

Example 2

1. Recognize emotional pain

Upset and Hurting (While pain event is still fresh)

What happened? Be brief in your statement. (Perception)

I am no longer the associate youth minister, because of some hear-say that has been spread around.

What thoughts did you direct towards yourself during the event? (Thoughts)

I'm not able to work for the church.

It seems that people in the church are always out to get someone and it is me right now.

I don't want to work for the church anymore.

What thoughts did you direct towards the event itself? (Thoughts)

I told myself that Carol Higgs is completely out of her mind and is so STUPID!

What feelings did you experience? (One word descriptions)

Hurt, Angry, Frustrated, Annoyed

What did you want to do? (Actions)

I wanted to tell Carol that no one likes her kids and that she is a terrible parent.

I wanted to tell the elders that this job is not worth the money.

What did you do? (Actions)

I stayed calm and called a few people to let them know what happened.

Rate this event on a scale from 1 – 10 5

2. Create favorable conditions to process in

Before attempting to process an event, make sure you are rested, fresh and not violating the H.A.L.T formula. Don't allow yourself to get too hungry, angry, lonely, or tired. Be sure you are in a comfortable place where it is quiet and you are not likely to be disturbed

3. Two attitudes: Humility and a Positive point of view

Check the "me" factor by using humility.

How could you have viewed the event in a more positive light? (Looking at the overall picture and things learned)

- I was able to learn a lot from this experience.
- I learned that I am a huge influence on the kids. Everything I do and say is being watched and heard.
- This has also given me an opportunity to try something new and use my talents by working with the college ministry.
- God has a plan!

4. Process with three skills: Accurate Thinking, Assertiveness and Listening

Accurate Thinking

How could you have been more accurate in your response? (Identify all negative thoughts, find the thinking errors that were used, and write accurate responses for each)

Negative Thought	Thinking Error	Accurate Thought
<u>A. I'm not able to work for the church.</u>	<u>A. Maximizing/ Poor Me Thinking/ Filtering</u>	<u>A. I am able to work for the church in other capacities.</u>
<u>B. It seems that people in the church are always out to get someone and it is me right now.</u>	<u>B. Overgeneralization/ Personalization</u>	<u>B. Brethren aren't always out to get someone, they are just trying to do what's best for their children.</u>
<u>C. I don't want to work for the church anymore.</u>	<u>C. Emotional Reasoning/ Over-Generalization/ Filtering</u>	<u>C. Just because I was mad at one situation doesn't mean that it applies to all situations.</u>
<u>D. Carol Higgs is completely out of her mind and is so STUPID!</u>	<u>D. Maximizing/ Filtering/ Labeling</u>	<u>D. She just wants what is best for her children.</u>

Assertiveness

How could you have been more assertive? (Find your need. Then write an assertive response to get your need met, remembering the "you" rule)

Identify the need: 1. Learn from the situation 2. Let Carol know that I'm sorry.

Form an assertive statement: 1. I have done my best with the youth group. I need to improve on my verbal skills and communication. Also, I will work on being more sympathetic to the needs of others. 2. Carol, you're a mother that cares deeply for your children and I'm truly sorry that I have put you in a position that is tough. I hope that this situation will not be worried about any longer. The elders and youth minister have found better use for me helping with the college ministry.

Listening

What could you have done to improve your listening? (Put yourself in the other person's shoes and see it from his or her viewpoint)

Mrs. Higgs is definitely worried about the quality of her kid's teachers. I was blunt sometimes in the things I said and that worried her. Her children and the rest of the youth group deserve nothing but the best.

Be aware that the level of pain events processed should be in direct proportion to the level of attitude and skill development.