

Deep Happiness: The 8 Secrets

How do I increase the blessing of God in my life?

How do I deal with pain, _____, loss?

How do I handle _____, _____, depression and excess emotion?

Blessed are those who _____

The Happiest people have _____ their pain

The two favorite ways of dealing with pain

_____ **and/or** _____

There are two areas where you need to mourn

1. Your _____

What have you done that has caused pain to others

2. The Actions of _____

What have others done to you that has caused pain to you

Express your _____ in some way!!!

Anger;

_____ it out;

Crying;

Shouting;

Seeking _____;

Declare reality;

Pray;

_____;

Read/Sing the Psalms;

Argue:

_____;

Psalms 60:1-3

Find a _____ person to confess your actions

God and maybe someone else

Find a safe person to express your _____

How do I handle _____, _____, depression and excess emotion?

Blessed are the Meek Matthew 5:5

The happiest people _____ their emotions but do not give them _____

Do you know anyone who has an _____ problem?

Meekness is _____ under Control

Emotions are _____

Meekness is impulse control

Meekness is harnessing emotional power

When you are full of emotion, can you channel it to _____ action

Let me tell you about the science of impulse control

There are two parts of the brain that process emotions and impulse control

Prefrontal _____

Exercises for the Prefrontal Cortex

Emotion Transformer

Ephesians 4:26-32

1. What did you _____ to happen?

2. What went _____?

3. What will you do _____?

Adapted from Dan Sullivan The Strategic Coach System

Feedback

Ephesians 4:17-19; Proverbs 12:1

If you are going to be happy then you must be open to _____...

If you are angry, overweight, drunk, overdue on bills, viewing pornography or cheating on your spouse then your present _____ doesn't work

Everything is giving you feedback

Play _____ and Do something else which God tells you to do!

If you are being _____ to react in some way that you know is wrong then die to that reaction and ask _____ to tell you what to do instead of what you are being tempted to do.

Romans 6:11-14; Galatians 5:16; Colossians 3:1-13

Find a safe person to _____ your actions

Find a safe person to _____ your feelings

Emotion _____

Play _____ and do something else