

# CHART: “WHY WE FEEL AS WE FEEL AND DO AS WE DO!”

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## I. THE BASIS OF AND BACKGROUND OF FEELINGS OR EMOTIONS:

They are produced as seen in the following progression:

**Programming**---> **Self-Talk**---> **Attitudes**---> **Feelings**---> **Behavior**  
(Beliefs) (emotions)

- A. **We have past programming;** good or bad programming, our present programming effects us; for our programming guides our beliefs. This includes the habits we have built into our lives, and the life style patterns we have personally molded. This could be called the “*conditioning*” we bring about in our lives through continued habits, practices, and the example of others after which we have patterned our lives.
- B. **Our self-talk ( good or bad) guides our attitudes;** we self talk about almost everything in life that is of any significance or meaning to us. We build our beliefs through our own inner self-talk practices. We do a lot of self-talk about our beliefs -- be they good or bad. And we build a belief system by our self-talk.
- C. **Our attitudes, generally, then guide our feelings;** almost universally we allow our beliefs to guide our attitudes about the events, people, or circumstances etc., about which we are concerned--then feelings follow in response.
- D. **Our feelings having been produced by attitudes and beliefs. These have a great bearing upon our behavior.** Most of the time our feelings guide our behavior.
- E. **You will note there is a progression as all of these work together** to build our actions, or behavior and reactions.
  1. That is our behavior is a result of , self-talk, attitudes and feelings or emotions.
  2. Behavior does not just take place outside of causes and effects.
  3. Our actions are the result of what we have programmed into our lives, and what we have said to ourselves about the circumstances, events, and people in our lives (thus how we have related, responded).
  4. These two things have developed our attitudes and all of these three things have brought about our feelings or emotions and from these flows our actions, reactions, or behavior.

## **II. A PRACTICAL FORMULA TO HELP US ANALYZE OUR SITUATION**

**Our environment (circumstances, events, people) PLUS our thinking or evaluation of those things PLUS our emotional responses -- together these things PRODUCE our actions or behavior.**

**A. Our Feelings are Consequences--the product of other causes** (are results)

1. **They are faithful signals:** Emotions are not wrong; they are the results of our programming; they are effected by our beliefs, our attitudes and our programming. (Sinful emotions become sinful because of our wrong beliefs, our wrong attitudes and thus emotions bring the wrong sinful behavior.)
2. **Examine Psa 42, 43;** Note the writer is far from where he wanted to be, (42:5, 11; 43:5) his environmental condition was bad; things had happened for he was kidnapped; taken from temple area and could not serve the Lord. He was harassed; socially and physically things were not what he desired. How would he respond in his beliefs, attitudes and thus feelings and behavior?
3. **In actions--** he could not get away; was in another country; in the enemies camp. (Personal behavior or lack of it may be contributing to the situation.)
4. **In thinking** -- (Meanings that we attribute to our environment or the distortions or how my present needs are met or not met--- all this is involved in our thinking.) He probably thought negatively at first; God has forgotten me; God does not care, etc. We so automatically think negatively. It is our programming.

**B. Our Feelings Are usually Related To our Circumstances:** Psa 42, 43 we see that the Psalmist is depressed, despairing, grieving, and irritated. He could not change his circumstances, but he could have control over his thinking (or beliefs and attitudes about his circumstances). We engage in much self-talk and therefore many misbeliefs... in which we further exaggerate and create many of our problems.

The circumstances may never change but right, Biblical thinking can give meaning to the circumstances. (II Pet. 1:3-9; Phil. 4:8; I Pet. 1:13-16; Prov. 23:7; Rom. 12:2)

**C. Our Feelings, (emotions) Are Primarily Responses to Our**

**Thinking:** It is an evaluative type of thinking in which we react and naturally arrive at our our feelings and emotional responses according to our prior programming, beliefs, and attitudes.

1. **We talk to ourselves** consciously or just below the awareness level as

we evaluate everything we experience. We must challenge ourselves about our thinking and programming. We must consider our self talk for much of it is from our former thinking, and our reference from and to the past.

2. **We can alter our feelings** to the degree that we can correct our evaluative self-talk.

### ***OUR FAULTY FEELINGS ARE A RESULT OF OUR STINKING THINKING.***

We talk about 1300 words a minute to our selves. We verbalize our self-talk, our thoughts, and we give meaning to circumstances.

***We have 10,000 tapes in our mental library by which we read into our circumstances... we replay these again and again in living color.***

- C. **We Need to Discover Some Possible Attitudes** that may effect our feelings and behavior by considering some of our troublesome self-talk practices, and our belief system.

### **III. REPROGRAMMING METHODS TO BRING ABOUT CHANGE:**

- A. **Learn the truth**; memorize the Word of God; meditate on the Word of God as you spend time saturating your mind with the truth.
- B. **Use "stop cards"** ..Biblical answers replacing misbeliefs with truths. On one side of the card put your past misbelief statement, on the other side write the truth, the Biblical answer, and write out what you are going to say to yourself outloud, and every time that you find yourself saying a misbelief to yourself, (a self-talk LIE) stop yourself, go over the verses and truthful statements until you have brought about change.

(These cards can be ordered from us!)

- C. **Restate to yourself**.. specific, positive, present tense affirmations.
- D. **Have a loving friend or counselor test** your conversation to help you to be aware of your misbeliefs, and your wrong, sinful self-talk.
- E. **Tape record Biblical answers** and replay them, listen to affirmations.
- D. **Translate self-talk into right, Biblical behavior patterns.** Bring to mind previously used helpful Scriptures that focus on hope.