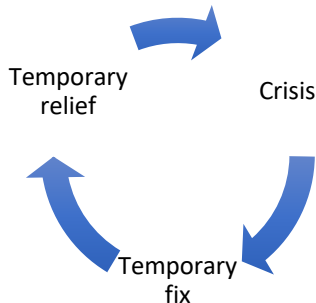


Lesson 3 Emotional Roller Coaster

Crisis– Temporary fix – Temporary Relief – Crisis...



Stop this roller coaster and let me off.

Introduction

- An emotional roller coaster is exhausting. There is never any real resolution.
- Any quick fix leads to another problem or a different crisis.
- Avoiding the hard work of recovery is usually only a temporary fix or temporary relief.
- Running is impulsive and only stops the anxiety for a moment.
- Lasting resolutions come from stepping out of dysfunctional, exaggerated, and immature emotions and building lasting character changes through intentionally training your emotions and taking control of your life.

Lesson: Recognize your Addictive Thinking Traps

Addictive Thinking Traps that make us powerless over anxiety

Mark the ones that apply to you.

Addictive Thinking Traps	
1) Rationalizing	
2) Reasoning	
3) Obsessing over a person or situation	
4) Self- Pity	
5) Brooding and moody	
6) Angry or bitter	
7) Fearful or anxious	
8) Sulking and embracing melancholy	
9) No joy in the present moment	
10) Having to know future outcomes before moving forward.	

11) Fairytale perfectionist daydreaming	
12) Pornography, lustful thinking	

Exercise: Anxiety is a **STOP sign** to slow down and process life. What are your addictive thinking trap?

Application: *Anxiety can be as simple as undisciplined thinking.* Mental replay or obsessing over negativity or drama that you cannot control causes a rut in your brain and forms a habit. It leeches chemicals in your body that become addictive and you are incapable of stopping the constant replay. This could make anyone imbalanced or push them to substance use to stop the suffering. We are going to learn a four-step process to correct our thinking.

Principle #1: Sowing and Reaping.

Do not be deceived: God cannot be mocked. A man reaps what he sows. The one who sows to please his sinful nature, from that nature will reap destruction: the one who sows to please the Spirit, from the Spirit will reap eternal life. Galatians 6:7-8

Are you planting good or bad thoughts? What are you reaping?

Principle #2: What you give others, you receive.

Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38

What's in your cup? You cannot pour goodness from a broken vessel.

Principle #3: Serve

Now that I, your Lord, and Teacher, have washed your feet, you also should wash one another's feet. I have set you an example that you should do as I have done for you. John 13:14-15

Who could you selflessly serve today without any expectation of return?

Principle #4: Develop Character

To this you were called, because Christ suffered for you, leaving you an example, that you should follow in his steps. 1 Peter 2:21 **Choose a character trait to work on today.**

- Strong character needs to be chosen, practiced, and developed.
- Character will direct your thinking and stabilize your actions and reactions.
- Christ like character of humility, truthfulness, loyalty, kindness, courage, obedience, respect, compassion, generosity, contentment, flexibility, orderliness, attentiveness, steadfast, gratefulness, enthusiasm, endurance, determination, and dependability.

Conclusion: Mentally practice recognizing an addictive thought pattern. It is easier to stop it if you reject the thought within 3-5 seconds. Recognize your thought patterns and practice working through the four steps. What am I sowing? What am I giving? Who am I serving? What character skill do I need to develop?

**The Lord is my Rock, and my fortress and my deliverer; my God,
my strength, in whom I trust... Psalm18:2**