

The Voice of the Heart

A Companion Study

Chip Dodd, PhD



Chip Dodd, PhD
Consulting • Mentoring • Counseling

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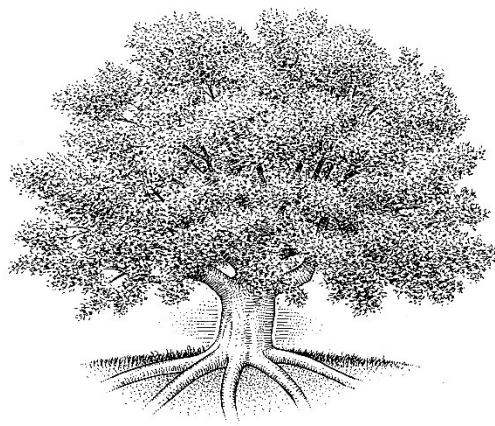
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Chip Dodd, PhD



The Voice of the Heart

A Companion Study

I'm glad you have decided to read *The Voice of the Heart*. I wrote this book with the goal of helping people see who they are made to be, so they can do what they are made to do. In order to be able to do this, we must be able to identify what is going on in our hearts. In this book, *The Voice of the Heart*, we will explore what it means to live a full life. It focuses on the eight basic feelings that we experience as we pursue a full life.

This companion study was written to bring clarity and understanding. It reinforces the content of the book, but it is not designed to challenge you; it is designed to help you.

May you be blessed and be a blessing,

Chip



Reflection and Application Questions

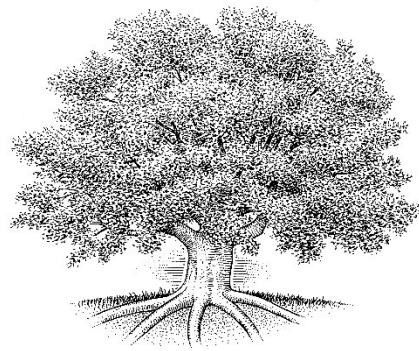


Personal Questions

Find more downloadable resources for *The Voice of the Heart* at chipdodd.com

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Chapter 1

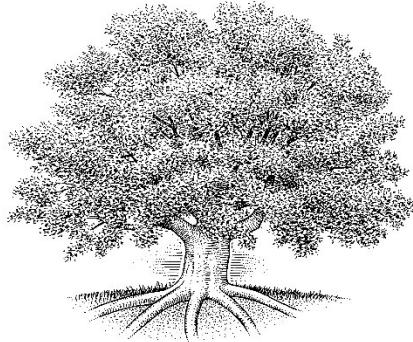
The Spiritual Root System

1. God made you and me as _____ and _____; created to _____ in relationship with _____, _____, and _____.
(Spiritual – inborn need to be connected to God).
2. As image bearers of God, we are actually _____ in our hearts with a hunger to _____.
3. In order to live fully, I need to be fed _____ and _____ by relationships.
4. When a baby is born, he/she reaches out for connection. Make a list of examples of how babies “reach out.”

5. If we are taught to deny our emotional and spiritual makeup, we leave behind the truth of how we are made. We end up living lives of _____. We try to convince our hearts to accept the false reality of not hoping for much.
6. We defend against knowing ourselves and letting others know us, making ourselves _____.

7. However, if you risk acknowledging and understanding the substance of your heart, you begin to see your life _____ and grow, and become full.

8. The tree in the diagram below represents life lived fully out of a maturing heart. Below the surface of the healthy tree are the roots which represent the structure and substance of the heart. Label the five roots.



9. Living fully, means more than happiness, comfort, or thrills. You have the capacity to experience _____, yet you are equally capable of _____ while _____. Full life means you can _____ things in the midst of _____.

10. What happens when your heart is not given emotional and spiritual nourishment?



11. Throughout life, we all experience deep emotional and spiritual wounds, often from the people we trust the most. Because of our love and need for these caregivers, we become capable (for survival's sake) of _____ our hearts and _____ our wounds.

12. When this happens, we quit drinking through our roots from the waters of emotional and spiritual life. We quit trusting the heart's thirst to be _____, _____, _____, and _____.

13. When we stop being vulnerable to growth, we resign our hearts to block or reject all intrusions of relationship because of the fear that

1. _____

2. _____

14. However we receive these woundings, if we do not address them on an emotional and spiritual level by admitting and surrendering to how our hearts are made, they will never _____.
15. When we are living a life that is impaired, we work to hide our hearts. Give three examples of how impaired people hide their hearts.
1. _____
 2. _____
 3. _____
 4. _____
16. We become _____ at practicing hopelessness.
17. To protect ourselves from hopelessness, we pretend things don't _____.
18. We practice hopelessness by not taking chances with our hearts. To keep our hearts' legitimate hungers silenced or squashed, we feed on _____.
19. What are 5 ways we seek fulfillment in counterfeit ways.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
20. Match each of the five roots to its definition.
- | | |
|------------------|--|
| ____ 1. Feelings | a. essential things that we have to have fulfilled to survive and thrive as human beings |
| ____ 2. Needs | b. hearts' deep emotional and spiritual craving for justice, rest, peace, safety, home |
| ____ 3. Desire | c. the inextinguishable flame that illuminates our hunger for relationship |
| ____ 4. Longings | d. hunger that moves you toward fulfillment and expression |
| ____ 5. Hope | e. primary to our human experience and awakens us to our hearts; the voice of the heart |

21. Many of us were raised in ways that taught us to _____, _____, or _____ our hearts, and we ended up as adults who don't know how to use our feelings in order to live fully.
22. In an attempt to prevent new woundings, we learn to defend with _____.
23. While these methods work, they also keep _____ from healing.
24. Survival methods work because they hide our hearts from relationship with:
- Ourselves because _____
 - Others because _____
 - God because _____
25. Survivors are people who grow up numbing or rejecting their feelings. What are some common behaviors of survivors?
- _____
- _____
26. When survivors have the opportunity to grieve, resolve, accept, or heal these wounds, they become:
1. _____
 2. _____
 3. _____
- _____
4. _____
- _____
27. Survivors find ways to distract themselves from the cry of their life-seeking hearts. List three distractions used by survivors.
1. _____
 2. _____
 3. _____

28. Tragically, survivors secretly believe that they lack inherent worth. They believe worth comes from _____, _____, and the _____.
29. Self-esteem is something we manufacture in order to create a _____ or _____; it is an effort to avoid facing our low sense of worth.
30. Self-esteem rises and falls based on our last performance. Sadly, we forget that our value is inherent at _____.
31. What are some ways that you have tried to build self-esteem or make yourself worthy?
♥

32. We are people with heart pains and heart problems which require heart solutions. However, we attempt to solve heart problems with _____, _____, and _____.
33. We are taught to believe that if we can get _____, _____, or _____ then our heart pains and problems will cease.
34. This teaching of self-sufficiency only increases our frustration because it tells us to work harder to gain greater control, when we really need to be asking _____.
35. How do we start to nourish the roots that give us full life?
First, _____
Second, _____
Third, _____
36. In what ways will you commit to begin nourishing your own roots?
♥

37. “For you created my inmost being; you knit me together in my mother’s womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know them full well.”

Psalm 139: 13-14 NIV

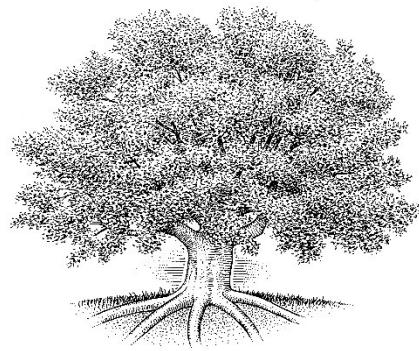
How do you feel knowing that God knit your inmost being together in your mother’s womb? What does that awareness bring you? _____

A Note from Chip

I’m so glad that you’re reading *The Voice of the Heart* and doing this study. I understand that the concepts are complicated at first, but let me encourage you to continue to read the chapters and complete the companion study. This will help you understand and absorb the concepts more deeply. You will find that your understanding will lead you to a richer grasp of how you are made and who you are made to be.

To gain the most from this book, let me encourage you to consider using the following questions to guide you as you begin to explore your heart and identify your feelings.

- Am I aware of my feelings, needs, desire, longings, and hopes?
- Am I aware of the ways I protect my heart from feeling?
- Do I allow myself to be known, seen, fed, and expanded?
- Do I block my heart from feeling?
- Do I pretend that things do not matter that actually do?
- Do I seek fulfillment in counterfeit ways?
- Do I slip into “survivor” mode when it is not necessary?
- Do I do anything in an effort to distract myself from the cry of my heart?
- Do I reject my inherent worth by trying to build myself up?
- Do I nourish my roots?
- Do I tell the truth about my heart to anyone?
- Do I live out my rediscovered freedom by:
 - Growing and stretching myself?
 - Recognizing my innate craving for full life knowing I cannot control it?
 - Letting go of control?



Chapter 2

The Eight Feelings

1. You and I only have 8 core feelings that we cannot live a full life without. What are the 8 core feelings?

1. _____ 5. _____
2. _____ 6. _____
3. _____ 7. _____
4. _____ 8. _____

2. The Eight Feelings are the _____.

3. You and I are born _____ and _____ them.

4. There are many conditions of the heart. While these conditions have feeling in them, they aren't the core feelings themselves. Look at the CONDITIONS OF THE HEART list at the back of the book. List 10 conditions that you regularly experience.

1. _____ 6. _____
2. _____ 7. _____
3. _____ 8. _____
4. _____ 9. _____
5. _____ 10. _____

5. When you begin to recognize and listen to your heart again, it will recognize you and _____ you back to the place where you can start to live life in _____.
6. This new openness will lead you to a fuller and richer life through _____.
7. _____ exposes neediness, and neediness can lead to seeking and knowing others and God.
8. Unless we are able to experience and express The Eight Feelings in their pure forms, we cannot truly express _____.

9. When we don't speak our feelings to ourselves, others, and God, the expression that occurs is _____.
10. However, when we express our hearts truthfully, the 8 feelings help us live fully. The purpose of each feeling is to lead us to its many benefits. Complete the following sentences.
- Hurt leads to _____
- Loneliness moves _____
- Sadness expresses _____
- Anger _____
- Fear awakens _____
- Shame _____
- Guilt brings _____
- Gladness proves _____
11. All 8 feelings are good. Each feeling is given to us so that we may _____.
12. Feelings ARE the voice of the heart, and you will not have fullness until you're adept at _____.

13. Sometimes, in order to protect ourselves from emotional pain, we try to control the feelings of people we love. Name three ways that you try to prevent or manipulate others from feeling hurt, sadness, loneliness, fear, anger, shame, guilt, or even gladness?

1. _____
2. _____
3. _____

14. “Watch over your heart with all diligence, for from it flow the springs of life.”

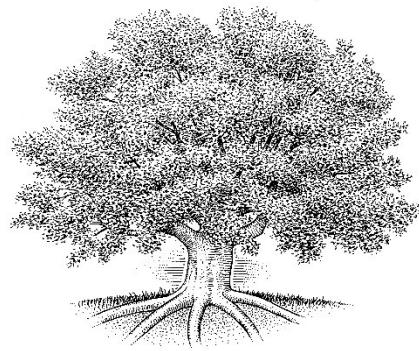
Proverbs 4: 23 NASB

How are feelings part of the springs of life?

Personal Application

- _____ Begin to identify the feelings you’re experiencing. Ask yourself what you’re feeling at different times of the day.
- _____ Remind yourself that you were created as an emotional and spiritual person, and it’s okay for you to feel your feelings.
- _____ Be willing to pray and listen to your heart and tell God what is happening in your heart.
- _____ Find someone with whom you can share your heart. It doesn’t have to be a friend or peer. It can be a person who you know lives from their heart. Pray for God to show you who that person is. Consider the following questions as you choose who you will share with.
- Is this person safe?
 - Is this person in touch with their own feelings? (It would be so good if this person has read “The Voice of the Heart”).
 - Is this person someone who I can depend on?
 - Will this person judge me?
 - Will this person try to “fix” me?
 - Will this person help me feel my feelings, tell the truth, and surrender it to God?

Download a full-page chart of the 8 Feelings and wallet-sized cards of the 8 Feelings at chipdodd.com



Chapter 3

Hurt

1. Hurt is the feeling that lets us know we have _____.

2. Hurt is the common thread that runs through all _____ and _____ experiences.

3. Match the cries of the heart to what they move you towards.

<input type="checkbox"/> 1. Loneliness <input type="checkbox"/> 2. Sadness <input type="checkbox"/> 3. Fear <input type="checkbox"/> 4. Anger <input type="checkbox"/> 5. Guilt <input type="checkbox"/> 6. Shame <input type="checkbox"/> 7. Gladness	<ul style="list-style-type: none">a. helps you see the condition of the world and find wisdom in spite of the heartaches.b. allows you to find joy in the midst of life's transience.c. propels you to reach out for deeper relationship.d. allows you to honor your losses with tears.e. helps you know your place.f. propels you to pursue your passion.g. lets you seek reconciliation.
--	--

4. What are some of the ways wounded people attempt to mend their hurt hearts? How do these attempts work against us?

5. What is the difference between harm and hurt?

6. In the admission of hurt, you also express your wish for _____.
7. When we tell the truth about our hurt, others can help us _____.
Healing sets us free from
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
8. The impaired form of hurt is resentment. Resentment is a way to avoid having to feel hurt. It is a person's attempt to get someone else to feel their hurt for them. Have you ever felt resentment? _____ What was the hurt you were avoiding feeling? _____

9. Avoiding hurt renders us numb and, therefore, numbs the heart and its hunger for healing and life which comes through _____.
10. Resentment is the product of _____

11. When hurt is denied, minimized, or projected onto another, it becomes _____.
12. Healing comes through relationship of the heart. _____ denies the heart.
13. If we have resentment, what 3 things must we do to find healing and have full life?
 1. _____
 2. _____
 3. _____
14. In order to have full life, we need to listen to our hurt and acknowledge our need for _____.

15. Vulnerability to hurt initiates a balm for your pain. Willingness to surrender to pain begins healing. In _____ and _____, you find healing. (Make sure you reach out to those who know the experience of hurt and healing themselves, and not those who are in denial that they have experienced hurt.)

16. When you take part in relational hurting and healing with God and others, you find that _____ leads to the truth of _____.

17. Summarize the process for healing hurt. _____



18. Have you ever had an experience when admitting your hurt that lead to healing? If so, what happened? If not, what do you believe would happen if you were to do this?

19. How have your past hurts affected your ability to know others and let others know the real you?

20. List 3 painful/hurtful experiences of your past.



1. _____
2. _____
3. _____

21. Who has hurt you most deeply? _____



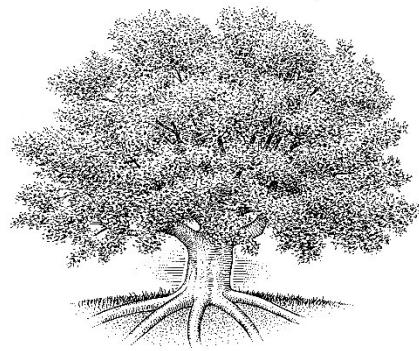
22. "... I have heard your prayer, I have seen your tears; behold I will heal you."

2 Kings 20:5 NASB

Do you believe that the One that made your heart is great enough to heal its pain?

Phrases to Help You Express HURT

- “I feel hurt when you talk to me like that.”
- “When I didn’t get an invitation to the party, I felt hurt.”
- “I was hurt last month when you overlooked me for that promotion.”
- “I feel hurt when you talk about me behind my back.”
- “If you interrupt me and ignore me, I feel hurt.”
- “When my adult children don’t remember to call me on my birthday, it hurts.”
- “I am hurt when people force their opinions on me and withdraw when I disagree with them.”
- “I felt really hurt yesterday when you lied to me about where you were.”
- “It hurts to know that I will not be able to be at your wedding.”
- “Mama, it hurts that you won’t be home in time to tuck me in bed tonight.”



Chapter 4

Lonely

1. Loneliness is a feeling we have when we are in need of relationship. List three people or things that you are often lonely for.

1. _____
2. _____
3. _____

2. Because of loneliness, we inescapably desire relationship with _____, _____, and _____.

3. Acknowledging loneliness allows me to see my heart and begin to _____. It also allows me to see the hearts of others and for others to see my heart. This vulnerability is the _____ of _____.

4. How do you create a relationship with yourself?

5. Isolation is what we do to avoid others and our feelings. Solitude is spending time with oneself in a way that connects our heads with our hearts. What is the difference between isolation and solitude?

6. Would you describe your alone time as isolation or solitude?



7. How much time do you spend alone? Do you find this time replenishing?



8. When we struggle in solitude, we eventually _____ the
_____ that led us into battle in the first place.

9. Another expression of loneliness identifies our hunger for the intimacy of
_____.

10. Write two or three phrases we can say to engage others when we are lonely.

11. Loneliness arouses an _____ and _____
hunger to be _____, and _____ by another. It
is a hunger to be accepted as we are.

12. We are also lonely for a relationship with God. This is a loneliness that can never be
_____, _____, _____, or
_____ as long as we live.

13. Loneliness renders us _____ to our hunger for emotional and
spiritual fulfillment, thus exposing us to all relationship needs.

14. Loneliness is gratified only in _____.

15. What happens when we do not address our feelings of loneliness?

16. A lot of us make sure that we live intense and overly busy lives to keep from facing our
need or hunger for _____. We maintain activities and
acquaintances that feel like closeness. But those relationships are our way of avoiding
the pain of hope and our fear of dependence, which are the foundations of intimacy.

17. What is the difference between intensity and intimacy? How does this relate to loneliness? _____
- _____
- _____
18. Many of us grew up in homes where we could not express our needs and have our hearts affirmed. We did not express our hearts because we were naturally more invested in being loved by our parents than being able to express ourselves. Describe a time when you experienced this or observed this dynamic. _____
- _____
- _____
19. When we grow up like this, we usually blame ourselves instead of seeing our parents as responsible for our inability to express our loneliness. We end up constructing false selves so that _____.
20. This impaired expression of loneliness is tragic because it is an attempt to _____ and to be _____ by not living truthfully from the heart.
21. Describe a time when you tried to find acceptance by pretending to enjoy something that you didn't like? _____
- _____
- _____
22. Apathy is the impairment of loneliness. It is a condition that results from trying not to feel lonely. Apathy says, "I don't care." Describe a time when your response to something was apathy. _____
- _____
- _____
23. Apathy is our defiant attempt to _____ the existence of the heart.
24. The degree to which we have put apathy in the place of loneliness is the degree to which we place ourselves as _____ from humanity and God.
25. As we rediscover our God-made loneliness, we need to take ownership of how we attempt to _____, _____, or _____ the heart's makeup.

26. List three phrases that you have used to express apathy. Example: "I don't care."
1. _____
 2. _____
 3. _____
27. Apathy is our only defense against the acknowledgement of our true dependency and the recognition of our _____.
28. The main gain/gift of loneliness is intimacy. Explain how the truthful expression of loneliness leads to intimacy (closeness, warmth, tenderness, and love). _____

29. What are some of the ways we avoid intimacy? _____

30. What do you do to avoid feeling lonely? _____

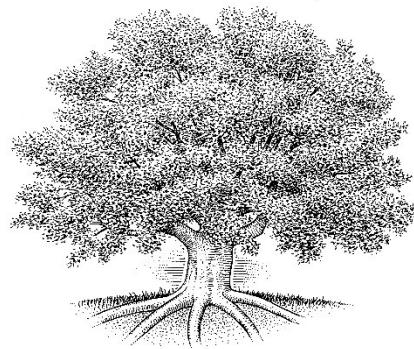
31. "... the LORD your God is the one who goes with you. He will not fail you or forsake you."

Deuteronomy 31:6 NIV

Does this verse comfort you? _____ Why? Why not? _____

Phrases to Help You Express LONELINESS

- “I don’t want to go to the movie by myself. Will you go with me?”
- “I live alone, and I get really lonely sometimes.”
- “I don’t really like golfing alone; I’d rather golf with others.”
- “I love being with those guys, but I’m lonely for my brother.”
- “I really need to go to the beach and just sit with myself. I need some ‘me’ time.”
- “I get up in the mornings and spend time in prayer and Bible study. It connects me with God.”
- “Going through this divorce is stressing me out. Will you spend some time with me, just listening?”
- “I quit drinking several years ago. I still attend AA meetings and have a close relationship with my sponsor, but sometimes I still feel lonely.”
- “My children are all grown and on their own. Even though I am happy in my marriage, I’m still lonely for time with my children.”
- “I love to go on hikes. When I hike in the mountains, I feel the closeness of God.”
- “Some of my favorite days are when I spend a few hours curled up with a good book and a cup of coffee.”



Chapter 5

Sad

1. If you wish to experience life to the fullest, your heart requires that you be willing to _____.
2. Sadness is the feeling that speaks to how much you value what is _____, _____, and _____. It also speaks to how much you value what you _____, what you _____, and what you _____.
3. Sadness gives us the gift of _____ and _____ life.
4. Tears of sadness express the state of a person's _____ and allow them to recognize that they do _____ to themselves and to a relationship that was important.
5. Sadness speaks directly to our need to grieve for what is gone. What happens in our hearts when we genuinely grieve the loss of something that mattered to us?

6. How do you show people you care about them?
♥

7. Sadness is fundamental to full life because it opens the _____ _____.

8. What do these two phrases mean and how are they harmful: “Don’t cry over spilled milk,” and “That’s water under the bridge.”



9. Compare resignation and acceptance.



10. _____ is a way to escape the pain of sadness by trying to make others feel sadness for me.

11. To avoid being thought of as someone who is self-pitying, we often deny or even hide our sadness. Describe a time when you denied or hid your sadness to keep from being judged? _____



12. Here is an example of self-pity: John says, “I didn’t sleep well last night, I had to be at work early, there was an impromptu meeting that I wasn’t prepared for, so I missed my son’s program at school. I had to skip lunch. Could the day get any worse? Oh well, I’ve survived worse.” In this example, John is trying to get his coworker to feel sorry for him rather than simply expressing his sadness over the losses of his day.

Describe a recent time when you enlisted someone’s pity rather than feel and express your own sadness. _____

13. Explain the difference between self-pity and sadness.



14. If a person just won’t let themselves feel sad, they are essentially not giving honor to what is lost or gone from their life. As a result, they don’t find the _____ that sadness can bring.

15. “Life is not a dress rehearsal for someday when it will become real. We are living our lives now, not practicing for a life to come.” This quote from the end of chapter 5, is certainly a challenge. Describe a time when you avoided a sad situation in your life because you didn’t want to have to feel the depth of the sadness, so you just avoided it altogether.
-
-

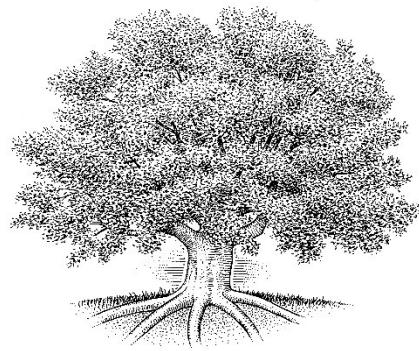
16. We need to be willing to _____ and have _____.
17. What are some ways you can start living more daringly? Ways that show more willingness to value others and things. Ways that might bring sadness, but you will dare to do it anyway.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
18. We need to grieve deeply when people we love depart or when what we _____ doesn’t come true.
19. We cannot delight deeply in anything or anyone unless we are willing to walk in the world of _____.
20. Sadness allows the intimacy and impact of love to be much _____ because it exposes the heart to its true ability to _____ and _____.
21. “Those who sow with tears will reap with songs of joy.”

Psalm 126:5 NIV

What does this verse mean to you now that you have read chapter 5?

Phrases to Help You Express **SADNESS**

- “I remember being sad when my cat died. She was such a good companion.”
- “When my best friend moved away, I was really sad.”
- “I feel sad to think about all the elderly people who don’t really have any family members nearby to take care of them.”
- “I was sad when my parents divorced; it was a hard time for all of us.”
- “I wept so many tears when my wife died; she meant the world to me.”
- “I spent many years working in a dead-end job that was unfulfilling. I wish I had pursued my passion years ago.”
- “I feel sad when I remember my grandfather and how much I loved him.”
- “Whenever I think of being in my childhood church, surrounded by so many precious people, singing those old beautiful hymns, I feel sad, and I have deep gratitude.”
- “I often think of the mistakes I made when raising my children. I always feel sad to know that as hard as I tried to be a good parent, I just couldn’t do it without having regrets.”
- “Daddy, I’m sad that I can’t find my blankie, will you help me find it?”



Chapter 6

Anger

1. Anger is the feeling that calls us to action. List three things you feel angry about that prompt you to create a change or solution.

1. _____
2. _____
3. _____

2. Anger is possibly the most important feeling we experience as emotional and spiritual beings because it is the first step to _____.

_____.

3. Anger shows our yearning and _____ for life.

4. Anger helps us pursue full life by exposing the _____, _____, and _____ of our hearts.

5. Angry people can be known because of their unwillingness to hide. In this sentence “known” means that a person is transparent with their feelings, needs, desire, longings, and hopes, AND they don’t impose them on others. List 5 people in history who were “known” by the world around them. Examples: Mother Teresa, Martin Luther King, Jr, Clara Barton, Franklin Graham, Dolly Parton

1. _____
2. _____
3. _____
4. _____
5. _____

6. In exposing the heart's substance, anger helps us in two ways.

1. _____
2. _____

7. Words that are **not** often associated with anger, but are synonyms for anger, are _____, _____, _____, and _____.

8. Anger is the energy of desire and the willingness to reach for the desire to be satisfied.

 Explain. _____

9. Authentic anger is the _____ feeling, telling us that something matters.

10. Anger exposes what we value and expresses our willingness to do what is required to reach that value. It allows us to stay with our values, take sides, and even die for what we believe in. Rewrite these two sentences in your own words. _____

 11. Passion means a willingness to be in pain for something that matters more than the pain. Explain why the word "passionate" is a good word to describe people who walk in healthy anger. _____

12. In addition to showing the presence of passion, anger indicates the experience of other feelings. Explain how anger becomes a warning sign for fear, hurt, sadness, and loneliness. _____

13. Anger is the energy that compels us to expose our _____ and _____. Anger reveals _____, and this leads us to be willing to make _____ and _____.

14. Explain how anger creates identity that leads to being “known,” and how this makes us available for relationship. _____



15. What are the two impairments of anger?

1. _____
2. _____

16. We are all created by God for a purpose. In order to accomplish our individual purpose, God also gave us a deep yearning or hungering to fulfill that purpose. It is God-given anger that identifies and drives us to fulfill this purpose. When we deny our God-given purpose, we squash or reject the way we are made and the purpose we were created to fulfill. In this denial, our healthy anger becomes impaired. Explain what happens to our purpose when our healthy anger is impaired.

17. When people are depressing their anger, they are denying their desire for something to be different. They are essentially stuffing their passion for fulfilment of their God-given purpose. When we are “depressing”, we turn against ourselves and have

_____ . We force our fight for life to be _____ and our cry for identity to be _____ . All this energy turned against the self _____ .

18. The heart is made for relationship, and when we deny our healthy anger, we are denying our heart’s desire to _____ .

19. Depression is the _____ experience. It keeps our passions squashed so that we don’t become vulnerable. It says to our hearts, “What’s the use?” or “Why bother?” Have you ever experienced these or similar thoughts? _____ Explain. _____

20. When we avoid our anger, we move away from dealing with _____ , _____ , _____ , or _____. What are some things we shut down when we suppress desire? _____



21. Pride is a second form of impaired anger. Pride keeps us from abundant living because it rejects our _____.
22. Pride refuses to believe that life is _____ and that _____.
23. Describe what happens when we attempt to deny our vulnerability. Does this attempt work? _____

24. When we lack courage to face the realities of life, this blocks us from recognizing the miraculous abilities of the heart. Explain how this lack of courage effects hope and the power to reach out in vulnerability. _____

25. A wall of pride built around our hearts blocks us from feeling anger. What are some lies that pride tells us? _____

26. Pride does not allow us to seek _____ or _____. Because of pride, we justify our behaviors instead of _____. We use pride to block the truth of the harm we cause.
27. Through pride, we avoid the truth of our own _____, _____, and _____ to pain.
28. Until we truly feel our own pain (recognize that life effects our hearts) we are not able to be with others in their pain. Explain why this is true. _____

29. Anger ALLOWS us to _____.
Pride ENTICES us to _____.

30. We were all created for a purpose. Anger calls us to action in order to fulfill the purpose for which we were created. If we are living out our purpose, we are expressing our desire for full life. This leads us to move into and remain in the desires we were made for. Anger tells the truth about our hearts' yearnings _____.

31. How can anger move you towards fulfilling your heart's passions? _____
♥ _____

32. What role does anger play in maintaining your values? _____
♥ _____

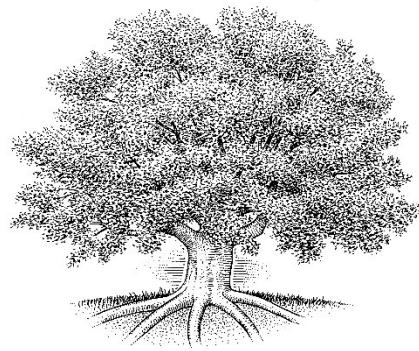
33. "... Come, let us rebuild the wall of Jerusalem so that we will no longer be a reproach
... Then they said, let us arise and build."

Nehemiah 2:17-18 NASB

What is the driving force that calls them to get up and go build the wall? Explain.

Phrases to Help You Express **ANGER**

- "I feel angry about impoverished children not having proper dental care. I am going to open my dental office two afternoons a month to treat those in need."
- "I feel angry when I think about all the illicit drug use among our teens in America."
- "The vast amount of pollution in our oceans is very angering. I so long for it to be different."
- "When I see pictures of people who hunt endangered big game animals just for thrills, I feel angry."
- "When I see the statistics on crime in America, I am shocked. I'm angry enough to try to make a difference."
- "I felt angry when I saw that my new coat had been stolen. I so wanted my workplace to be an environment where it was safe to leave my belongings without fear they would be taken."
- "I'm feeling angry about that deadline. I had hoped to include so much more in my proposal."
- "I dreamed of hitting a homerun to win the game. I am angry that I struck out instead."
- "Mama, I built the biggest Lego tower I've ever built, and it crashed. I'm so angry!"
- "I'm angry for a time when children are safe playing outside without parents having to be present."



Chapter 7

Fear

1. Fear is a feeling that allows us to ask for help. Fear brings us _____.
2. Fear can motivate you to
 1. _____
 2. _____
 3. _____
3. Fear can help you depend on others for their _____ and _____, and can help you collaborate with others for _____. If you express fear truthfully, you can gain wisdom through the experience.
4. What happens when we silence our fear? _____

5. Acknowledging our fear offers new relational experiences and _____.

6. Fear awakens us to _____. Beyond a reaction to physical threat, it alerts us to _____ and _____ danger.
7. Fear creates a sense of watchfulness, and in this watchfulness, we become aware of our God-given value or personal worth and attempt to protect ourselves as a result. Briefly describe a time when you experienced fear and took action to protect yourself.

8. This watchfulness allows us to have discernment. This discernment gives us a sense of others' _____ and _____ of our own.
9. Judgment hides _____. Judgment is a form of stopping fear without _____. It prevents us from clearly recognizing our fear in the midst of a fearful experience.
10. Discernment comes by listening to our fear. It helps us choose the _____
_____.
11. Briefly explain the difference between judgement and discernment. _____

12. What happens when we do not listen to our fear? We become _____ or
_____ (_____,) OR we become
_____ and _____ (_____
_____.)
13. What does healthy fear teach us? _____

14. No doubt we are responsible for making choices, yet we cannot _____
_____. We are limited, yet we will forever find that great strength lies in
_____.
15. God created us with the ability to respond to the world around us. This makes us
response-able or responsible. To clarify this, finish the following phrases.
 - When I am cold, I can ask for a blanket.
 - When I am sleepy, I can _____.
 - When I am tired, I can _____.
 - When I am hungry, can _____.
 - When I need help, I can _____.
 - When I need to celebrate, I can _____.

16. A person who is responsible identifies their feelings and takes healthy actions related to them. Describe a time when you identified your feelings and responded healthily.

17. When we feel fear, we realize how much we need others and God (I feel afraid, and I need help.) This leads us to the realization that we are deeply limited. Are you good at asking for help? _____ Do you avoid facing your neediness? _____

18. My limitations (neediness) give others appropriate _____ or _____ in my life. Likewise, when others admit their neediness to me, they give me opportunity to _____.

19. Healthy fear leads me into relationship because it helps me recognize that _____, and _____. I need others who have skills and substance that I do not have.

20. So often, we want to be in control. However, choosing to surrender control and become exposed as a person in need allows the opportunity for

1. _____
2. _____
3. _____

21. What would make someone hide their neediness? _____



22. Anxiety is a physiological reaction to a life-threatening circumstance. Impaired anxiety is a physiological reaction to a non-life-threatening circumstance. When people are suffering from impaired anxiety, they are actually afraid of exposing their fear of vulnerability or fear of needing help.

Identify the following phrases as **Anxiety (A)** or **Impaired Anxiety (IA)**:

- A wild tiger running toward you
- Giving a speech in front of your class
- Hosting a dinner party at your house
- Shooting a free throw to win or lose a game
- Waking up Monday morning to face a difficult day
- Sky diving with a friend
- Singing a solo at a large gathering
- Losing control of the car you're driving on the interstate

23. Anxiety is the impairment of healthy fear. Anxiety takes us away from what is true and makes us _____, _____, _____, and _____.
24. When we don't recognize and admit our fear, anxiety takes its place. Describe a time in your life when you didn't recognize or "own" that you were feeling fear and you became anxious. _____

25. Impaired anxiety ultimately becomes the refusal to need help openly. We would rather be miserable or make others around us miserable than to expose our feelings. Also, we would rather enlist others to "fix" our anxiety than to face our own fears and our _____.
26. When we try to "take control" of our anxiety, we will inevitably become more anxious because we cannot _____. We ultimately end up focusing on things that could go wrong in the future that we cannot control in the present. List 5 things that you become anxious about at times like this.
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
27. Non-life-threatening anxiety misinforms us because it tells us to take control when we need _____.
28. Anxiety commands that you make yourself invulnerable. Fear requests that you _____ and _____ to gain healthy control.
29. Vulnerability is the transparency that shows one's feelings and needs. Have you ever been transparent with your feelings and needs and in that process been harmed? _____ Explain. _____

30. What is it about trusting another person that scares you? _____



31. Have you ever decided you would never be vulnerable again? _____ Explain.



32. Rage is another expression of impaired fear. Rage is the result of refusing to face our ______. Rage lashes out _____ or _____ to harm whatever is in its path.

33. Rage almost always lashes out from deep _____ and _____. Rage-filled people are terrified of _____.

34. When we express our feelings of fear to safe people, the benefit is faith and wisdom. When we deny our feelings of fear, it can lead to rage. Many people confuse rage with _____. They are not the same.

35. Rage rejects the fear of _____. Anger is an acknowledgement of the _____.

36. A person doesn't have to be screaming, throwing things, and hitting stuff to be experiencing rage. There are many people who silently rage by not making eye contact, clenching their jaws, denying anything is going on inside them, and "sulling up." Can you think of more examples? _____

37. How will you know if you're acting in fear or in rage? _____



38. How does a person move from anxiety to healthy fear? What does this lead to?



39. List the 5 beneficial circumstances of healthy fear

1. _____

2. _____

3. _____

4. _____

5. _____

40. When has fear helped you take action and prepare for an event? _____



- _____

41. Explain how fear is the beginning of wisdom. _____



- _____

42. In what ways has fear helped you value yourself with good decisions? _____



- _____

43. “Humble yourselves, therefore, under God’s mighty hand, that he may lift you up in due time. Cast all your anxiety on him because he cares for you.”

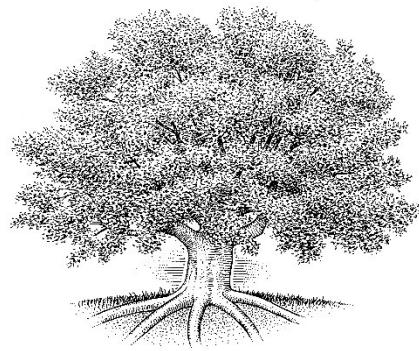
I Peter 5:6-7 NIV

How does this passage give you permission to bring your vulnerability to God?

- _____

Phrases to Help You Express **FEAR**

- “When I think about having to give that speech in front of the whole class, I feel so much fear. I better practice some more.”
- “I have so much fear about becoming a parent. I don’t know how to take care of a baby. Can you recommend a good book or mentor?”
- “I am fearful of that long flight to Europe. I just dread it. Do you have any suggestions?”
- “Would you be willing to help me? I am new to the city, and I don’t know how to buy the right subway ticket to get where I need to go.”
- “I have a very important interview tomorrow. I am afraid, will you help me and give me some words of encouragement?”
- “I need someone to volunteer to help me with setting up the chairs for the program. I fear I will not have enough time to get everything done.”
- “My husband is having emergency open-heart surgery now. I am afraid. Will you sit with me?”
- “I woke up this morning to an unexpected 6” of snow. I have fear that my pipes will freeze. What do I need to do?”
- “I have so much fear about my future. I just don’t know what I want to do with my life. I need some guidance.”
- “Dad, I really do feel fear when you don’t show up when you say you will. I am afraid that something has happened to you. I need you to let me know when your plans change.”



Chapter 8

Shame

1. Healthy shame tells me I don't have all the answers and neither do you. Make a list of 5 things you need help with or have questions about.

1. _____
2. _____
3. _____
4. _____
5. _____

2. In the experience of shame, we develop _____ by realizing our gifts and limitations.

3. Empathy is the capacity to know your own feelings, which then lets you relate to and care about others. Empathetic people are aware of their own limitations and how those limitations make them feel. Their awareness makes them safe to be vulnerable with. Make a list of 3 empathetic people who you feel safe talking to about your limitations and struggles.

1. _____
2. _____
3. _____

4. Put a check before each comment that shows empathy
- _____ “I am so sorry you’re going through this. I want to be a listening ear for you.”
_____ “My pet died recently, so I know how sad you must be feeling.”
_____ “I can see that you’re lonely for your ex-wife, but it’s time to move on.”
_____ “There’s no reason to cry about that. I think I can fix it.”
_____ “I know you are tired. Being a new mom is exhausting. I remember those days.”
_____ “I’m afraid of job security, too. Let’s encourage and pray for each other.”
_____ “You failed the test because you didn’t study. It’s that simple. You earned the grade you got.”

5. Describe a time when you reached out in compassion to someone in need because you remembered your own pain and recognized it in that person?
-
-

6. Healthy shame helps create _____ within us.

7. Humility comes from the profound recognition of our limitations and the capacities we possess in our giftedness. It helps us realize how incredibly blessed we are to be who we are. At the same time, it shows us how deficient we are without others and God to help us live fully. A person who is humble walks in humility. Think of someone you know who is walks in humility. Describe how that person’s humility has affected you.
-
-

8. People who walk in humility, possess the following characteristics:

- ♥
- a. They admit their limitations.
 - b. They express vulnerability.
 - c. They admit their feelings.
 - d. They are capable of needing others.
 - e. They relate to other people’s issues.
 - f. They can admit what they are good at doing.
 - g. They offer help with what they are capable of doing.
 - h. They desire good for others.

Think of a time when you were in need, and the person you sought help from didn’t have the humility to offer you what you needed. From the previous list, what did you need from that person that you did not get? _____ Explain. _____

9. You carry within yourself specific _____ that allow you to experience how wonderfully you are made.
10. Discovering and experiencing these gifts will help you know your
1. _____ (_____
2. _____ (_____)
11. Giftedness is being able to give away your talents to a world in need of your abilities. Living in our giftedness is a form of expressing _____.
12. When we actually live as who we are, three things happen:
1. We _____ in God's creation.
2. We are _____ that God made us like we are (gifted and limited).
3. We are unable to _____ the desire to give ourselves to something greater than ourselves.
13. Living with healthy shame is living within your  _____. In other words, we need other people's gifts to add to our gifts so that we are able to fulfill our purpose. Are you comfortable asking for help when you run out of your own abilities? _____ Explain. _____
- _____
- _____
- _____
14. To see the beauty of healthy shame, consider the following analogy, and then write your own. 
- There once was a man who had a big cooking pot. He had a friend who had water. Another friend had a fire. A third friend had vegetables. Other friends had meat and spices. They all came together and brought what they had in order to make a delicious stew, and they were all gratified.*
- _____
- _____
- _____
15. Healthy shame is the feeling that first brings us into relationship with _____ because it makes us conscious of our _____. It helps us see that we need each other.

16. Healthy shame leads us to self-acceptance (I accept that I can't be everything) in relationship with ourselves, others and God.

In contrast, toxic shame creates self-rejection (I'm flawed because I don't have all the answers.) Toxic shame is the impairment of healthy shame.

Identify the following comments as **Healthy Shame (HS)** or **Toxic Shame (TS)**:

- _____ "I can't believe I bombed that test. I'm such a failure."
- _____ "I never learned how to play tennis. Will you teach me?"
- _____ "I'd love to help host the party, but I'll need someone to tell me what to do because I've never helped host a party before."
- _____ "I tried to play golf, but I realized it's just a stupid sport for people who don't have anything else to do. I've got more important stuff to do."
- _____ "I would love to learn to paint. Does anyone know of a good place to take classes?"
- _____ "I don't really care if my yard is the only yard in the neighborhood that has weeds. Weeds don't bother me; I like weeds."
- _____ "I was married once, but it didn't work for me. I love being single. I don't really need anyone to make me happy; I'm fine on my own."
- _____ "I'm such a loser parent. My kids are driving me crazy."
- _____ "I tried that recipe you gave me. I messed it up. Will you talk me through it, because I really want to learn how to make it?"
- _____ "I know when you get to know me, you will find something wrong with me."

17. In impaired or toxic shame, we learn to equate

a. Humility = _____

b. Failure = _____

c. Inability = _____

18. This experience causes our healthy shame to become _____. When our shame becomes this distorted, it is no longer useful as a tool for healthy relationship.

19. When we are entangled in toxic shame, we are not able to experience full life because we can't experience _____. We center our lives on hiding who we are because we believe ourselves to be flawed.

20. Impaired shame comes from our _____.

21. When you see yourself as flawed or defective because you can't "be everything for everybody," you, ultimately, conclude that God didn't do a very good job when He created you. This is toxic shame. However, when you see that God created you as His masterpiece, and as His masterpiece you still have limited abilities that lead you to need others, you have healthy shame.

Complete the following sentences with the type of person you could ask for help.

Example: I can't help my daughter with algebra, I need to hire a tutor.

- a. I can't fix my computer, so I need _____.
- b. I don't know how to be a good father, so I need _____.
- c. I need to get in better physical condition, so I need a _____.
- d. I want to plant a garden, I need _____.
- e. I don't know how to cut my own hair, I need a _____.
- f. I don't know how to teach my son to fish, I need a _____.
- g. I don't know how to change the oil in my car, I need a _____.

22. In toxic shame, we reject our

- a. Natural call to _____
- b. Reach out for _____
- c. Expose our true _____ and _____

23. Toxic shame tells us if we show our true selves, we will be _____.

24. People who feel toxic shame are very _____ They are always trying to _____ from love to grace.

25. Even further removed from healthy shame is the impaired expression in shamelessness. People who are shameless act as if they are incapable of being wrong or being at fault (______). They also believe they alone are allowed responsibility for problems (______).

26. Shameless people behave in _____ ways.

27. The gift of shame is that it helps you live in intimacy with yourself, others, and God through the development of _____.

28. Feeling shame allows you to

- a. _____
- b. _____
- c. _____

29. In humility, you recognize that life is a journey of _____, not _____.

30. Healthy shame helps me recognize that in my humility, I can offer _____ and _____, because I am just as capable as anyone of _____ and _____.

31. Healthy shame prepares you to accept love as a gift, and become _____ as a result.

32. Have life's pain and problems ever humbled you in a way that you see as beneficial? If so, how? _____

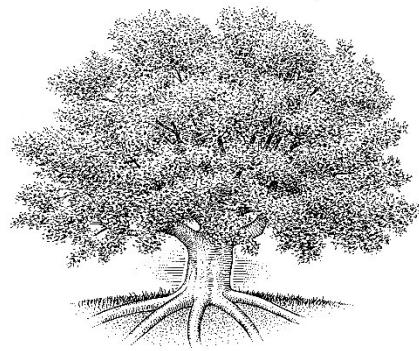
33. "Therefore, humble yourselves under the mighty hand of God, that He may exalt you at the proper time, casting all your anxiety on Him, because He cares for you."

I Peter 5: 6-7 NASB.

Do you find this verse comforting? ____ If yes, explain. _____

Phrases to Help You Express **SHAME**

- "I just can't seem to remember basic dates in American history, so I always need to ask for help recalling historical events."
- "I feel embarrassed about needing help fixing my flat tire; I just don't know how to do it."
- "I didn't know how to do what the teacher asked us to do, so I raised my hand to ask."
- "I've made so many mistakes on the football field, so I understood how he felt when he dropped the football."
- "I felt shame when I realized I needed help with calculus. I'm thankful my friend understood it and could help me."
- "I thought I could fix that leaky faucet, but now I realize that I cannot; I need a plumber to fix it."
- "When we brought our newborn home from the hospital, we knew we needed help because we had never been parents before."
- "Planning a trip to Europe requires a lot of detailed planning, so we hired a tour guide to make all the plans for us."
- "I wish I could sew on a button, but I never learned to sew. I always ask my neighbor for help."
- "I am amazed by all the stars in the night sky. It makes me feel so small."



Chapter 9

Guilt

1. Guilt is a feeling you have when you do something wrong or do something that goes against your value system. Describe a recent time when you did something that you felt guilt about. _____

2. Guilt is good, and it brings us _____.
3. Guilt is the emotional and spiritual gift that allows us to feel and accept that we have _____.
4. It prompts us to seek _____, and this sets us free.
5. Guilt is what we feel when we actually do something wrong. Guilt follows healthy _____, for in our humility we know that we can do things that are wrong, fall short, wound others, fail our personal- value system and standards, and cause _____ upon _____.
6. Often, we feel guilty about what we do, yet our behaviors frequently indicate that something is going on inside our hearts that we're refusing to
- a. _____
 - b. _____
 - c. _____
 - d. _____

7. My willingness to be fully truthful, exposed, and surrendered determines the amount of forgiveness I receive. This makes guilt _____, and forgiveness _____.
8. In guilt and seeking forgiveness, I am asking for a decision about the future of that relationship from the person I have _____.
9. When we genuinely seek forgiveness, we are _____, whether the others forgive us or not.
10. When we feel guilt and seek forgiveness, we either experience _____, or _____.
11. Remember a time when you sought forgiveness from another. What was most difficult about that experience? How did that experience affect your relationship with that person?

12. Guilt always points to the need for _____ and _____ (the need to be reconciled with our own hearts, with others, and with God.) Therefore, guilt is relational.
13. Explain the myth of self-forgiveness

14. We don't create ourselves; we are created.
We don't forgive ourselves; we are forgiven.
We are not God; we need God and the _____.
15. Without guilt we miss the beauty of being _____.
16. • Are you willing to feel guilt? _____
• Are you willing to listen to your heart and own any harmful intentions and actions?

• Are you able to go to another person and to God and expose those intentions and actions in truth and vulnerability? _____

If you're not, you are not concerned with forgiveness as much as you're concerned with _____ and _____.

17. Identify the following comments as **Forgiven (F)** or **Justified (J)**:

- _____ “I am so sorry. What I did was not kind.”
_____ “I am really sorry I said that. I was just trying to help.”
_____ “Please forgive me for taking that. I just thought it might keep you from making a big mistake.”
_____ “I know what I said hurt you, and I am truly sorry.”
_____ “I know what I did was hurtful. I was only trying to make you feel better.”
_____ “Yes, I did kind of stab you in the back; I’m sorry, but you have been really hard to get along with lately.”
_____ “It was wrong of me to say that. I realize that now. Please forgive me.”
_____ “If only you hadn’t cheated on me, then I wouldn’t have had to cheat either.
I’m sorry; I was just trying to even the score.”
_____ “I thought I was helping; I thought you would appreciate my efforts. I’m sorry; I won’t do it again.”
_____ “I am really sorry I participated in gossiping about you. I know how that feels.”
_____ “I did the best I could. I’m sorry it wasn’t enough.”

18. Would you rather be forgiven or justified? _____ Explain. _____



19. If you are seeking justification, you are really trying to find a way of not _____.

20. If a person is seeking justification rather than forgiveness, then he/she blames the other person through their explanation. It sounds like this, “If you had not _____, then I would not have _____. ” Have you ever been guilty of justifying your behavior instead of asking for forgiveness? _____ Explain. _____

21. Intimate relationships are marked by each person’s willingness to admit guilt and seek forgiveness. If we don’t seek forgiveness for wrongs committed, we are essentially attempting to make ourselves okay or others okay with our harmful behaviors. If we avoid asking for forgiveness, we block _____.

22. Until we stop offering excuses and start seeking forgiveness, the broken record of, “I did the best I could,” will continue to play, attempting to justify without _____.
23. Another way we avoid feeling guilt is by hanging onto _____.
24. Blame judges the ones we believe have harmed us so that we _____ and often _____.
25. As long as we can blame others for something they did, we don’t have to look at our own guilt for what we did. We can claim that our behavior is justified because of someone else’s behavior. In other words, their behavior gives me the “right” to my behavior. Through this blame game, we escape from the pain of _____ by not taking ownership for what we do.
26. Pride is a form of shamelessness; it is a _____ that rejects our condition.
27. Pride won’t allow us to need:
- _____
 - _____ or
 - _____
28. Pride demands that we hide our hurt from others; therefore, we don’t find _____.
29. Toxic shame and pride block us from the _____ that guilt can offer.
30. Pride says, “I don’t need it.”
Toxic shame says, “I will never deserve it.”
- Each of these impaired expressions of guilt is an attempt to _____ and _____ or _____.
31. Guilt is our most _____ emotional and spiritual gift from God.
32. Accompanied by healthy shame, guilt propels us to transparently turn ourselves over to the care of others and ultimately God in order to find _____ and _____.

33. Who have you harmed lately? Have you asked for forgiveness? If not, what stopped you? _____



34. How can guilt be beneficial to you? _____

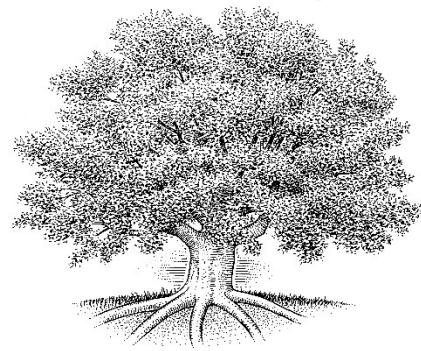


35. "As far as the east is from the west, so far has he removed our transgressions from us."
Psalm 103:12 NASB

How does this verse comfort you? _____

Phrases to Help You Express **GUILT**

- "I feel guilty. I am the one who dented your car. I'm really sorry I didn't tell you when it happened."
- "I am guilty of not being honest with you. I am going to work on being more honest from now on."
- "I feel so much better now that I've told you the truth. Feeling guilty is a hard pill to swallow."
- "I feel so much guilt for the way I've treated my brother. He didn't deserve it."
- "I cheated on that test. I feel guilty for being dishonest."
- "She trusted me and I didn't show up for her. I feel guilty for letting her down."
- "I'm guilty of not doing my share of the work. It was wrong of me to let others do everything."
- "I have felt the guilt of hurting a dear friend. I was selfish, and it did so much damage to our relationship."
- "I have shoplifted several times over the years. I really feel guilty about it."
- "I did not want to go to that party, so I made up an excuse. I know that was dishonest."



Chapter 10

Glad

1. Gladness is the experience of appreciation for life and its gifts. List 5 things you're glad about.

1. _____
2. _____
3. _____
4. _____
5. _____

2. Wherever there is gladness, there is _____.
Wherever hope is fulfilled, there is more _____.

3. Knowing our heart's intentions and desires requires that we feel our feelings because every feeling _____ and _____.

4. Desire is a craving for fulfillment. Make a list of 5 things that you strongly desire.

1. _____
2. _____
3. _____
4. _____
5. _____

5. Ultimately, gladness is the result of our willingness to _____ the other seven feelings.
- Hurt speaks to our desire for _____ and _____.
 - Loneliness speaks to our desire for _____.
 - Sadness speaks to our desire to _____ and _____ what matters to our hearts.
 - Anger speaks to our desire to risk and accept pain in order to _____.
 - Fear speaks to our desire to be _____, _____ and _____.
 - Shame speaks to our desire to have abundant life in the understanding of our _____ and to serve something greater than ourselves.
 - Guilt speaks to our desire to be reconciled and unburdened so we can live in the _____.
 - Gladness comes as a result of our willingness to experience our whole hearts in _____. Gladness speaks to the gratification of having our desires _____, and even to our willingness to have desire itself.
6. Gladness is not happiness. The word happiness finds its origins based in the word happenstance, which means that circumstances dictate our sense of well-being or _____. Happiness is controlled by external circumstances.
7. Gladness is about desiring deeply and having a willingness to walk through pain in the _____.
8. Gladness is not about outcomes. It's about _____.
9. Not everyone is willing to risk obtaining true gladness because it comes through the risk of getting hurt and of not being in control. Obtaining gladness takes _____, _____, _____, and _____.
10. Gladness is born out of brokenness and pain. This brokenness and pain bring us to the gifts that can come from admission and surrender to our vulnerability, neediness, and dependence. Alone we are not enough and we _____.

11. True gladness requires us to honestly struggle and accept that life is full of

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____

12. Living life on life's terms also requires us to recognize that we have very little

_____.

13. "Facing life on life's terms" really means facing the reality of life with all of its
struggles and gains. What are some of your struggles and gains?

14. When we are living in the reality of life, we will develop much more wisdom and ability
to feel hurt, lonely, sad, anger, fear, shame, and guilt. This will lead us to being able to
feel true _____.

15. No one reaches the greatest peaks of life unless they are willing to fall to the
_____. This requires taking risks.

16. Since happiness is "controlled by external circumstances," we want to hold on to it
because it could vanish with the external circumstance that brought it. Describe a time
when you were experiencing happiness due to external circumstances and you didn't
want it to end. _____

17. When we try to control happiness and make it “stay,” we attempt to take an experience that is controlled by the outside world and make it an internal, heart experience. By doing this, we are attempting to manufacture emotional and spiritual fulfillment as an attempt to avoid dealing _____.
18. Instead of listening to our hearts and moving into relationship, we offer our hearts a _____.
19. “Fixes” are our attempts to stop our _____ upon others and God for life fulfillment.
20. When your heart is numb or shut-down, you can only experience gladness in sensuous ways. These sensuous ways or pleasures are an impaired effort to find gladness without involving your heart. Finish the list of ways a person can seek physical and mental fulfillment without involving their hearts (sensuous pleasure.)
1. exercising
 2. gaming
 3. shopping
 4. _____
 5. _____
 6. _____
 7. _____
 8. _____
 9. _____
 10. _____
21. Sensuous or sensual pleasure without the experience of the heart is a form of impaired gladness. We are attempting to meet a legitimate need in an illegitimate way. This attempt is, more than likely, a stimulating experience; however, it only temporarily satisfies. Satisfaction is a poor substitute for _____.
22. Counterfeit fulfillment temporarily satisfies, but it misses the truth about us as _____.
23. Gratification is long-term and fulfills the heart’s hungers, but satisfaction is short-term and cannot _____.

24. Identify the following comments as **Satisfaction (S)** or **Gratification (G)**:



1. "I've had a stressful week at work. I am going to binge watch Netflix all weekend and not think about anything until Monday morning."
2. "My spouse is having surgery next week. I am going to spend time this week talking with him about his fears and hopes regarding the surgery."
3. "My marriage is coming apart, and I just can't deal with the pain of it anymore. I am going to golf with buddies this weekend and avoid her at all costs."
4. "My friend invited me to go with her to a support group for grieving widows, but I would rather go to happy hour with my work pals instead."
5. "I've been wanting to join this Sunday afternoon Bible study at my church, but I usually just go to the gym instead."
6. "I don't have any extra money, and I don't need anything, but I think I'm going to go shopping all day Saturday just to escape the reality of having to go to my husband's office party that night."
7. "I've worked really hard finishing this sculpture, and it's really great to have it finished."

25. We cannot create our own joy through external means, because joy is not something we can create. It is a gift that comes from a deep sense of gratification and a belief that everything is going to be ok. Name 3 things about which you have joy.



1. _____
2. _____
3. _____

26. An impaired experience of gladness is entertainment. There is nothing wrong with entertainment. In fact, entertainment is wonderful. But entertainment only provides satisfaction of sensuality rather than gratification of sensitivity. We often substitute authentic joy for being temporarily entertained. Make a list 5 things that you find entertaining, but you are at risk of using them to avoid your heart.



1. _____
2. _____
3. _____
4. _____
5. _____

27. True gladness is a result of admitting and surrendering to the fact that we are _____, and that God is doing for us what we cannot do.

“I’ve found that I’m not in charge.”

“I can let go.”

“I know that God is here and in control, wherever I am.”

That feels _____. That is _____. That is _____.

28. Those who have found lasting gladness, have faced life on life’s terms and have still held onto their _____.

29. At the heart’s deepest core, we are truly fulfilled by a _____.

30. By facing that we are emotional and spiritual creatures created to live fully in relationship with ourselves, others and God, we also face that our greatest joy is in _____.

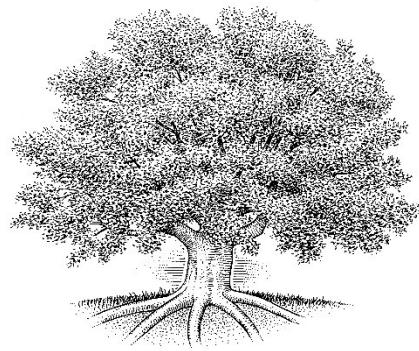
31. “Give thanks to the Lord, for he is good; his love endures forever.”

Psalm 118:1

In your awareness that God has made you to bring all of your heart to him, how do you feel? _____

Phrases to Help You Express **GLADNESS**

- “I feel so glad when you spend time with me.”
- “Getting to watch my son play ball brings me such gladness.”
- “At times like this, when we are all together as a family, I feel so glad.”
- “I’m glad that I get to go fishing today; it is my favorite thing to do in my spare time.”
- “I feel glad to hear that you’ve gotten that new job.”
- “The nurse said that you are much improved. I feel very glad about that.”
- “I am filled with so much gladness to know that you are doing something that is so fulfilling.”
- “I’m feeling glad that my little one is finally sleeping through the night!”
- “I’ve finished all my Christmas shopping and all my gifts are wrapped; I feel glad to have that done.”
- “I feel glad about getting to go to the movies.”



Conclusion

1. List the 3 things we must do to have full life.

1. _____
2. _____
3. _____

2. “Feeling our feelings” means taking responsibility for the _____.

3. It requires us to live out of how our _____ are made AND use our _____ to experience and add to relationships, first with ourselves, then with others.

4. By knowing my heart, I become aware of my hunger for life and my _____ to heal or fulfill myself alone. Through this awareness, I realize that I am powerless and vulnerable which awakens me to my need for _____ and _____.

5. “Telling the truth about my heart” simply means that I _____ to others the authentic, unvarnished experience of my self.

6. This truth focuses on me and my vulnerabilities. List these vulnerabilities.

a. _____
b. _____
c. _____
d. _____
e. _____

7. What will we find as a result of feeling our feelings and telling the truth about our hearts? _____

8. What 2 things do we find when we awaken to our hearts and turn to God rather than ourselves?
1. _____
2. _____
9. Our worth does not come from our production or performance: our worth comes from
♥ God who created us. Make a list of 5 things you have been told about yourself that
affirms your God-given value.
1. _____
2. _____
3. _____
4. _____
5. _____
10. When we recognize with our heart that our worth comes from God, we begin to see our
_____ to enter into _____ with the God who can:
- _____
• _____
• _____
• _____

11. We need to ask God to do for us what we _____. _____
12. The more we find that we cannot do, the more room there is for God to do. In
_____ lies our strength.
13. Explain how we find our “inheritance of full life.”
- _____

14. “Giving it to God” involves recognizing that God made us to feel our feelings. These feelings allow us to struggle and doubt while recognizing that we are valuable to God. So valuable that God seeks us and calls our _____ so that we may know our worth and know Him.
15. The walls we build around our hearts to protect ourselves or to hide behind must come down if we are going to live how we are made to live as _____ and _____ creatures.
16. Sometimes the beginning of the truth is simply _____ that the walls are there. List 3 walls you have built that need to come down.
1. _____
2. _____
3. _____
17. When a person is truly able to give from their heart, it is because they know _____
- _____
18. If you have walls around your heart, you will be _____ in how much you can genuinely offer others.
19. If you are not able to give others the truth of your heart, then you will give them _____, even if these lies are _____.
20. You cannot _____ what you do not _____.
21. The only way you can serve others is by having what God _____ you to have.
22. Ultimately, unless you are able to recognize the state of your heart, you cannot _____ another person’s heart. And you also cannot hear God’s calling.
23. Woundedness happens when hurtful events of the past stop you from taking risks and being vulnerable in the present. Describe a recent time when you reacted in woundedness rather than responding from your heart. _____

24. What causes us to miss the experience of full living? _____

25. In our woundedness, we don't trust that God's desire is for our _____.
26. Because of past experiences, we doubt
1. _____
 2. _____
 3. _____
 4. _____
 5. _____
27. When we have been wounded in the past, we intentionally neglect or ignore what is true—that we are _____ for relationship.
28. When we awaken to the value of how we are made, we also awaken to the _____ that others are like us.
29. What happens when we tell the truth about our hearts, ask for help, and reach for God?
- _____
- _____
30. Feelings are the _____ that God gave us that allow us to live fully in a tragic world.
31. When we use these tools to express our hearts, we move closer to God, and in His presence, we cannot help but _____ in the midst of life's risks, loses, and loves.
32. We receive the benefits of dealing with the truth of our hearts when we practice these four things: _____, _____, _____, _____.
- Complete the equation below.
- _____ (Willingness + Patience + Work + Time) = _____
33. Powerlessness is a condition that tells us we need some form of help to become empowered. Describe a time when you felt powerless and how you received help.
- _____
- _____

34. Powerlessness and vulnerability are about facing that _____, but _____.
35. Here are some phrases that will hopefully inspire some healthy, heart-filled responses for you as you attend to your heart.
- “I feel fear when we do that; can we do something else today?”
 - “Dad, I feel shame when you criticize like that. I need you not to do that.”
 - “LORD, I am struggling today with loneliness. I feel like nobody really, genuinely listens to me.”
 - “I remember when my mom forgot to pick me up at school; I felt so fearful and lonely.”
 - “I need you to stop interrupting me all the time and just listen to what I have to say. I feel hurt and angry when you disregard me like that.”
 - “I need you to drive slower. I feel fear when you drive so fast.”
 - “I feel guilty for not telling you the full truth. Will you forgive me?”
 - “Sweetheart, I need you to put your things away and not always leave it for me to do. I feel hurt when you do that.”
 - “I was so glad when I found the watch that I thought I had lost.”
 - “I love you and I want to be married to you, but I am angry for things to be different.”
 - “I am truly humbled by how much you love me.”
 - “I feel lonely and fearful when I’ve waited for an hour and they still haven’t shown up yet.”
 - “The way my father died leaves me feeling so sad and angry.”
 - “I was so glad to see my son get married and sad as well.”

Jesus said, “Love the LORD your God with all your heart and with all your soul and with all your strength and with all your mind, and love your neighbor as yourself.”

Luke 10: 27 NIV

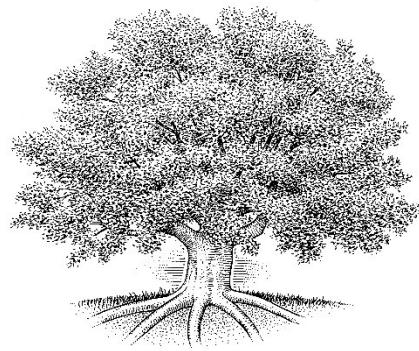
Download The Gift of Feelings Chart at chipdodd.com

The Gift of Feelings

Through feeling your feelings, telling the truth, and giving it to God (the process) in **Willingness** and **Patience** and **Work** and **Time**, you will receive the **Gifts**.

$$W+P+W+T=Gifts$$

Impairment	Truth	Gift
Resentment	HURT	Healing (Courage)
Apathy	LONELY	Being Known (Intimacy)
Self-Pity	SAD	Acceptance
Depression & Pride	ANGER	Passion
Anxiety	FEAR	Wisdom (Development of Trust & Faith)
Toxic Shame/Shamelessness (Contempt for Being Human)	SHAME	Humility
Pride (Shamelessness) & Toxic Shame	GUILT	Freedom & Forgiveness
Sensuous or sensual pleasure without heart (heartless entertainment)	GLAD	Joy with Sadness



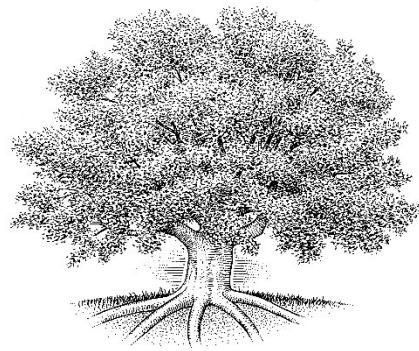
Personal Reflection

1. What is your most meaningful “take-away” from this book? _____

2. What concept/s or understanding are you are planning to incorporate into your life?

3. Do you plan to use the 8 feelings in your life? _____ If so, how?

4. How will using the 8 feelings make a difference in your relationships? (with friends,
coworkers, spouses, children, extended family) _____



Recommended Practices

As you complete *The Voice of the Heart* and this companion study you may want to make changes in your life that will help you live more fully, let me encourage you to engage in the following practices.

Feel your feelings.

Tell the truth.

Give it to God.

Follow life's call.

Submit to authority.

Acknowledge that you matter.

Recognize what you value.

Risk loss.

Enjoy success.

This becomes living fully.

Chip