

# Counterintuitive Means of Addressing Stress

Chip Dodd, PhD

# Distress

Distress is the experience of life not functioning the way we wish it would, know it could, or planned that it would and it doesn't.

# Four Realities

1. Clumsy is as good as we become.
2. We have to live life on life's terms.
3. Everything is practice
4. It takes a lifetime to learn how to live.

# Emotional Responses

Depressing	<<<	Anger	>>>	Passion
Resentment	<<<	Hurt	>>>	Healing
Self-Pity	<<<	Sad	>>>	Acceptance
Apathy	<<<	Lonely	>>>	Intimacy
Anxiety	<<<	Fear	>>>	Faith
Toxic Shame	<<<	Shame	>>>	Humility
Toxic Shame	<<<	Guilt	>>>	Forgiveness
Sensual Escape	<<<	Glad	>>>	Joy

# Gifts of Feelings

Impairment	Truth (W+P+W+T)= Gift	
Resentment	<b>HURT</b>	Healing & Courage
Apathy	<b>LONELY</b>	Intimacy
Self-pity	<b>SAD</b>	Acceptance
Pride & Depression	<b>ANGER</b>	Passion
Anxiety	<b>FEAR</b>	Wisdom & Faith
Toxic shame & Contempt	<b>SHAME</b>	Humility
Toxic shame & Shamelessness	<b>GUILT</b>	Freedom & Forgiveness
Sensuous or sensual pleasure without heart	<b>GLAD</b>	Joy with sadness

# Response

- Identify: What am I feeling?
- Explore: What has occurred? What is happening? What is familiar?
- Express: Who do I tell?

# Response Ability

We are created as emotional and spiritual creatures, created to do one primary thing in life—live fully. However, to live fully we must do so in relationship with ourselves, others, and God.

<https://youtu.be/apzXGEbZht0>