

# **LIFE HAPPENS! EVERY DAY!**

*"I promise you nothing is as chaotic as it seems. Nothing is worth diminishing your health. Nothing is worth poisoning yourself into stress, anxiety, and fear."*

- Steve Maraboli

**HOW ARE WE DOING?**

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## LIFE HAPPENS! HOW ARE WE DOING?

Here are twenty life stressors that can trigger emotional symptoms. It's also helpful to note that in some cases, if you are having some minor symptoms that you haven't had before, by recognizing that, "Hey, I'm dealing with a major life stressor right now," that recognition might even alleviate some anxiety and you might find your symptoms lessen on their own. Are you acquainted with any of these stressors?

- Death of a family member
- Terminal illness (one's own or a family member)
- Physical incapacitation, chronic pain, or chronic illness
- Drug or alcohol abuse (self)
- Drug or alcohol abuse (family member, partner)
- Divorce
- Marriage
- Loss of job or job change
- Moving house
- Change of school (primarily for children or teens, but this can effect adults, too)
- Primary relationship problems (spouse or parent/child/sibling)
- Persistent Relationship Problems, non-primary (difficulties with other family members, conflict and loss of friends, difficulties with coworkers)
- Academic problems (poor grades, inability to retain information, problems with teachers, unable to meet deadlines)
- Occupational problems (lateness, absences, problems with boss or coworkers)
- Victim of abuse
- Victim of crime
- Criminal actions towards others
- Abusive actions towards self or others
- Extreme loneliness/lack of community membership or friendships
- Severe financial problems

## INTERACTING WITH OTHERS – HOW ARE WE DOING?

COMMUNICATION BETWEEN PEOPLE OCCURS IN MANY DIFFERENT STYLES AND DEGREES. YET MANY OF US CONTINUE TO THINK THAT THE WAY WE COMMUNICATE IS THE WAY THAT EVERYONE ELSE SHOULD TOO! THE TRUTH IS, THERE ARE MARKED DIFFERENCES IN PEOPLE'S PREFERRED AMOUNT AND FREQUENCY OF VERBAL COMMUNICATION. IT IS NOT UNCOMMON FOR INDIVIDUALS TO EXPERIENCE DIFFICULTY BECAUSE ONE OR THE OTHER IS UNHAPPY WITH THE COMMUNICATION STYLE OF THEIR PARTNER. SOMETIMES ASSUMPTIONS WILL FOLLOW THESE DIFFERENCES. WE ALL HAVE NATURAL PREFERENCES THAT ARE GENETICALLY INHERITED, AS WELL AS RULES WE EACH FORMULATE BASED ON OUR LIFE EXPERIENCES.

### COMMUNICATION AND PROCESSING STYLES:

EXTROVERT – MORE OF A TALKER, MISS OTHERS WHEN LEFT ALONE,  
FORMULATES A PLAN OUT LOUD  
RECHARGES BY BEING WITH GROUPS/EXCITEMENT

INTROVERT – MORE OF A LISTENER, ENJOYS QUIET TIME  
RECHARGES BY BEING ALONE,  
KEEPS THOUGHTS PRIVATE

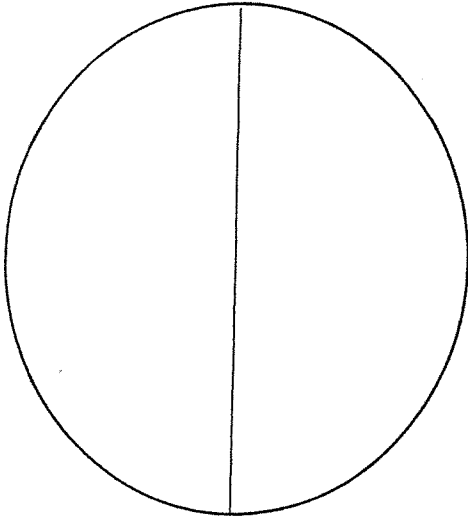
THERE IS NO RIGHT OR WRONG. BOTH COMMUNICATION AND PROCESSING STYLES ARE NORMAL. BOTH HAVE POSITIVE AND NEGATIVE ASPECTS. PROBLEMS (STRESS) MAY OCCUR WHEN AN INTROVERT AND EXTROVERT ARE ENGAGED AND THEN TRY TO CHANGE THE OTHER'S STYLE OF COMMUNICATION TO MATCH THEIR OWN. IT IS EXTREMELY IMPORTANT THAT WHEN THESE TWO STYLES INTERACT THAT THEY HAVE AN UNDERSTANDING ATTITUDE.

PEOPLE NEED TO COMMUNICATE TO FEEL CLOSE TO ONE ANOTHER. PEOPLE LOVE THOSE WITH WHOM THEY CAN SHARE THEIR HEARTS, WISHES, DISAPPOINTMENTS, HOPES, CONCERNS AND EVEN DREAMS.

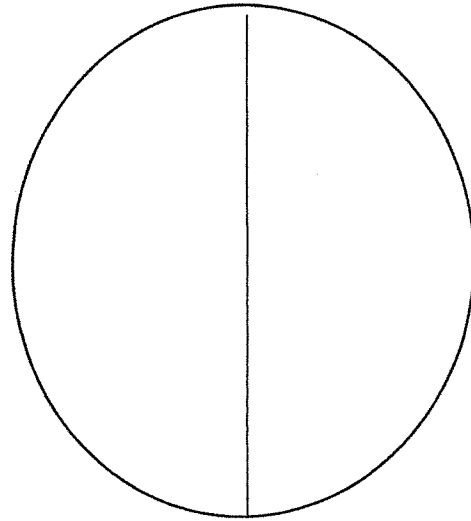
HOW ARE WE DOING?

# HOW THINGS LOOK INSIDE MY HEAD!

EXTROVERT

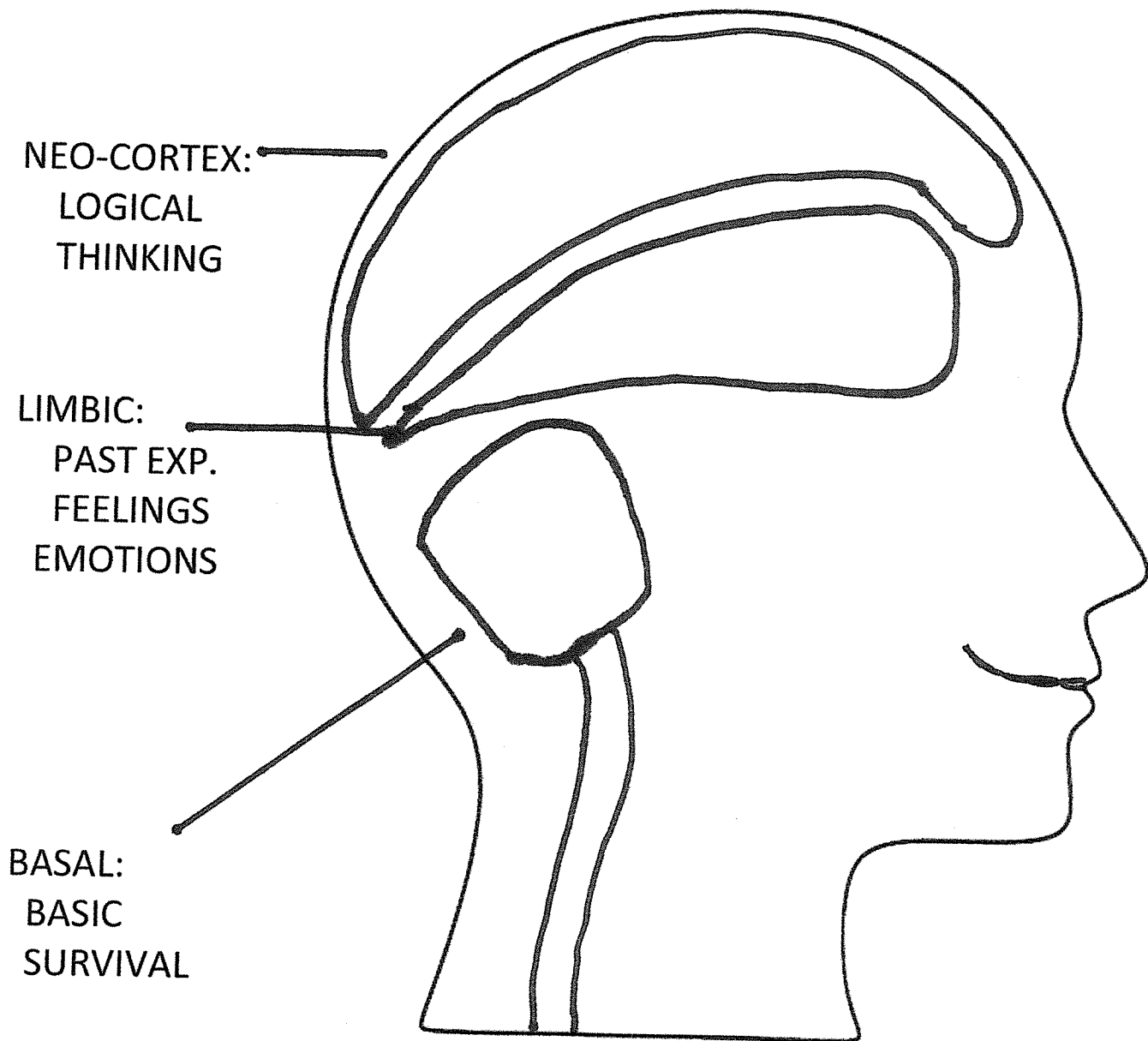


INTROVERT



HOW ARE WE DOING?

# EMOTIONAL PHYSIOLOGY AND MANAGEMENT OF TRIGGERS



HOW ARE WE DOING?

## ASSUMPTION OF GOODWILL

NOW THAT YOU HAVE FAMILIARIZED YOURSELF WITH YOUR EMOTIONAL MEMORY AND YOUR BRAIN'S EMOTIONAL MECHANISMS, YOU PROBABLY UNDERSTAND THE HUMAN TENDENCY TO "THINK THE WORST POSSIBLE SCENERIO" WHEN CERTAIN CIRCUMSTANCES OCCUR. YOUR THOUGHTS, BELIEFS, AND ATTITUDES WILL DIRECTLY AFFECT YOUR MOOD AND YOUR BEHAVIOR; THEREFORE, START AT THE BEGIINING OF THE PROCESS BY INCREASING YOUR EMOTIONAL LITERACY.

*"MOST FOLKS ARE ABOUT AS HAPPY AS THEY MAKE UP THEIR MIND TO BE"*

Abraham Lincoln

LEARN TO INTERPRET EVENTS MORE SUCCESSFULLY AND WITH MORE INTELLIGENCE. TRAIN YOURSELF TO LOOK AT THE POSITIVE ASPECTS OF EVENTS. YOU DO HAVE A CHOICE! HOW YOU ALLOW YOURSELF TO CONCEPTUALIZE AN EVENT CAN CAUSE PROACTIVE OR DEPRESSING THOUGHTS AND BEHAVIORS. TWO PEOPLE CAN EXPERIENCE THE SAME SITUATION IN DIFFERENT WAYS; HOWEVER, ONE MAY BECOME TRAUMATIZED AND THE OTHER MAY NOT. ONE MAY BE TERRIFIED AND THE OTHER MAY NOT BE. IT IS NOT NECESSARILY THE EVENT THAT IS TRAUMATIZING. IT IS OFTEN YOUR INTERPRETATION OF THE EVENT THAT IS TRAUMATIZING.

THE 99% RULE – APPROXIMATELY 99% OF THE TIME, WHEN WE BECOME UPSET (STRESSED), WE HAVE A TENDENCY TO DISTOR THOUGHTS AND THEREFORE GUESS THE WORST POSSIBLE REASON FOR SOMEONE'S BEHAVIOR. YET WHEN WE LOOK BACK ON EVENTS IN A MORE RATIONAL AND CALM LIGHT, WE BELIEVE THAT PEOPLE WERE ACTING WITH "ILL INTENT" IN A MARGIN OF ONLY 0 PERCENT TO 2 PERCENT OF THE TIME. THIS IS USUALLY THE OPPOSITE OF "THINKING THE WORST" WHILE WE ARE UPSET. IT MEANS IF WE ATTEMPT TO GUESS AT SOMEONE'S MOTIVATION FOR HURTING US, WE ARE MORE LIKELY TO GUESS THE WORST. ASSUMING THE BEST, INSTEAD OF THE WORST IS A CONCEPT CALLED THE "ASSUMPTION OF GOOD WILL".

PERSONAL GOALS:

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GENERAL NOTES:

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QUESTIONS FOR MIKE:

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SPECIFIC THINGS I WOULD LIKE COVERED IN THE NEXT SESSION:

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