emotionally closed, and paralyzed to the point of inaction. If we could take a pill to banish fear, or if we could have a small part of our brain removed so that we would never feel afraid, it would be a serious mistake. Our goal should not be the total absence of fear, but the mastery of fear, being the master of our emotions rather than their slave.”

- Harold Kushner, *Conquering Fear: Living boldly in an uncertain world* (NY: Alfred Knopf, 2009) p. 11

Is fear a sin?

“Do not be afraid” is not so much a command as an encouragement. God is not trying to add to our burdens the crushing expectation of never feeling fear. He is offering hope that our fears are not the end of the story.

Six recognized anxiety disorders:

Robert Leahy, *Anxiety Free: Unravel your fears before they unravel you* (Carlsbad, CA: Hay House, 2009)

1. Specific phobia – “that’s dangerous!”
2. Panic disorder – “I’m losing control!”
3. Obsessive-Compulsive Disorder (OCD) – “It’s never enough!”
4. Generalized Anxiety Disorder (GAD) – “Yeah, but what if . . .?”
5. Social Anxiety Disorder (SAD) – “I’m so embarrassed!”
6. Post-Traumatic Stress Disorder (PTSD) – “It’s happening again!”



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Overcoming Anxiety

Using the five essential elements of emotional healing

a. Listening Prayer

- Remember moments of *shalom* in the past.
- Express gratitude to God for those moments.
- Ask Jesus if there is a memory he wants to heal. Go through the REAL prayer process.

b. Warfare

- Tear down strongholds.
 1. Are there spirits of fear present?
 2. If so, what permission do they claim?
 3. Remove the permission and command them to leave.
- Take thoughts captive.
 1. Are there patterns of thinking beneath my anxiety?
 2. If so, write out the false beliefs and common thoughts.
 3. Renounce these and cancel the ground they give the enemy.
 4. Ask God to show you the truth that replaces these thoughts.
 5. Spend time doing studies that reinforce these new thoughts.
- Pray aggressively.
 1. Recognize anxious thoughts as attacks from the enemy.
 2. Resist the enemy. Don't just battle the individual thoughts. Command the enemy presence to leave and take the thoughts with them.

c. Truth

- God's character: He is good and loving and can be trusted.
- God's promises: He is our deliverer and our provider.
- Lessons from people who overcame fear: Noah, Job, Daniel, Joseph, et al.
- Specific passages about fear and faith.

d. Skills

Counselors need to increase their own capacity to return to joy from fear. They will need to be able to remain relational with people in their fear. A common mistake counselors make is not allowing a person to feel as much fear in their office as they do in private.

Other Tips: This is where anger management and conflict resolution skills can be very helpful.



Anger

“Poor anger management destroys relationships, makes us lose our jobs and our families, keeps people we might want to get to know better at arm’s length, and in the very worst of all cases, results in behavior that injures or kills other human beings.”

-Peter Favaro, *Anger Management: 6 Critical Steps to a Calmer Life* (Franklin Lakes, NJ: New Page Books, 2006) p. 11.

The Anger Spectrum

Annoyance

Aggravation

Murderous Rage

Anger is a self-protective response to a threat (real or imagined) or some type of unpleasantness. Infants generally feel anger within a few hours of being born.

Overcoming Anger

1. How to overcome moments of temptation:

- S. Slow Down (Count to 10!).
- T. Take a Deep Breath (It slows down your adrenaline).
- O. Overcome your Real Opponent (Recognize the attack).
- P. Pray for the Spirit’s Guidance (Spirit led living!).

2. How to become a less angry person:

Anger resolution is primarily about emptying the powder keg.

- o Listening Prayer:
 - Remember memories that may be feeding the fear.
 - Explore those memories.
 - Ask Jesus to meet you in those memories.
 - Listen: interact with the presence of Jesus in your memory.
- o Warfare:
 - Tearing down strongholds, taking thoughts captive, praying offensively.
 - Forgiveness – **A**dmit, **B**e Honest, **C**hoose.



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- Truth:
 - Character of God.
 - Grace.

- Skills:

Returning to joy from anger can only be learned from someone who has the skill. It can't simply be taught with words.

However, words do help us locate others who have the skill. Consider who you would want to have present if you had to deal with angry people and who you would not want to have present. Consider who you would talk to when you feel angry. Best of all, is there anyone who gets angry and still treats others in such kindly ways that you would love to record them and play the recording for others to watch? There is someone with the return to joy skill for anger. Telling such a person our anger stories and asking what they might do if they were in our place is a good way to learn.

-Wilder, "Ten Essentials of Therapy"



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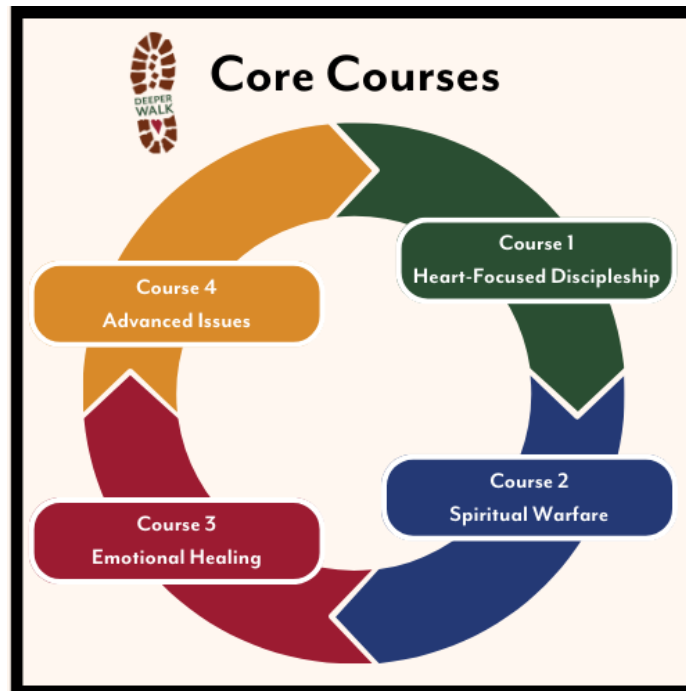


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-Next Steps-

- **S**et an appointment to go through the Steps to Freedom.
- **T**ake a dive into some of our other Heart-Focused Discipleship resources! *
- **E**ngage with others in-person and online who have had this training for your mutual encouragement.
- **P**romote this training in your sphere of influence.
- **S**upport Deeper Walk with your prayers and finances.

-Deeper Walk Core Courses-



*see more info on next page



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Deeper Walk Resources

Available at DeeperWalkInternational.org

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- **Learning Library BASIC** - Deeper Walk offers FREE access to our Basic Streaming Service with every Deeper Walk online account.
- **Core Course 1 – Heart-Focused Discipleship** - get unstuck & moving on your walk with God by learning the foundations of Heart-Focused Discipleship.
- **Understanding the Wounded Heart- eCourse** - Dr. Marcus Warner distills what he has learned in over three decades of ministry to wounded people. The result is a simple, transferable model that any believer can use for bringing healing to wounded hearts.
- **Resilience Conference** - Learn how to expand your emotional capacity and deepen your attachment to God, increasing your ability to not simply survive, but thrive – no matter what comes your way. (Dr. Marcus Warner & John Eldredge)
- **Spiritual Warfare Conference** - learn a biblically balanced approach to spiritual warfare ministry from battle-tested experts.
- **Deeper Walk Podcast** - Subscribe to “On The Trail” – With father/daughter duo, Marcus & Stephanie Warner.
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