

Facts About You Feelings

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Session 1

As you read through the first 5 chapters of this book:

1. Was there something that stood out for you personally? Was there an “ah ha” moment that you would share? Were you surprised or shocked by anything stated in these chapters?
2. One of the most frequent questions you may hear from a directee is “How do I know or discern the will of God?” Can you identify a time in your life or in a directee’s life when God’s voice was totally overwhelmed by a secular voice or voices & the outcome of that choice was something you or she later regretted. What about vice versa – the fruit of deciding to obey God’s voice?
3. Can you think of an instance where due to a directee’s negligence she found herself facing life without the full protection that God intended? How do we help ourselves & the women we direct to trust the Lord with our emotions?
4. Cirner states that:” First of all, Jesus Christ is the cornerstone for our emotional health & stability.” Helping our Directees develop a relationship with Jesus is the whole purpose of Spiritual Guidance. Do I believe personally that a relationship with Jesus is the rock on which emotional balance & wellbeing is built? Do my Directees believe it? If the answer is “no” or “not enough” how can I nurture this understanding in her/my heart? How can we help them put on the armour of God?
5. Did you do the test “Who’s in Charge?” on page 32? Did you find it personally revealing or valuable? Were there any surprises or shocks in the results? Is it something you would use with a Directee?
6. Have you ever had to challenge a Directee about a destructive habitual thought process?
7. Can you think of an instance when you took responsibility for someone else’s feelings/ emotions? Do you have directees who do this?
8. How does Regnum Christi support the development of healthy emotions / Christian fellowship / team life?

Session 2

Questions Chapters 6 through 10

9. As you read these chapters, was there something that was a surprising or provided insight into an issue you or a directee was dealing with or just spoke to your heart?
10. Have you had the opportunity to use the Fact, Faith, Feeling train in your own life or that of a directee that you are willing to share?
11. How can you as a Director identify righteous anger in yourself or in a directee? Hot anger is a pretty obvious form of anger but how do you recognize cold anger in yourself or a directee?
12. Cirner says, "...by dealing with anger daily as it comes up – resentment, hostility, and grudges have no opportunity to take root." How do we help ourselves and our directees learn to handle things one at a time as they occur? What are the reasons we hang onto anger? Why is good communication key to dealing with angry feelings?
13. Cirner says, "anger can be the fruit of self-centered existence." Discuss this and identify the other situations in our lives that make us more vulnerable to anger.
14. What is the difference between rechanneling anger & repressing it? Can you recognize the difference between the two in yourself or in your directee?
15. Cirner outlines & discusses the common causes of depression as 1) unrealistic expectations of life and of other people 2) poor self image 3) self pity 4) introspection 5) unrepented sin and 6) spiritual oppression. She states, "The greater the discrepancy between hope & fulfillment, the greater the potential for depression." Since it is not uncommon to be guiding someone who is being treated medically for depression how does this help us fortify our Directees for the spiritual aspects of their condition.
16. How can you as a Director help the woman who is playing the "victim role" in her life? Can you give some examples of self pitying thoughts that you or a Directee has had? How do self pity & introspection distract us from loving & serving God?
17. On Page 106, Cirner identifies several reasons why we fail to repent of our sins & ways to correct this failure. Can you think of a situation where unrepented sin has caused problems for yourself or a directee?

18. Cirner says, "Believe it or not guilt is a gift from God to his people." Can you distinguish the difference between true & false guilt? When is guilt a tool for physical, emotional and spiritual health? What are the three parts to this particular tool?
19. Cirner identifies anxiety as a modern day epidemic. How are some anxieties symptoms of other larger fears? Have you or a directee had an experience in which fear clearly dictated action?
20. How do we help women who have developed the habit of expressing love through anxiety? How do we help women who habitually use anxiety to maintain control or women who habitually use it to mask distrust? How can courage, patience and scripture help us all to deal with and heal from our fears and anxieties?