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Week 4 – Homework Questions

Chapter 5

The Belief and Emotion Principle

“We feel what we believe.”

# **Part One**

1. True or false: “Our emotional status is determined by our situation and the people around us.” Explain why it is true or false.

Answer:

# Fill in the following blanks:

1. “All of this takes me back to the abuse victims that I tried to help before the development of TPM. Their emotional pain was not a result of their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, nor was it caused by their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of the genuine hardship that they had to endure.” “Their emotional pain was coming from what they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Their present perception of themselves, and their perceived state of being, was the source of their \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.”
2. “The photographs in a photo album are not to blame for the emotion you feel when you look at them. In the same way, your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are not the source of your emotional pain.”
3. What do we unknowingly do to ourselves when we blame the people around us for our emotional pain?

Answer:

1. Since peace and freedom do NOT come as a result of blame-shifting and accusations, if we want lasting relief from our stress, anxiety, worry, and fear, what must we first do?

Answer:

# **Part Two**

1. True or false: “All of our beliefs produce emotions.” Explain why this is true or false.

Answer:

1. What do “Self-identity” beliefs describe? List a few examples of “Self-identity” beliefs.

Answer:

1. What do “State of being” beliefs describe? List a few examples of “State of Being” beliefs.

Answer:

1. What term do we use to describe the state of being in which we believe the truth intellectually but hold an opposing belief in our hearts? Why is this important to know?

Answer:

1. Is it a bad thing to experience painful emotions that contradict the truths we believe in our heads? What are our emotions an accurate indicator of?

Answer:

Answer question 11 based on the following excerpt:

*If you feel as though you are worthless, defective, or unlovable (even if you intellectually know otherwise), then this indicates what you really believe in your heart. You may genuinely believe the truth in your head, but your emotions indicate what you believe at a heart level. Our emotions may not accurately reflect the truth, but they truthfully reflect what we believe in our hearts!*

1. How might this concept impact your handling of Scripture? For instance, if you come across a Bible passage that does not fully feel true (even if you agree with it intellectually), what does this indicate regarding your heart belief?

Answer:

# **Part Three**

Fill in the following blanks:

1. Being a victim sometimes seems easier than taking personal responsibility, but these two paths lead us in entirely different directions. One is the way of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_, while the other encourages us to assume the role of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and keeps us in a perpetual cycle of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
2. For when we believe the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, the truth will set us \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (John 8:32), and we will have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ in \_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. (2 Thessalonians 3:16)

**Answer question 14 based on the following excerpt:**

*Jesus always knew the truth, had a clear view of reality, and operated from this perspective. As a result, He always responded normally to whatever happened around Him. We suggest that Jesus’ response is the standard for normality for those who are in Christ. Everything else falls short and is abnormal.*

1. What are some examples of Jesus’ normal behavior that are different from what we “normally” do? Explain what causes the difference between Jesus’ response and the way we sometimes we respond.

Answer:

Fill in the following blanks:

1. To respond to our life situations with emotions such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and worry is to respond \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is not how Jesus (or anyone else operating from His perspective) would respond. Responding in fear, anxiety, or worry shows our lack of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We either do not yet understand the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ truth of our situation, or we have been \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ into believing \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Either way, we need \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_perspective.

# **Part Four**

1. What does our emotional pain point out?

Answer:

Fill in the following blanks:

1. “He designed pain to make you aware of when your current perspective is either \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, or \_\_\_\_\_\_\_\_\_\_\_\_\_\_, and He hopes that you will respond \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to it. He desires for you to see \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, your \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ through \_\_\_\_\_\_\_\_\_\_\_\_\_ eyes.
2. What are we unintentionally doing by focusing only on what feels good and ignoring that which feels bad?

Answer:

1. What should we do instead of ignoring our negative emotions and undermining the purpose for which God gave them to us?

Answer:

**Answer questions 20 and 21 based on the following excerpt:**

*Pain is a God-designed mechanism that alerts us to the fact that something is wrong. It does not feel good, but it lets us know that we need God’s perspective and motivates us to move in His direction. Emotions are like trusted friends who honestly tell us what we need to hear rather than simply sharing what we want to hear. They are not always fun to be around, but they are “good” friends!*

1. Why might it be said that even though emotional pain feels bad it is actually good? Is it good that emotional pain is uncomfortable?

Answer:

1. What are some of the consequences of misunderstanding the purpose of pain?

Answer:

# **Part Five**

1. If the deep pain we feel in response to our truth-based problems is often appropriate and God feels the same way, too, what is the difference if God carries the weight or if we carry it?

Answer:

# Fill in the following blanks:

1. “God is bearing all of our \_\_\_\_\_\_\_\_\_\_\_ (Isaiah 53:4), and when we genuinely believe this truth with our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, we will experience freedom and relief from the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ they cause.”

**Answer question 24 based on the following excerpt:**

*Sometimes the truth hurts. When we initially experience life tragedies, we have no choice but to feel what we feel in response to our truth-based problems. Truth-based pain serves a purpose just as any other form of emotional or physical pain. It can help motivate us to look to God for additional perspective. And when He changes our mindset to reflect a more complete perspective, we find freedom in this greater truth.*

1. In light of this, how can our griefs and sorrows be worked together for our “good?” If we respond to our truth-based pain by looking to God and gaining His perspective, has our pain hindered us or helped us?

Answer:

# Fill in the following blanks:

1. “God wants us to feel the pain associated with the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ we believe so that we are motivated to turn to Him for \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and He also wants us to know the painful truths of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ so that we will seek His solutions to them and come to view them from an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perspective. If we are only able to see part of the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, it will seem as though we have no option but to continue carrying our truth-based pain and continually look for ways to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ it.”

# **Part Six**

**Answer questions 26 and 27 based on the following excerpt:**

*Like the weary traveler from the opening illustration, we often fail to realize that our “burdens” are already being carried and continue attempting to carry them ourselves. But we must come to realize that our Heavenly Father can handle our problems, no matter how big or painful they are. When we view the loss, disappointment, or injustice from His eternal perspective, we will find relief from the truth-based pain that they cause knowing that He is bearing our burdens. Because the weight is on His shoulders, it doesn’t also need to be on ours.*

1. Why was it unnecessary for the traveler to keep his pack on his back once he had boarded the merchant’s cart?

Answer:

1. Was his continued suffering due to his burden or was it a consequence of his lack of perspective? How is this reflected in our own truth-based burdens?

Answer:

# Fill in the following blanks:

1. When we are made aware of truly tragic situations, we only perceive a \_\_\_\_\_\_\_\_\_\_\_\_\_ of the truth. We need His greater perspective. We need to be convinced of His \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. We must come to realize that our Heavenly Father can handle our problems, no matter how big or painful they are. When we can view the loss, disappointment, or injustice from His eternal \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, we will find \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ from the truth-based pain that they cause knowing that He is bearing our \_\_\_\_\_\_\_\_\_\_\_. Because the \_\_\_\_\_\_\_\_\_\_\_\_ is on His shoulders, it doesn’t also need to be on ours.
2. What two things might force us to contend with our own sadness, grief, regret, disappointment, and anger for longer than necessary?

Answer:

1. What completely released Ed and his wife of the heavy load of grief and sorrow associated with the loss of their daughter?

Answer:

# **Part Seven**

1. If Philippians 4:6 says to be anxious for nothing, why do we find ourselves anxious?

Answer:

1. What do Marcus, Elizabeth, Aaron, Elaine, and Allie all have in common?

Answer:

1. “What will be the result if we misinterpret life through the lies we believe?

Answer:

Fill in the following blanks:

1. “Our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ are only an expression of what is believed in our hearts, not an expression of what is\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_! For example, if we are in Christ but \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ as though we are defective, worthless, ‘dirty’, or unforgiven, we are not viewing ourselves \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. This is a symptom of our \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ perspectives. Our heart belief is on full display; we \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ that we’re something we’re not.”
2. If in the context of TPM we say we are “triggered”, what are we describing? How can being “triggered” be beneficial?

Answer:

Summary of the Principle—“We feel what we believe.” (Optional)

Were there any a-ha! moments or paradigm shifts that you want to make certain you remember from each part? (Nobody will ask you to share these unless you want to.)

Part One

Part Two

Part Three

Part Four

Part Five

Part Six

Part Seven