

## **Emotions Can you Trust them? Dr. James Dobson**

### **Video part 1**

1. Your mind will tend to confirm what you fear the most.
  2. Marines in Viet Nam engaged in Battle at 1:00am, only to find that they were spooked and shooting in the air.
  3. Dr. Dobson's parents pulled on opposite sides of the door thinking that serial killer Charles Manson was coming to get them.
  4. We often fight with our emotions when nothing is really happening.
  5. Emotions are Cyclical, high to low and back again.
  6. Each of us has a sign curve of frequency from mid to high peak. We all get some (steady) swing up and down but others have a very high ups and downs.
  7. If someone has great exhilarations and has the same capacity for deep lows, it may become pathological and become mental illness.
  8. This curve is scary when you rush into a marriage and haven't seen the down side yet. Hold on...it's coming!
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### **Video part 2**

1. Relationships and your Faith in God have up and down cycles.
2. Guilt free and clean spiritual experiences are also part of the emotional ride. You may not feel "it" sometimes.
3. Healthy is to understand the swing and not be controlled by it.
4. Buying a house and going on vacation can be emotional experiences.
5. Nutrition, exercise and rest can bring up your emotions.
6. God can often use your emotions to help you make decisions but be careful not to rely on how you feel. Do what you know is right.
7. A Mom once abandoned her family because of the "call" into ministry, but God does not violate moral principles.
8. Understanding, life cycles, hormones, etc can play a role.

9. Temperaments are very established in the womb, very different.

10. Jacob and Esau were described as different twins in the womb.

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### **Video part 3**

1. Low points will build character, like a tree in the rain forest. Roots are shallow, and a wind storm can blow it over. A Mesquite tree in the desert has deep roots.

2. Joy comes from within and is not “happiness” (root word comes from happenings).

3. Jesus said you shall have tribulation, but be of good cheer!

4. Mind, Body and spirit. Somatopsychic (body and mind) Psychosomatic is from mind to body (think it first, then it effects the body). Emotional experiences can give you an ulcer.

5. Cancer is often Gods fault when we let the physical dictate to our spirit

6. Music can be an emotional influence in our behavior.

7. Mid Life crisis in men and menopause in women, is usually when we are emotionally attached to the life cycle of parents dying and jobs coming to retirement.

8. Both positive and negative thinking are necessary to keep us balanced. Negative things are part of the scripture. Sin is a disease, Jesus has the cure. Learn both sides. Penicillin is nothing until you understand bacteria.

9. Having positive and negative posts on a battery give you power. One without the other is no good. No power.