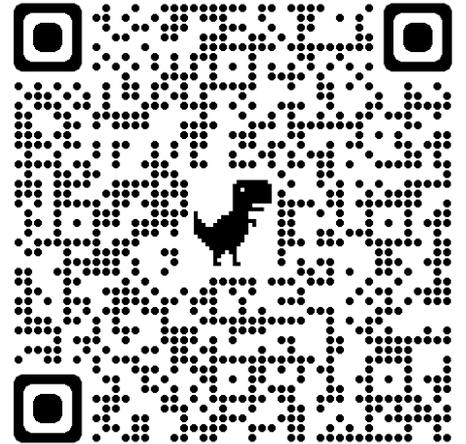


THE GIFT OF A RESTLESS HEART

"LORD YOU HAVE GIVEN ME HEART
THAT CAN'T BE PHOTOSHOPPED"



"THE VERY REALITY **WE TRY TO HIDE** FROM OTHERS, IS GIVEN TO US SO
THAT WE MIGHT **SEEK FRIENDSHIP** WITH OTHERS."
(POPE FRANCIS)

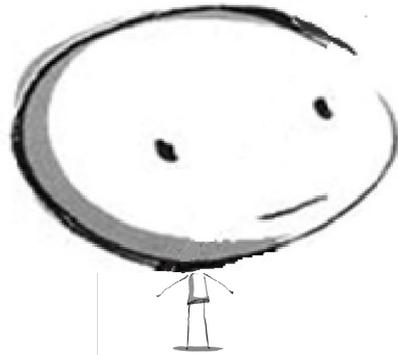
OPENING PRAYER

GOD OF TENDERNESS, WE PLACE OURSELVES BEFORE YOU IN A SPIRIT OF COMPASSION AND CARE. WE SET ASIDE THIS TIME FOR YOU AND WE ASK THAT YOUR SPIRIT BRING WISDOM, FREEDOM AND HEALING. STILL THE RELENTLESS FLOW OF WORRISOME THOUGHTS AND EMOTIONS THAT SEEM TO ACCOMPANY US EVERYWHERE. DO NOT LET THEM INTERFERE WITH THIS TIME OF REFLECTION AND LEARNING. AMEN.

FIRST-AID FOR THE RESTLESS HEART

Q. DO YOU KNOW WHAT TO DO WHEN YOUR THOUGHTS
AND EMOTION (RESTLESS HEART) CAUSES YOU PAIN?

FIRST-AID FOR THE RESTLESS HEART



50,000/DAY

80% NEGATIVE



WORRY -2 HRS./DAY (6.5YRS.) 80% NEVER HAPPENS

"THE PLACES WHERE WE ARE MOST LIKELY
TO BE HURT ARE THE SAME PLACES WE ARE
LEAST PREPARED TO BRING HEALING
(OR EVEN TALK ABOUT)."

EMOTIONAL FIRST-AID WORKSHOP

1. HUMAN NEEDS WE ALL SHARE
2. THE PURPOSE OF UNPLEASANT FEELINGS
3. DIFFERENCE BETWEEN "CHANGING OUR MOOD" OR MEETING OUR NEED.

HUMAN NEEDS:

AIR..... AT EASE OR OUT OF BREATH

SHELTER..... JUST RIGHT OR TOO COLD/HOT

WATER..... SATISFIED OR THIRSTY

FOOD..... FULL OR HUNGRY

SLEEP..... RESTED OR TIRED

CONNECTION..... FRIENDLY OR LONELY
CONTRIBUTION..... ENGAGED OR BORED
CALM..... PEACEFUL OR RESTLESS
CHOICE..... FREE OR FRUSTRATED
CONSIDERATION..... GRATEFUL OR DISAPPOINTED

UNIVERSAL HUMAN NEEDS

INTERDEPENDENCE

ACCEPTANCE

INCLUSION

APPRECIATION

COMPASSION

CONNECTION ✓

CONSIDERATION

EMPATHY

HONESTY

WARMTH, CLOSENESS & INTIMACY

RESPECT & SELF-RESPECT

SUPPORT & NURTURANCE

TRUST & REASSURANCE

UNDERSTANDING

TRANSCENDENCE & COMMUNION

HARMONY, ORDER & PEACE

BALANCE & WHOLENESS,

EQUALITY,

MUTUALITY & COOPERATION

BEAUTY

INSPIRATION

WORSHIP

REVERENCE

AUTONOMY & AUTHENTICITY

FREEDOM

INTEGRITY & AUTHENTICITY

CLARITY & AWARENESS

CONSCIOUSNESS

UNDERSTANDING

PURPOSE & EFFECTIVENESS

CONTRIBUTION ✓

MEANING

PURPOSEFUL ACTIVITY

& WORK

GROWTH

COMPETENCE

CREATIVITY ✓

SELF-EXPRESSION

SAFETY & HEALTH

SECURITY

DEPENDABILITY &

CONSISTENCY

BODILY SUBSISTENCE

NURTURANCE

REST & PLAY

ENJOYMENT

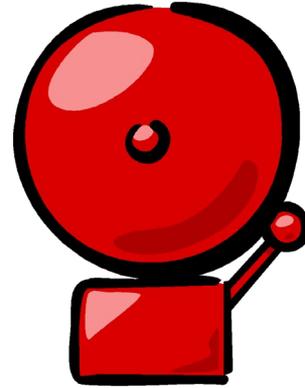
CHALLENGE & STIMULATION

EASE & RELAXATION

CELEBRATION AND

MOURNING

"UNPLEASANT FEELINGS
ARE LIKE FIRE-ALARMS, THEY
MAY BE IRRITATING, BUT
THEY HAVE A LIFE-SAVING
MESSAGE FOR US."



Q. HOW DO YOU FEEL WHEN SOMEONE ELSE DOES
SOMETHING THAT MAKES YOUR LIFE LESS THAN
WONDERFUL?

"I FEEL _____"

"USELESS, STUPIDWHAT I THINK ABOUT ME.
OR UGLY!"

"UNLOVABLE, UNIMPORTANT WHAT I THINK OTHERS
OR UNWORTHY!" THINK OF ME.

"USED, BETRAYED HOW I THINK OTHERS ARE
OR REJECTED!" BEHAVING TOWARDS ME.

EVEN IF THESE THOUGHTS TURN OUT TO BE
ACCURATE DESCRIPTIONS THEY COVER UP
HOW WE REALLY FEEL AND THEY OFTEN
MAKE US FEEL WORSE.

UNPLEASANT FEELINGS:

AFRAID
APPREHENSIVE
DREAD
FRIGHTENED
MISTRUSTFUL
PANICKED
PETRIFIED
SCARED
SUSPICIOUS
TERRIFIED
WARY
WORRIED

CONFUSED
AMBIVALENT
BAFFLED
BEWILDERED
HESITANT
LOST
PERPLEXED
PUZZLED

ANNOYED
AGGRAVATED
DISPLEASED
EXASPERATED
FRUSTRATED
IMPATIENT
IRRITATED
IRKED

DISCONNECTED
ALOOF
APATHETIC
BORED
COLD
DETACHED
DISTANT
DISTRACTED
INDIFFERENT
NUMB
UNINTERESTED
WITHDRAWN

DISQUIET
AGITATED
ALARMED
DISCOMBOBULATED
DISCONCERTED
DISTURBED
PERTURBED
RESTLESS
SHOCKED
STARTLED
SURPRISED
TROUBLED
TURBULENT
UNCOMFORTABLE
UNEASY
UNNERVED
UNSETTLED
UPSET

EMBARRASSED
ASHAMED
FLUSTERED
GUILTY
MORTIFIED
SELF-CONSCIOUS

PAIN
AGONY
ANGUISHED
BEREAVED
DEVASTATED
GRIEF
HEARTBROKEN
HURT
LONELY
MISERABLE
REGRETFUL
REMORSEFUL

SAD
DEPRESSED
DESPAIR
DESPONDENT
DISAPPOINTED
DISCOURAGED
DISHEARTENED
GLOOMY
HEAVY HEARTED
HOPELESS
MELANCHOLY
UNHAPPY
WRETCHED

YEARNING
LONGING
NOSTALGIC
PINING
WISTFUL

TENSE
ANXIOUS
CRANKY
DISTRESSED
EDGY
FIDGETY
FRAZZLED
IRRITABLE
NERVOUS
OVERWHELMED
RESTLESS
STRESSED OUT

VULNERABLE
FRAGILE
HELPLESS
INSECURE
LEERY
RESERVED
SENSITIVE

UNIVERSAL HUMAN NEEDS

INTERDEPENDENCE

ACCEPTANCE

INCLUSION

APPRECIATION

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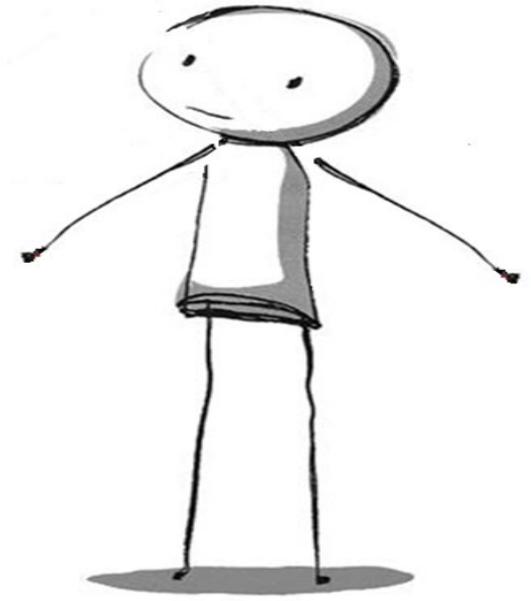
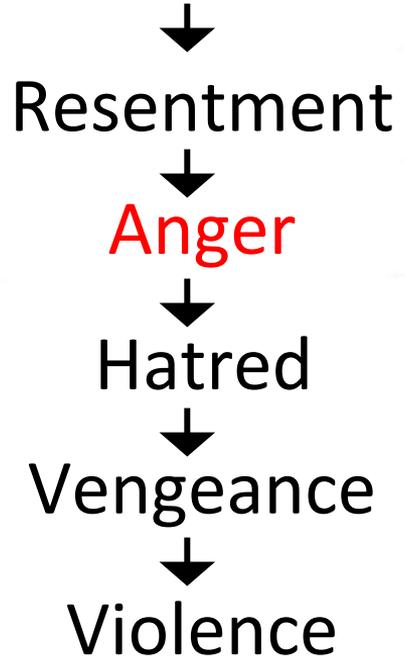
"EVERY ACTION IS AN ATTEMPT
TO MEET A NEED."

Q. WILL MY ACTION MEET MY NEED OR
CHANGE MY MOOD?

FIRST-AID FOR THE RESTLESS HEART (PART 2)

Q. Do you know what to do when your unmet need becomes an un-paid debt?

Un-met need + Un-forgiveness = Infection



Un-met need = Un-happy Un-aware, Un-able, Un-willing

Un-forgiveness = Infection:

“Unforgiveness unintentionally locks us into the assumption that the person who withheld what we needed was the **ONLY ONE** who could meet that need...”

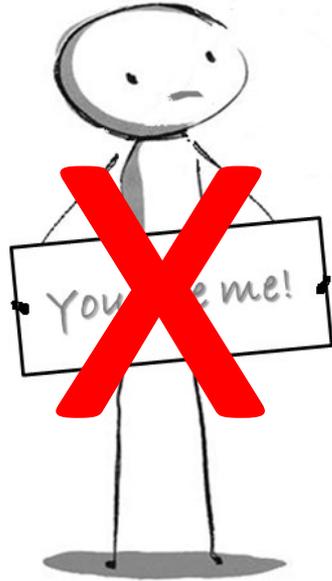


Step 1: Retelling

Telling our story in a way that promotes healing, i.e., with honesty and gentleness

Ex. Describe without commentary or judgment.

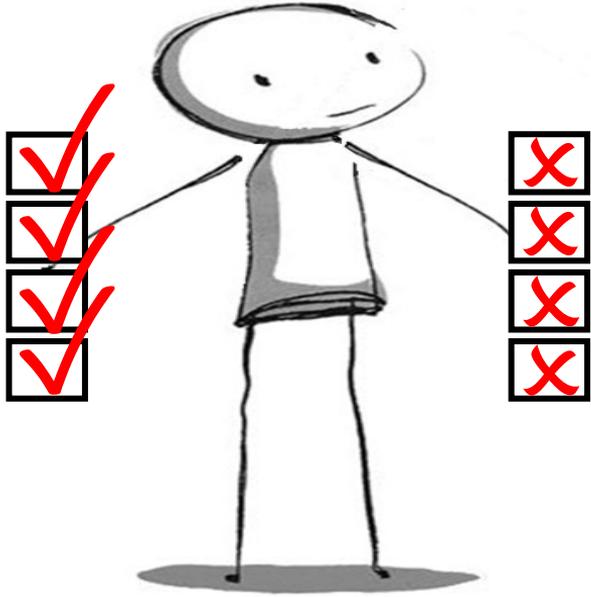
Step 2: Releasing



Letting go of the debt set us free to get our needs met.

Ex. Name and acknowledge the reality of the debt.

Step 3: Returning



Making a poor choice is like buying a faulty product, the best thing to do is return it.

Ex. intentionally un-choose poor choices.

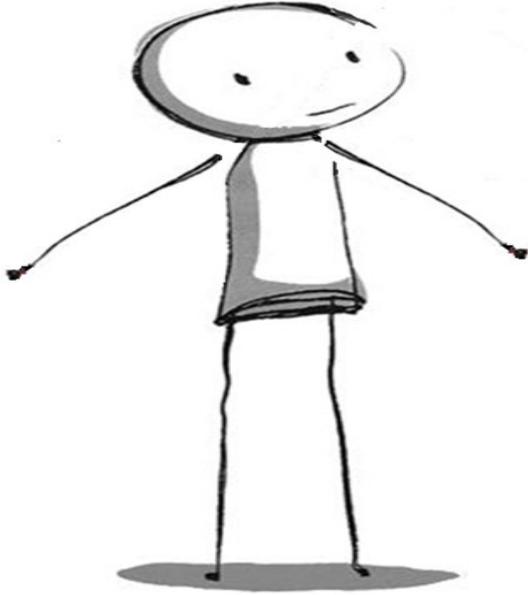
Step 4: Reclaiming



Getting back what unforgiveness has cost us allows us to re-invest ourselves in healthier choices.

Ex. Express what living with an unmet need + un-forgiveness has cost you?

Step 5: Receiving



With our hearts and minds at peace
it easier to notice positive changes
taking place within us.

Ex. Take a moment to “listen” for
the positive change taking place
within you?

“Forgiveness is a time-tested **RECIPE**.
Following the steps will always
produce the same enjoyable
RESULTS.”

Step 1: Re-Tell

I acknowledge my unpleasant feelings and the unmet needs that have become unpaid debts.

“I forgive _____, for _____.”
(name) (just the facts)

Step 2: Release

“I cancel the debt owed to me _____.
(See list below)

Ex. freedom, autonomy, acceptance, appreciation, connection, closeness, communion, creativity, contribution, nurturance, security, play, rest, beauty, harmony, order, peace, honesty, empathy, respect, love, support, understanding, trust, reassurance, transcendence, authenticity or integrity?

Step 3: Return

“I un-choose the poor choices rooted in unforgiveness. I un-choose _____.”

(See list below)

Ex. Judgment, blame, denial, hopelessness, resentment, desire for retaliation, anger, hatred, contempt, disgust, frustration, shame, guilt, regret, grief, disappointment, self-pity, self-harm, self-justification, self-condemnation, self-rejection, denying or dismissing feelings, “running away”, opting for mood-altering behaviour or listening to the lie: I am: too much... or too little...

Step 4: Reclaim

I take back what belongs to me; I reclaim what was lost. I take back _____.”
(See list below)

Ex. Sense of integrity, dignity, confidence, courage, hope, sense of my goodness, value and worth etc.

Step 5: Receive

Sitting quietly, “listening for the change”, what do you notice within you, how do you feel?

(Pause for silent listening)

Additional Resources:

Emotional First Aid [Notes](#):

Emotional First Aid Part 1: [Slides](#)

(Videos: [part 1](#), [part 2](#), [part 3](#), [part 4](#))

[Prayers](#) To accompany video series

Emotional First Aid Part 2: [Slides](#)

[Reflection Exercises](#)