




# Week 6

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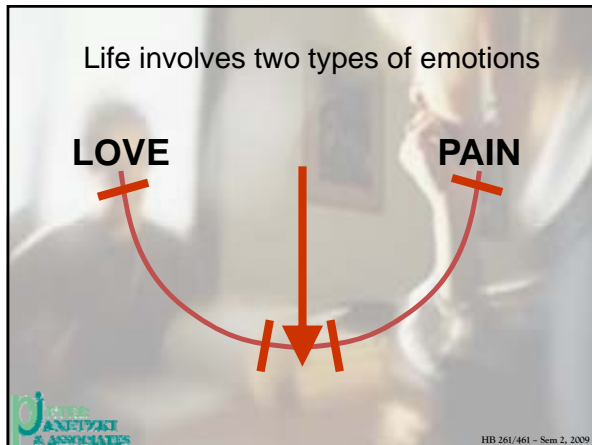
## **Understanding Emotions**

### **E MOTIONS**

- Emotions are experienced within our bodies - therefore listen with both eyes and ears
- Pendulum
- John 11 Jesus & Lazarus
- Gethsemane
- Use a Vocabulary of Feelings to express a RANGE and INTENSITY
- 'I feel that' is not an emotion it is a cognition


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Life involves two types of emotions

**LOVE**                      **PAIN**



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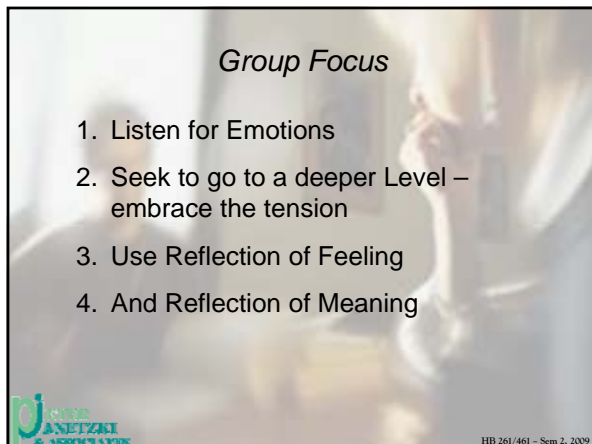
## **Working with Emotions**

### **Emotions Require Movement**

- 1. Identify**
- 2. Own**
- 3. Feel / Experience**
- 4. Express/Release**
- 5. Resolve**

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### **Group Focus**

- 1. Listen for Emotions**
- 2. Seek to go to a deeper Level – embrace the tension**
- 3. Use Reflection of Feeling**
- 4. And Reflection of Meaning**

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