

# SEEING THE INVISIBLE

STEPHEN JAMES, *LPC-MHSP, NCC*

SAGE HILL

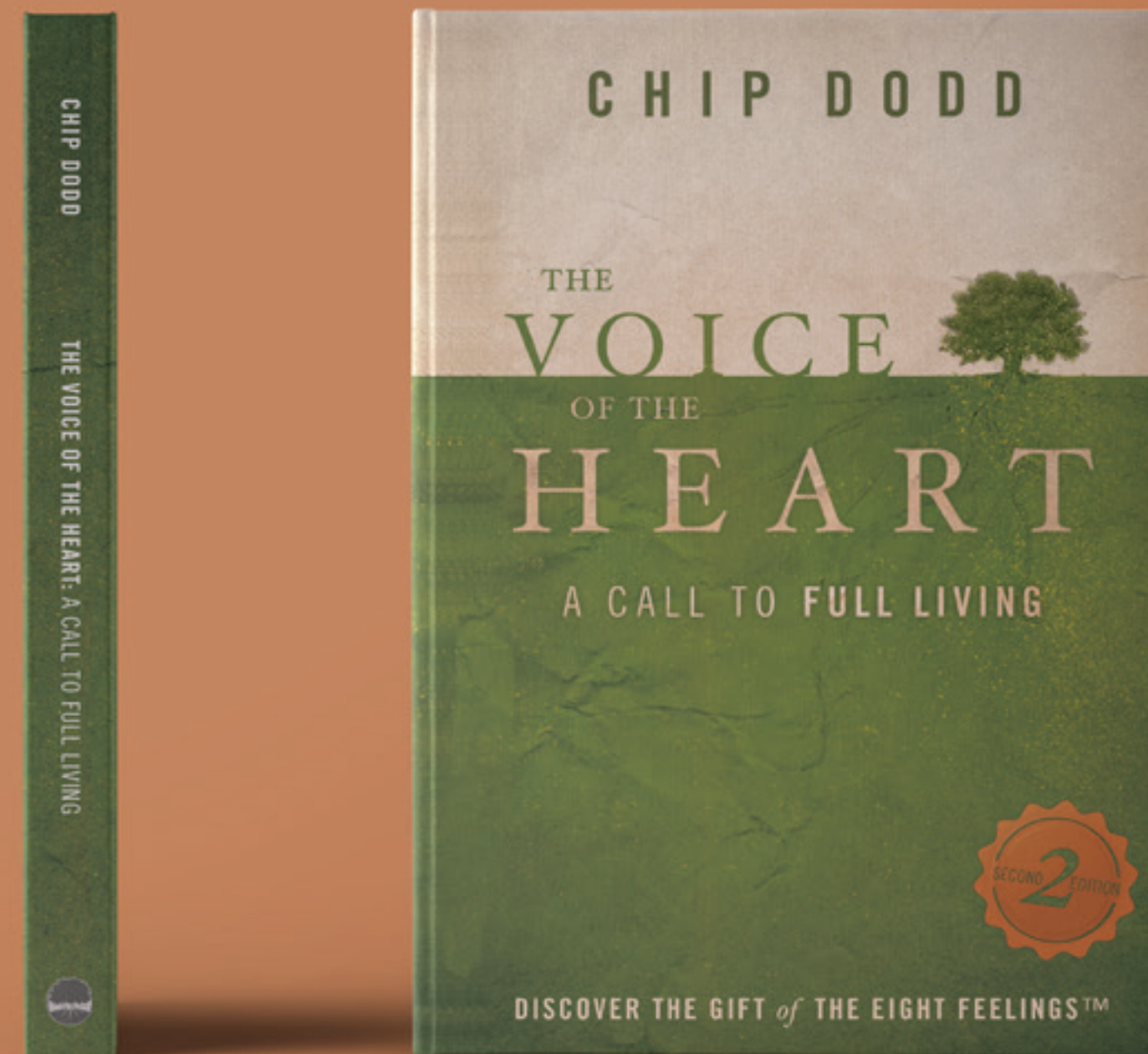


COUNSELING



# FEELINGS 101

EMOTIONS FOR DUMMIES





# WHY FEELINGS

- They influence what we do, think, say, need.
- They are our primary way to navigate the world.
- Everybody has them.





**AVOID**



**EXPERIENCE**

**DENY**



**IDENTIFY**

**REACT**



**DIRECT**



THERE ARE ONLY 8 CORE FEELINGS



# 3 PRIMARY COLORS





# 7 NOTES ON A SCALE





# ANGER

- STOP/GO
- YES/NO

**PASSION VS. DEPRESSION**







# FEAR

- Prepare
- Faith

**WISDOM VS. ANXIETY & RAGE**







# HURT

• OUCH!

HEALING VS. **RESENTMENT**







# SAD

- Values loss

**ACCEPTANCE VS. SELF-PITY**







# LONELY

- Relationship (Self, Others, God)

**INTIMACY VS. *APATHY***





# SHAME

- I'm NOT God
- Neither are you

**HUMILITY VS. SELF-ESTEEM &  
WORTHLESSNESS**







# GUILT

- Responsibility

**FREEDOM VS. CONTEMPT**





**GLAD**

**JOY VS. *SENSUALITY WITHOUT HEART***





# SAGE HILL TRAINING



Relationship-centered training to help you  
lead your teams with heart.



LEAD FROM THE HEART



TRANSFORM LIVES



GAIN PRACTICAL TOOLS

FOUR-PART TRAINING DESIGNED FOR LEADERS:

**PART 1** September 7-9, 2017

**PART 2** November 2-4, 2017

**PART 3** February 1-3, 2018

**PART 4** April 5-7, 2018

INTERESTED? Visit [www.sagehilltraining.com](http://www.sagehilltraining.com) to learn more.