

The Big Six Emotions

Jeff Newburn 7/28/19

- Sadness—I lost some of my life.
- Anger—I need to protect myself and make something stop.
- Fear—I want to get away.
- Shame—I'm not bringing you joy. You are not glad to be with me.
- Disgust—This is not life-giving!
- Hopeless Despair—I lack the resources I need for this.

God can use these for His purposes*

- Sadness → compassion
- Anger → move to intervene
- Fear → can save a life
- Shame → healthy shame messages to our people: that is not how we act (in love) (how we provide feedback to narcissist.)
- Disgust → move to disciple those who are immature
- Hopeless Despair → brings us to God

*From Michael Sullivant's teaching at Tribal 2019

When we are stuck in one or more of the Big Six, how do we go from focus on self to loving people?

1. Recognize we are experiencing a big emotion. Name it.
2. Invite God into the situation. "God, help me!"
3. Connect with God by choosing to express gratitude. Thank Him for what He has done and what He is going to do.
4. Ask God for His perspective. "Lord, what is going on here?" By doing so, instead of being consumed by the emotion, we open the possibility that the thing is not the thing.
5. Remember a story of how you have been able to recover from this emotion in the past. Use this as a hook.
6. Do your best to share with the other person the emotion that you are experiencing and ask for their help in joining you. (Mutual Mind)

Additional Resource: VCR- Validate, Comfort, Repattern as described in Rare Leadership by Warner and Wilder, pp. 168-171.

Story of Returning to Joy from Shame Worksheet

Preparation Checklist:

1. This story has a moderate feeling level and is not too intense
2. I have told this story before
3. I do not need to be guarded in telling this story
4. This story is autobiographical (It is about me)
5. This story illustrates a specific feeling

1. Briefly describe the situation:

2. List feeling words for this story:

3. During this story my body felt:

4. I returned to joy from shame by:

Follow-up checklist

- I showed authentic emotion on my face and in my voice
- I maintained eye contact while storytelling
- I used feeling words for my emotions
- I used feeling words for my body sensations
- I told the story like I was involved (autobiographical)
- I kept my story concise

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