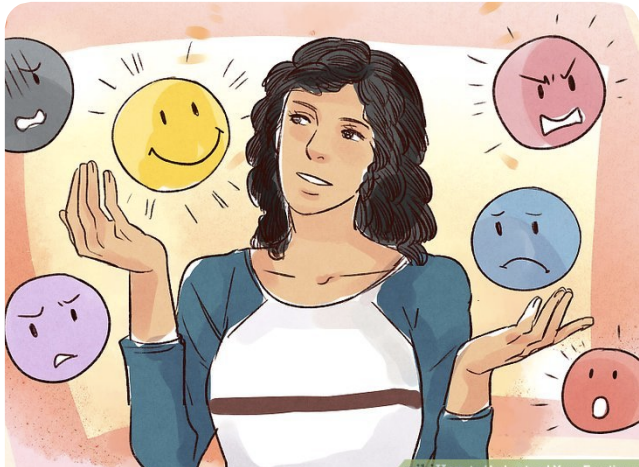


FEELINGS

Discernment in Leadership Workshop
JCAP, Chiangmai April 2 – 8, 2018





WE ARE
BOMBARDED WITH
FEELINGS



A collection of hand-painted rocks, each representing a different emotion. The emotions include: CONFUSED (white rock with colorful splatters), DISAPPOINTED (light blue rock with clouds), MAD (yellow rock with a sunburst), LONELY (purple rock with a tree and moon), WORRIED (yellow rock with a spiral and sun), BORED (tan rock with a clock), GUILTY (light blue rock with crosses), SAD (blue rock with a tear), SHY (pink rock with dots), HURT (dark blue rock with a wound), JEALOUS (white rock with a green face), and LEFT OUT (white and black rock). The text "OTHER PEOPLES' FEELINGS" is overlaid in white on the center of the image.

OTHER PEOPLES'
FEELINGS



Can you help me, Mrs. Martin? This wasn't covered in any of my education courses.

SIPRESS



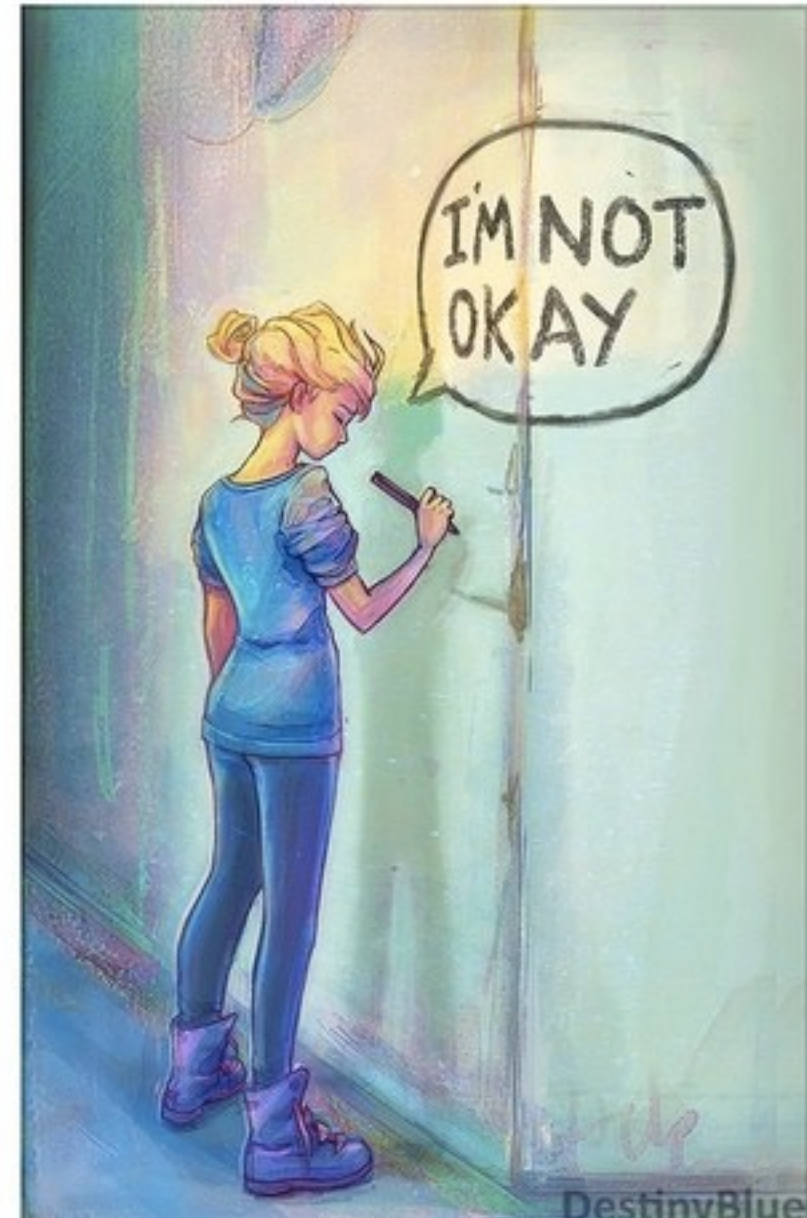
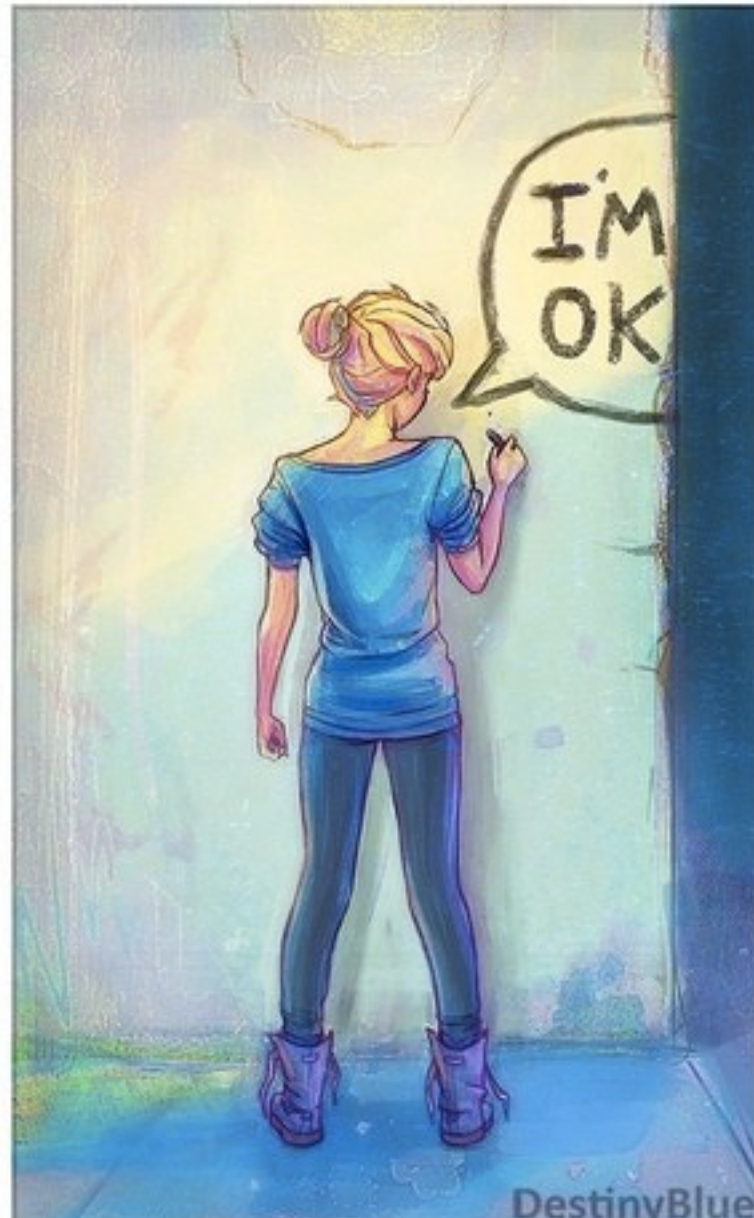
WE WEAR MASKS TO PROTECT
OURSELVES AND DO OUR JOB

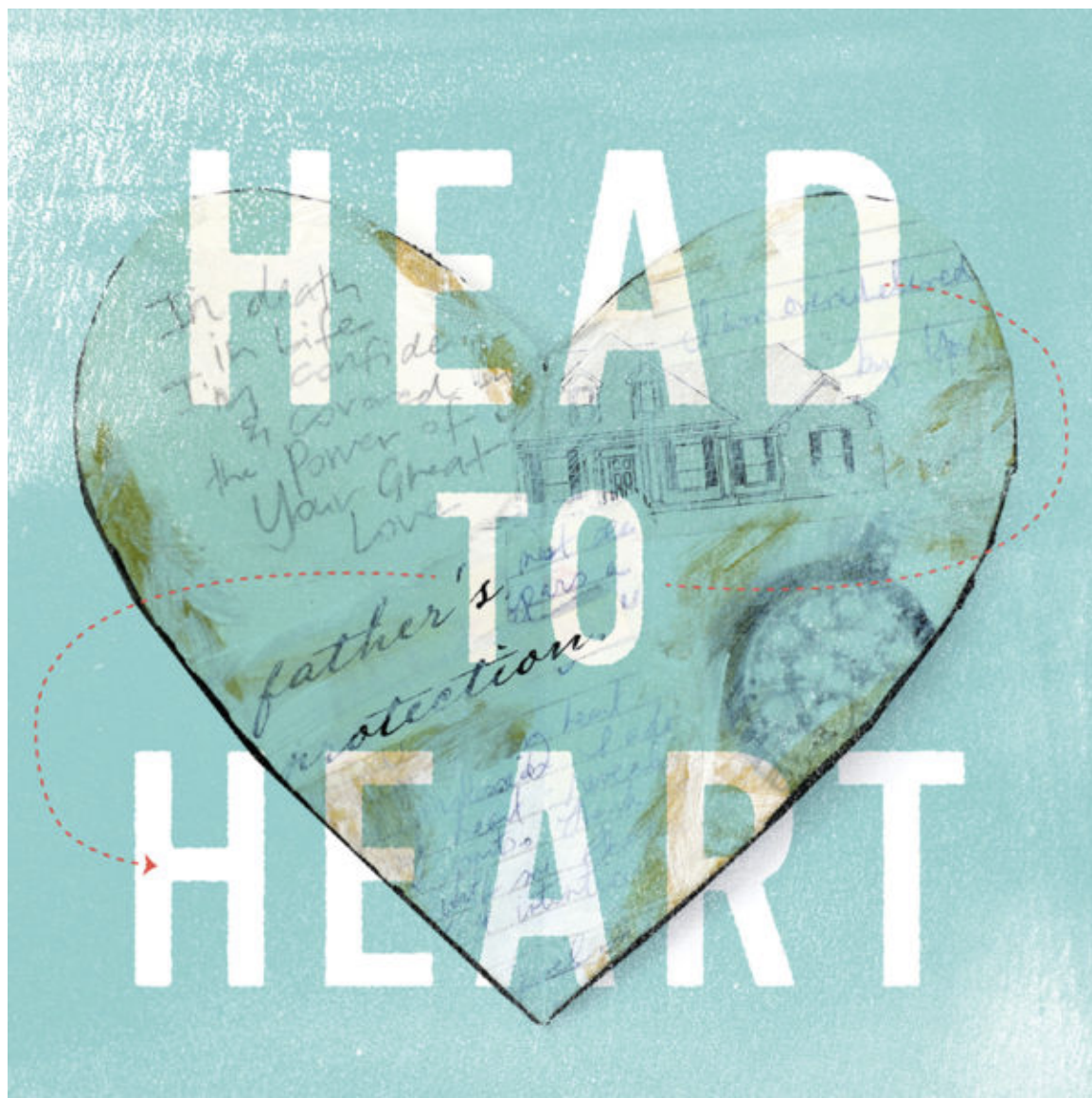


YOUR EXPERIENCES

When have you had to put aside your feelings to cope with the task at hand?

To share our real selves and feelings can make us vulnerable and we have to not get into a habit of blocking our feelings





FEELINGS MOVE
US FROM THE
HEAD TO THE
HEART
THIS IS CRITICAL
FOR
DISCERNMENT



HOW ARE
YOU
FEELING
ACTIVITY?

2014 BIOLOGICAL RESEARCH

- Happy
- Sad
- Angry/disgust
- Fear/surprise



Anger

Aggressive, bitter, cold, competitive, defensive, disgusted, disrespected, enraged, frustrated, hostile, jealous, mad, outraged, pressured, resentful, revolted

Fear

Anxious, avoidant, cautious, concerned, fearful, frozen, insecure, intimidated, guarded, overwhelmed, panicked, stressed, tense, terrified, trapped, vulnerable, worried

Sadness

Apathetic, depressed, disheartened, disappointed, disillusioned, embarrassed, grief-stricken, guilty, hurt, lonely, needy, raw, regretful, rejected, shameful, stuck, tired, weak

Joy

Blissful, brave, confident, connected, ecstatic, energized, excited, friendly, happy, hopeful, loved, loving, proud, powerful, rebellious, relieved, relaxed, spiritual, strong, thankful, tough

DEALING WITH OTHERS FEELINGS

- When have you had to deal with the feelings of others when you have had to make a decision?
- How did you do this?

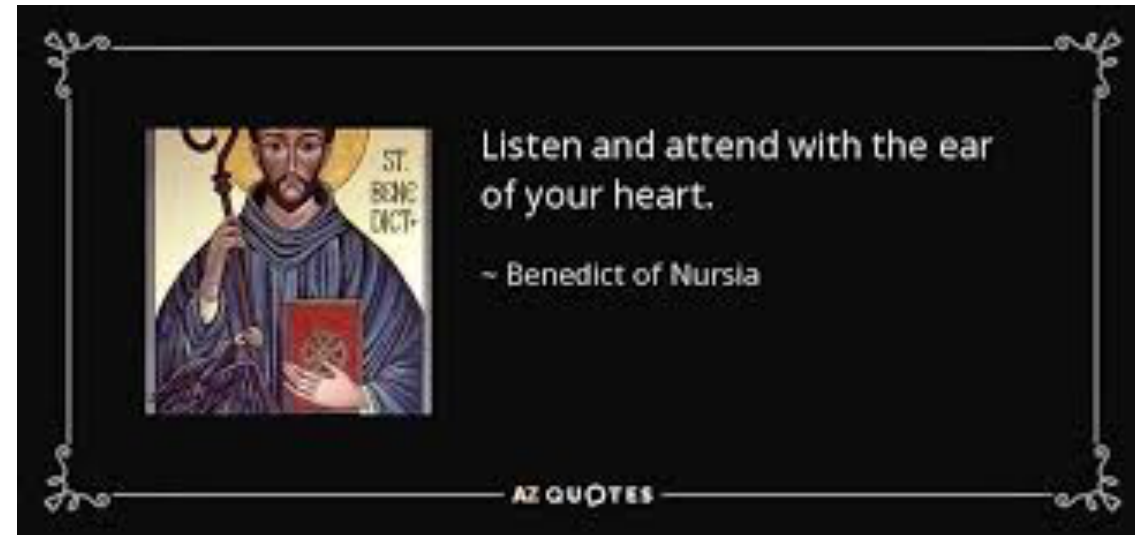


FEELINGS

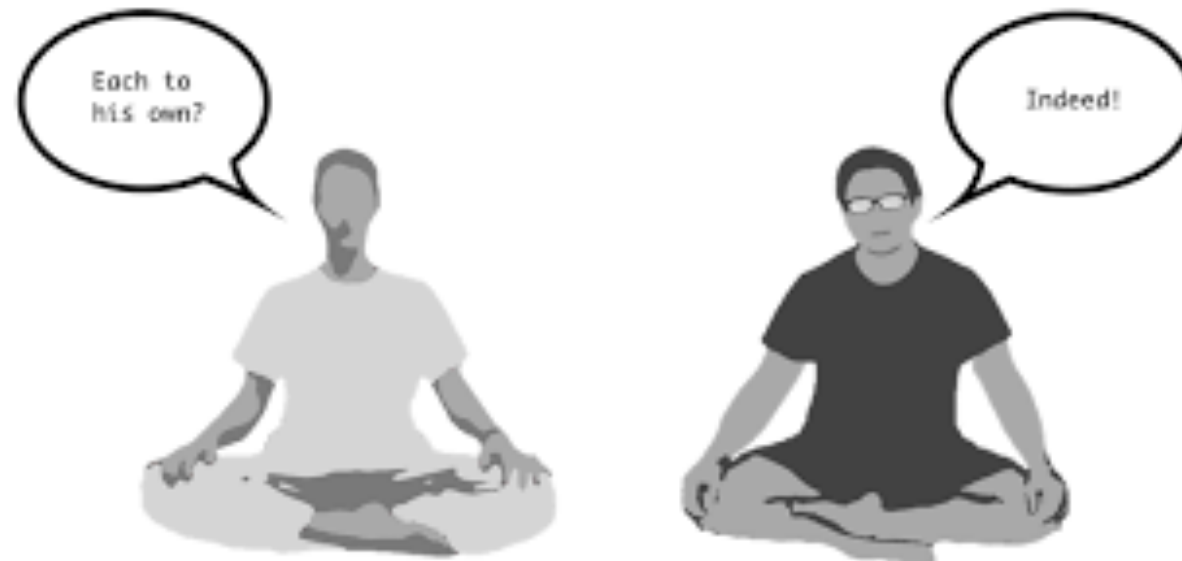
- Are always already there
- Are our sixth sense
- Help us make sense of the world we perceive
- Are our reaction to the world
- Can be sudden
- Can surprise or puzzle us
- Are accompanied by a bodily response
- Are individual and should not be judged by ourselves or others

LISTENING IS INTEGRAL TO FINDING OUT WHAT WE FEEL

- Listen to our bodies
- Listen with our bodies
- Listen to our minds
- Listen with our minds
- Listen to all of our senses
- Listen with all of our senses



When have you had an experience where you have had to deal with people who have opposing feelings towards a situation?





FEELINGS GIVE US A FELT
KNOWLEDGE - SENTIR

It is a personal knowledge through our feelings, beyond the concept or intellect.

Is a Spanish word often used in Ignatian texts and is used in the context of the love that God has for us which is beyond a head knowledge.

SENTIR

It involves real-izing – making something real to ourselves that affects our whole being.

We know felt knowledge from the direct experience, not from just reading or hearsay. An **A-hah!** moment

We can't control our feelings – which is where they open us up to the sacred

