

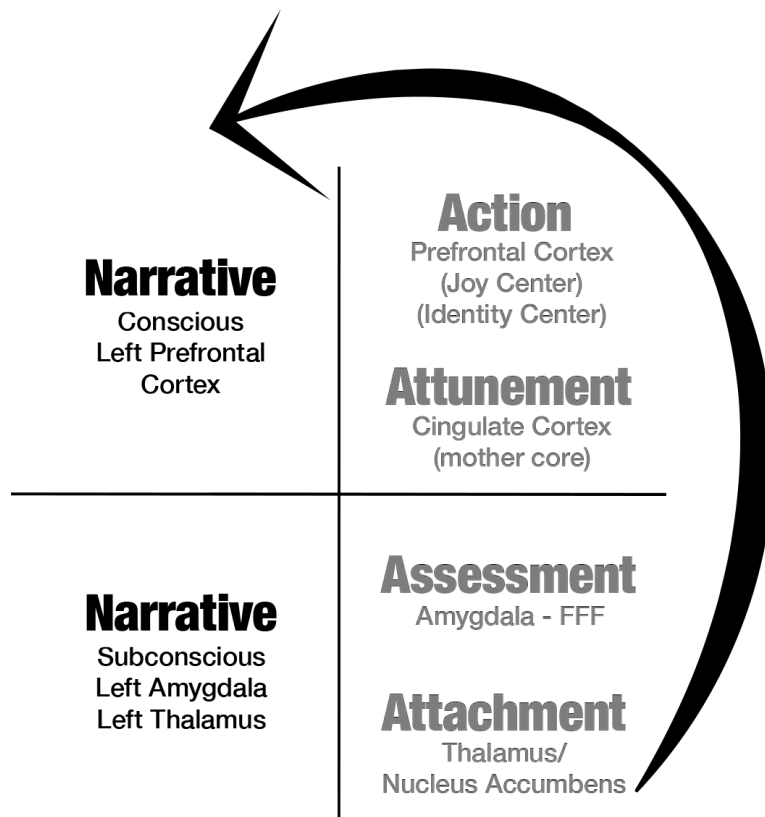
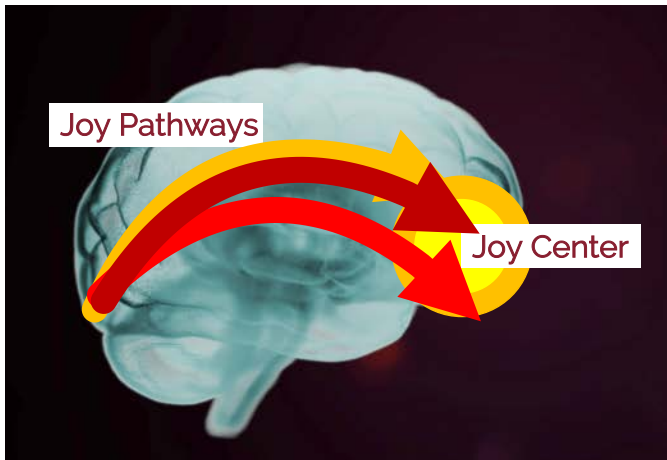


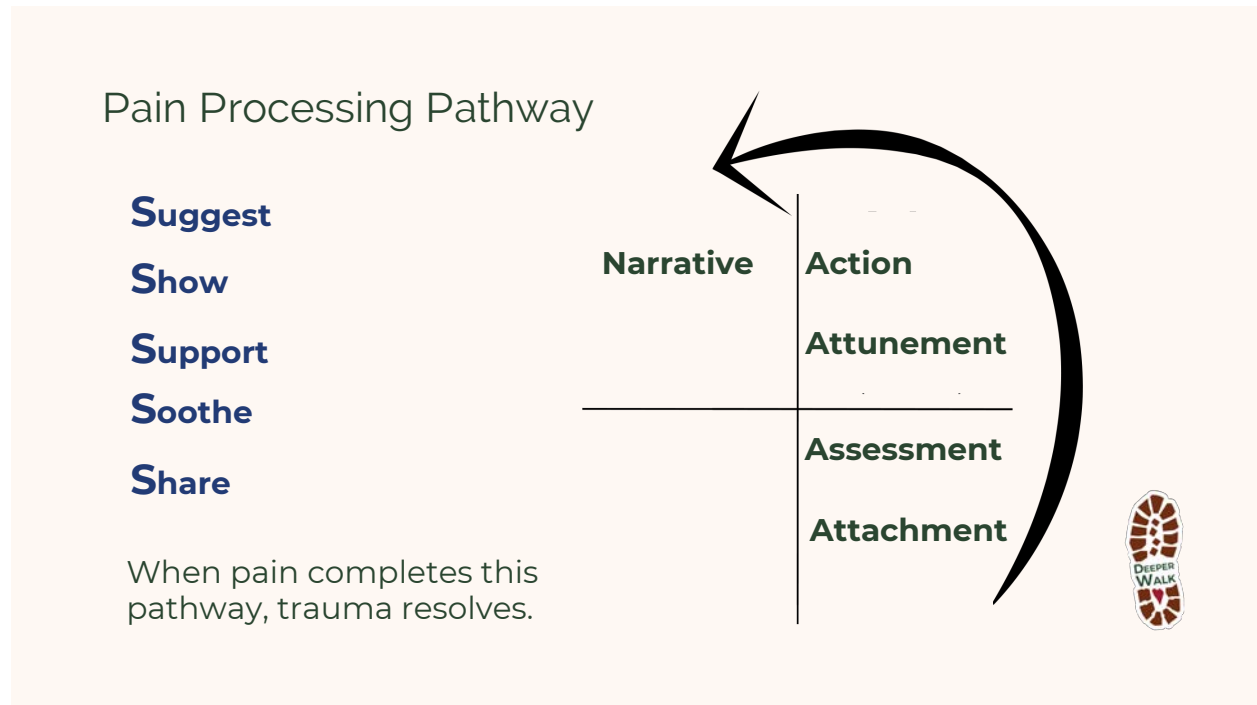
## **Building Bounce**

Session 1

## Two Essentials of Emotional Capacity

- Emotional capacity is the ability to handle weight.
- The two essentials of emotional capacity are a well-developed joy center and well-developed joy pathways in the brain.





**A**ppreciation & quieting

**B**eliefs

**C**onnections

With people

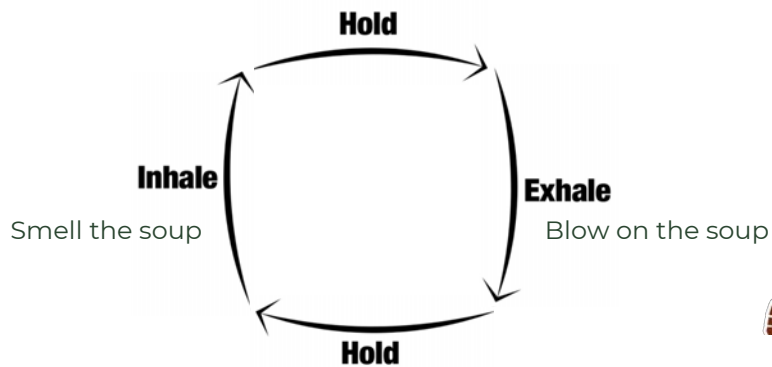
With God

Session 2

## Appreciation & quieting

### Quieting

- **B**reathe
- **E**xaggerate
- **S**oothe
- **T**ense & release



### Appreciation

- Gratitude
- Anticipation
- Memories
- Experiences
- Singing

#### Engine Speedometer? (Alert Program)

Our bodies work like a car engine.  
How is your engine running today?



### Session 3

## Beliefs: Winning the battle for your mind

Negative emotions are often rooted in beliefs about goals we feel we must attain in order to be successful.

- **Anger** – Blocked Goals (You are in the way)
- **Anxiety** – Uncertain Goals (I don't have a plan)
- **Depression** – Impossible Goals (This is hopeless)

Hope and Optimism

### Calming a Thought Storm Power of a plan

What is the WORST thing that could happen?

What is the BEST thing that could happen?

What is the LIKELY thing to happen?

Create a plan based on the LIKELY

Make a plan for what is most likely



### Turn your brain into an “anteater”

Dr. Daniel Amen

Automatic Negative Thoughts

	<b>Lies</b>	<b>Truth</b>
<p>For each emotion write out the Automatic Negative Thoughts (Lies and Half-Truths) that support that emotion under “Lies.”</p> <p>For each belief, ask Jesus to show you the truth he wants you to know instead and write that under “Truth.”</p>		

Your list of truths gives you a battle strategy for taking your thoughts captive.

**Awareness:**

Ask Jesus to show you a place where you have made agreements with the enemy. What lie of the enemy have you made agreement with?

**Take it Captive:**

Ask Jesus to reveal to you or show you what the truth is.

- Scripture
- Word
- Picture
- knowing

**Replace the lie with the Truth:**

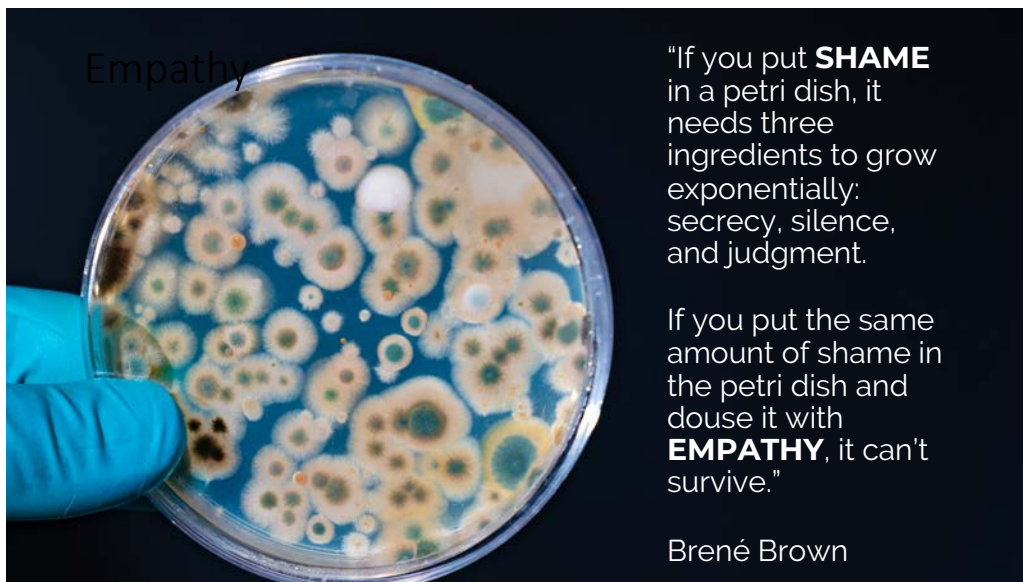
Break Agreement with the lie and embrace the truth

Out loud say, "In Jesus name, I reject the lie\_\_\_\_\_. I come out of agreement with it today and declare the truth \_\_\_\_\_!"

Session 4

**Connections:**

- Belonging
- Vulnerability: Letting others see the real you.
- Empathy: Meeting vulnerability with tenderness.



Skill Set 1 –

## CAKE

**C**uriosity  
**A**ppreciation  
**K**indness  
**E**ye-Contact



Skill Set 2 –

## VCR

**V**alidate  
**C**omfort  
**R**ecover





Skill Set 3 –  
**Continuum**

- Level 1 Trust**
- Level 2 Trust**
- Level 3 Trust**



Skill Set 4 –  
**Envelope  
Conversations**

- Relational History**
- Problem to solve**
- Relational Future**

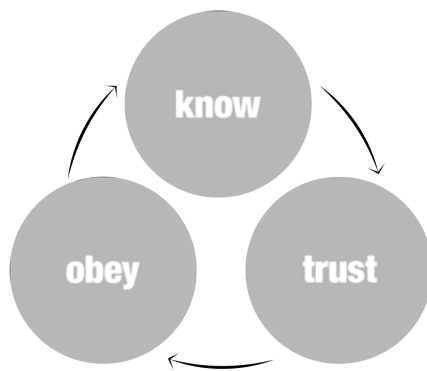


Identify one or two people you can help experience joy this week.

Make a plan. How will you do that?

Session 5

**Connecting with God: Introduction to listening prayer**



**Immanuel Prayer**

I am thankful for . . . .

*Write the rest as if Jesus is speaking to you.*

I see you . . .

I hear you asking . . .

I know how big this is . . .

I am happy to go through this with you . . .

I am strong enough to . . .