

The need for SILENCE



HORROR VACUI

* The Internet has created a fear of empty spaces.

* We can get an addiction to information, entertainment, and every form of stimulus.

why trying to

DISCERN

is so necessary today

INTELLECTUAL
DISCERNMENT

True vs.
False

Fake
News

MORAL
DISCERNMENT

Right vs.
Wrong

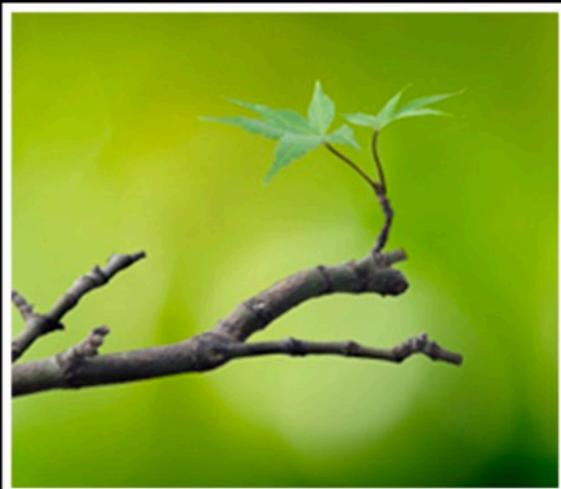
Moral
Relativism

**IGNATIAN
DISCERNMENT**

Right vs.
Right/Better

Digital
Distraction

To discern,
we need:
to be
familiar
with God--
or at least,
SELF-
AWARENESS

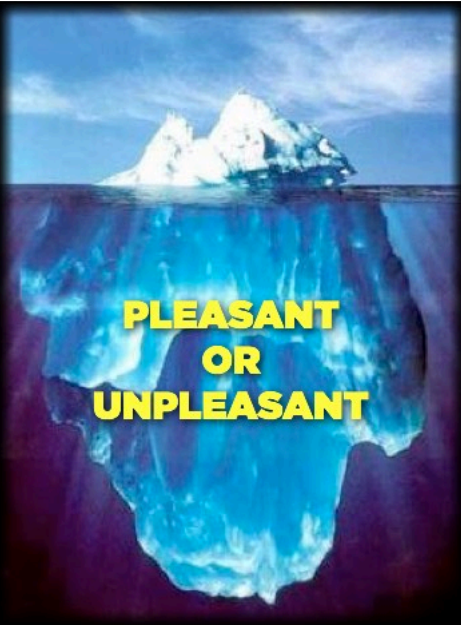




How we tend to treat our feelings...

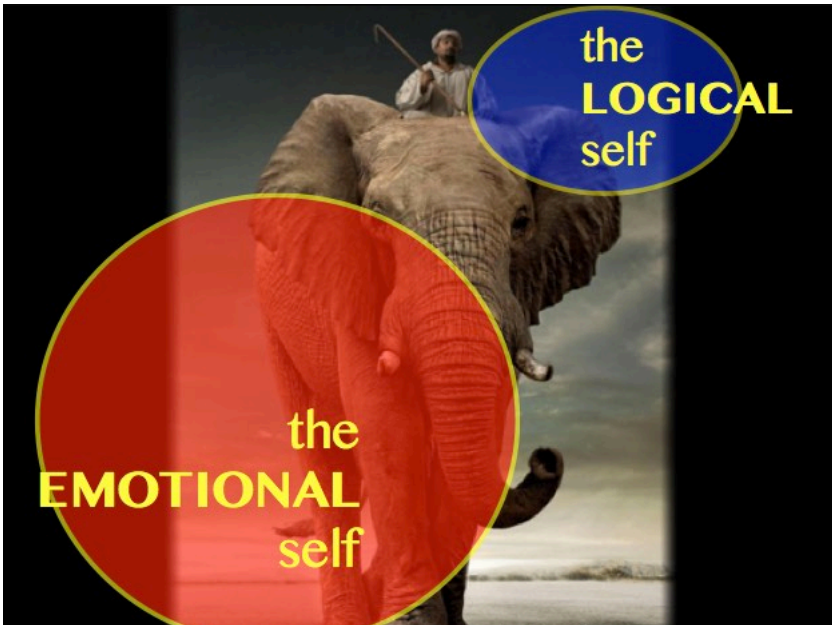
Feelings are **more powerful** than reason in influencing our decisions and actions.

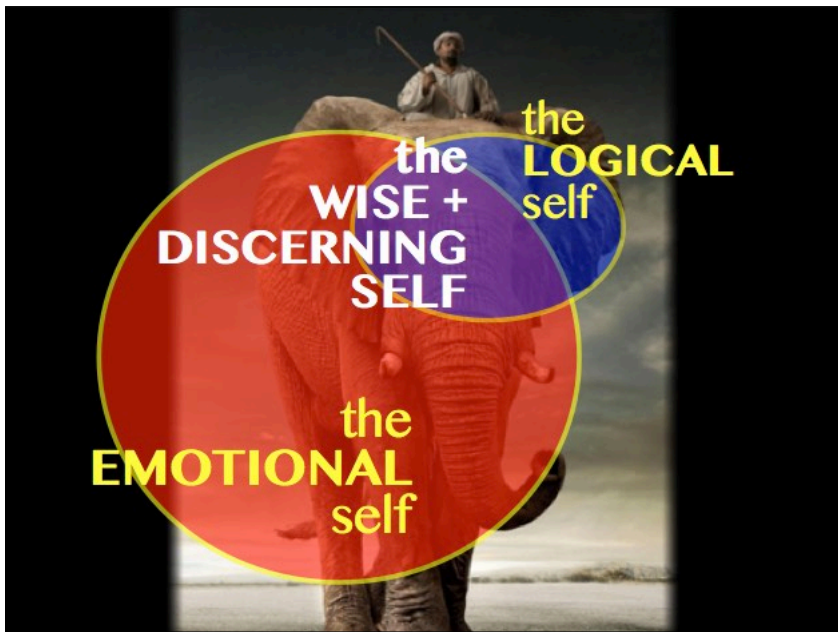
Especially **unconscious** feelings...



the **LOGICAL** self

the **EMOTIONAL** self





Two Mistakes

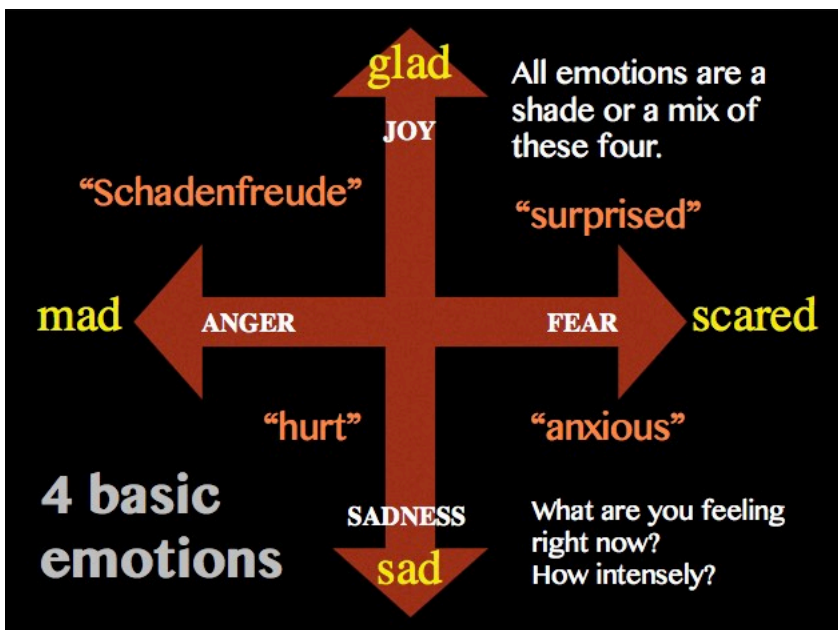
- * Let the emotions run free.
- * Ignore or abuse your emotions

...elephant stampede

LOGIC & REASON

Befriend your elephant.

EMOTIONS or FEELINGS





DEFAULT FEELINGS



DEFAULT FEELINGS



DEFAULT FEELINGS



DEFAULT FEELINGS



Our default feelings can make us **unfree** and can lead us to **errors** or **sin**.



DEFAULT FEELINGS

CLARIFY

SHARE



glad

4 basic emotions

mad

scared

sad

Feelings affect us more than we think. It's helpful to identify our most frequent or general feeling--"for no reason."

Which one is your "default"--even if not triggered or warranted?

glad

mad

scared

sad

EVENT
EXTERNAL
EXPERIENCE

FEELINGS

INTERIOR
EXPERIENCE

THOUGHTS

BEHAVIOR



Automatic Thoughts

- Tapes in our heads
- Not questions, but statements about self, others, life, world...
- Where could these be coming from? (especially from childhood)
- How valid are these thoughts and beliefs?
- What would be the consequences of believing them?
- What would happen if we drop them?

Automatic Thoughts

We have often have unconscious or beliefs about ourselves, others, the world, or life in general.

BELIEFS about SELF

I'm undesirable. I'm inferior. I'm not good enough.

I should be perfect. I can't make mistakes. I must be in control.

I'm helpless. I can't take care of myself.

I'm superior, special, or gifted. (I'm actually inferior). I need to succeed.

I'm nothing. I'm not important. I need to be noticed.

I never fit in. I don't belong.

There's something wrong. I'm bad. I'll survive if I depend on myself.

What can prompt these? What if I change them?

Automatic Thoughts

BELIEFS about Others

If others know me, they will reject me.
If I put on a front, they may accept me.

If I'm not responsible, the world will fall apart. Others are unreliable.

I need others to take care of me. If I do it myself, I'll fail.

If people don't treat me in a special way, it means they don't value me.

If I'm not entertaining or dramatic, others will ignore me and not like me.

Others have nothing to offer me. Relating with them will only harm me.

Other people will abandon me. They can't be trusted.

What can prompt these? What if I change them?
