

 RESTORING YOUR HEART

# CREATED WITH NEEDS

– A Safe Small Group Experience –

**Restoring Your Heart Workbook: *Created With Needs***  
**2023 Edition**

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*NOTE: Worldwide Discipleship Association follows Scripture in joyfully recognizing that God created man and woman in His image as equal recipients of His grace and mercy. In the interest of editorial brevity and simplicity and to address the issue of gender inclusiveness regarding pronouns, we have chosen to use inclusive plural pronouns in this document (“they” rather than “he,” “she,” “he or she” or other constructions).*

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# Restoring Your Heart

## *Created With Needs*

### Table Of Contents

Introduction To RYH <i>Created With Needs</i> Workbook	1
Welcome To Your RYH <i>Created With Needs</i> Group	3
Lesson 1      We All Have Needs	7
Needs List	18
Lesson 2      God And Your Needs	21
Lesson 3      Our Emotional Needs	35
Lesson 4      Other Needs	47
Lesson 5      The Power Of Experience	59
My Identity In Christ	69
Lesson 6      Addressing Your Needs	73
Lesson 7      Barriers To Addressing Your Needs	87
Lesson 8      Realistic Expectations	99
Lesson 9      Flourishing	113
 <b>Addendums</b>	
Addendum A - <i>Development Of Emotionally-Based Problems</i> <i>(Three Column Chart)</i>	125
Addendum B - <i>The Restorative Process</i>	127
Addendum C - <i>RYH Group Covenant And Guidelines</i>	131
Addendum D - <i>Feelings Wheel</i>	135
Addendum E - <i>Safe Support System</i>	137
Addendum F - <i>Needs Square</i>	139
Addendum G - <i>Needs Of The Heart</i>	141
Addendum H - <i>Expanded Needs Square</i>	143
Addendum I - <i>Connecting With God</i>	145
Addendum J - <i>Healthy And Unhealthy Emotional Expressions</i>	147
Addendum K - <i>Cognitive Distortions</i>	149
 General RYH Leader's Instructions	 151



# Introduction To RYH

## *Created With Needs*

Welcome! This workbook is designed to be a step in your journey toward emotional and relational health. The two primary goals of this workbook are 1) understanding your needs and 2) learning how to address them.

Sometimes your thinking, feeling, and acting don't work well together because your needs have gone unaddressed, in whole or in part, since childhood. Neglected, denied, or unmet needs can cause you to develop incorrect beliefs about yourself, other people, God, and how the world works. Incorrect beliefs may cause you to have difficult relationships with people and trouble emotionally connecting with God.

**Your needs are powerful drivers that impact every aspect of your life.**

As you go through this workbook with your small group, you will learn to pay more attention to your needs and discover ways to position yourself to get them met in healthy ways. You will also focus on God's role in meeting your needs, both directly and indirectly. As your understanding of your needs grows, you will discover ways to deepen your relationships with God and others.

From a Restoring Your Heart (RYH) perspective, your first step toward understanding yourself began in your RYH *Processing Pain* group. You discovered how your past has impacted you, learned how to grieve losses, and began to forgive those who caused you pain.

Your second step was learning about your emotions using the RYH *Understanding Emotions* workbook. Experiencing your emotions and understanding how to express them allows you to develop healthier relationships with God and others.

These first two steps gave you the emotional capacity to connect better with God and receive healing from the Holy Spirit. They have prepared you for the further work of healing from your shame and understanding your needs. The RYH *Conquering Shame* workbook and the RYH *Created With Needs* workbook are tools that can help.

As you understand yourself better, you can apply your biblical knowledge about God to create transformation in your life. Your new understanding will help move your head knowledge into your heart. Understanding yourself, God, and your relational connections with Him and others are ongoing dynamics that last your lifetime. In the most basic description of this process of growth or sanctification, you are developing the capacity to think, feel and act like Jesus through the power of the Holy Spirit.

# ATTENTION LEADER



Before you start:

**HAVE YOU REGISTERED YOUR GROUP?**

If not, please go to



<http://bit.ly/RYHgroupregister>.

If you need assistance from the RYH Team, email [ryh@disciplebuilding.org](mailto:ryh@disciplebuilding.org).



# Welcome To Your RYH *Created With Needs* Group

1. **Welcome from your group leaders and introduction of yourself -**
  - Your RYH group leaders will share some information about themselves, including the benefits they have received from participating in the RYH process.
  - Each group member: Tell the group a few things about yourself, e.g., marital status, family members, type of job, where you grew up, or any other personal information you'd like the group to know.
  - Each group member: Share with the group what you hope to gain by participating in this group.
  
2. ***RYH Group Covenant And Guidelines - Addendum C***
  - Your group will read together each item in the *RYH Group Covenant* to ensure everyone understands the importance of your commitment to each other. The *RYH Group Covenant* establishes the "rules" for how the group will function.
  - You will sign the *RYH Group Covenant* together with your leaders and other group members. Keep the signed copy in your workbook.
  
3. **Introduction to workbook -**
  - Read the Introduction aloud together with each group member reading a paragraph.
  - Each group member: Share something you learned about your needs from being in other RYH groups.
  
4. ***Connecting With God - Addendum I***
  - The value of *Connecting With God* cannot be overemphasized. You are encouraged to use this exercise to include God in your healing

process. Unlike other RYH workbooks, there will be specific prompts for each lesson.

- Share your previous RYH experiences of *Connecting With God*. For example:
  - Was the experience powerful?
  - Was the experience frustrating?
  - Did you engage a lot? Or only a little?
  - Did it improve your relationship with God?

**5. Have a brief discussion in your group about the following questions:**

- Are you good at addressing your needs?
- Is it hard for you to ask others for help? If so, why?
- What are some of the reasons you have difficulty acknowledging your needs?

**6. A reminder of the other RYH tools in every workbook -**

- ***Leader's Notes*** for each lesson are after every lesson. You may read the Leader's Notes for additional insights and Scripture references. They aren't reserved solely for your group leader.
- ***Development Of Emotionally-Based Problems (Three Column Chart)*** (Addendum A)
- ***The Restorative Process*** (Addendum B) visually depicts the restorative process.
- ***Feelings Wheel*** (Addendum D)
- ***Safe Support System*** (Addendum E) explains how to recognize "safe" people and how to become a "safe" person.
- ***Needs Square*** tools – (Addendums F, G, and H)
- ***Healthy And Unhealthy Emotional Expressions*** – (Addendum J)
- ***Cognitive Distortions*** – (Addendum K)

**7. Miscellaneous –**

- Group time for each session is two hours.
- Typically, one lesson is covered each week.
- It is best if you prepare each lesson before the meeting time. A typical amount of preparation time each week is 1-2 hours.
- You will get more out of the lesson if you spread out your preparation time over the course of the week; e.g., on day 1, read the lesson; on day 2, answer a few questions; on day 3, answer a few more questions; etc., and then review your lesson the day before your group meets.
- The more time you invest in preparation, the greater your benefit.

**8. Questions or comments?**





# We All Have Needs

## Lesson One



*Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. And God is able to bless you abundantly, so that in all things at all times, having all that you need, you will abound in every good work.*

(II Corinthians 9:7-8)

### Look to God - What Are Needs and Why Do We Have Them?

*Renee walked into the living room and sat down with a sigh across from Frank, her husband of 25 years. Although she saw he was doing something at his desk, she began talking to him about an idea she had. Because Frank was intently looking at his computer, he failed to acknowledge Renee's presence immediately. Renee continued talking for a minute while Frank remained focused on what he was doing. Finally, Frank looked up and said, "Wait a minute, dear, I'm trying to figure out a problem at work." Renee, feeling rejected, got up and walked out, saying, "Never mind." Frank looked up, puzzled, and called after her, "Renee, what did you want?"*

A need is something required for our survival or well-being. Our needs are powerful and are the underlying forces, or "drivers," of how we feel, think, and act. We can grow in healthy ways based on the extent to which our needs are considered and met.

**We have needs because God created us that way. To be human is to have needs.** Our needs make us aware of and remind us of our dependence on God. Because He loves us, God invites us to deepen our relationship with Him so He can be with us in our needs.

Although our primary need is our need for God, He also created us with other needs.

- **Physical needs** such as shelter, food, water, clothing, air, and sleep
- **Intellectual needs** such as mental stimulation, skills to solve problems, and creative outlets

- **Emotional needs** such as value, security, acceptance, and connection
- **Relational needs** such as healthy connections with God and other people
- **Spiritual needs** such as our need for God and our need for purpose and significance

Some of our needs are easy to identify. As adults, we are usually aware of our physical needs. Even though we may ignore or neglect them (e.g., eating too much junk food or not getting enough sleep), we have usually learned how to meet them ourselves or whom to ask for help. As adults, we may also easily identify and address our intellectual needs. Frequently though, identifying our spiritual, emotional, and relational needs takes more insight. We may be aware that we need **something**, but we may need help figuring out what that something is. If we can't identify what we need, we won't know how to put ourselves in positions where our needs can be addressed and possibly met. We may feel frustrated as a result.

*Renee often found it challenging to communicate with Frank. She felt insignificant when she wanted his attention and didn't get it immediately. She got frustrated waiting for him to notice and respond to her conversations. Renee had a lot of anger but was mainly unaware of it. She blamed Frank for ignoring her and not knowing what her needs were. The truth is, Renee wasn't really sure what her needs were either. She just knew something wasn't right.*

1. **What are some of your needs that you tend to neglect or ignore? (Refer to the Needs List at the end of this lesson.)**

To **feel** needy is to feel weak and vulnerable. Feeling weak and vulnerable can cause us to avoid, ignore or deny our needs. Then we continue to feel needy, and we can begin an unhealthy pattern of feeling, thinking, and acting where shame can grow.

**We all feel ashamed of having needs, even when we know they were given to us by God. As a result, we can feel ashamed and fearful of sharing our needs with God and others.**

## Look Back – How It Began

God created us in His image as relational beings. He invites us into a relationship with Himself and gives us the gift of other people to be with us in our needs. When we were infants and young children, the adults who were close to us were the ones who first responded to our needs. This may have been our parent(s), grandparent(s), other significant relatives, or other people who cared for us.

### 2. As a young child, WHO responded to your needs, and HOW did they do it?

#### Physical needs:

Who?

How?

#### Intellectual needs:

Who?

How?

#### Emotional and relational needs:

Who?

How?

## Spiritual needs:

Who?

How?

As children, we depended on the adults who cared for us to respond to our needs and help us identify them. If they didn't do this in healthy, consistent ways, we may, as adults, have a hard time trusting God or other people with our needs. We may have unrealistic expectations about how our needs could be met and who should meet them. When our needs have been neglected or ignored in childhood, we may assume we are wrong to have needs and, by association, something is wrong with who we are.

*Although Renee's and Frank's parents had provided for their physical needs in childhood, Renee and Frank were emotionally neglected. As a result, they both had unprocessed pain from childhood. Renee also had suppressed anger and genuine fear about being in close relationships. She didn't have much trust in men. Frank was emotionally shut down and not in touch with or aware of his emotions. It is not surprising that Renee was unable to express her needs to Frank and that Frank was clueless as to how to respond to Renee. When she became frustrated and left the room, he was secretly relieved that he could now give his full attention to his computer.*

**3. The following is a list of indicators that your needs were neglected or were not adequately addressed in childhood. Check any that apply to you even if you have begun to heal and make changes.**

- You are emotionally numb or shut down.
- You have unprocessed pain from your childhood.
- You engage in addictive behaviors.
- You have identity problems. (Who am I?)
- You remain in relationships in which you are abused.
- You have relationships in which you are the abuser.
- You have immoral relationships. (By immoral, we mean unethical, illegal, or impure according to God's design as revealed in Scripture.)

- You are involved with emotionally unhealthy caretaking (or enabling) relationships. (You try to meet your needs by attempting to meet someone else's needs.)
- You have feelings of shame.
- You have feelings of fear.
- You frequently experience loneliness.
- You experience depression.

**4. Explain how some things you learned about yourself when you participated in the RYH *Processing Pain* group and the RYH *Understanding Emotions* group have positively impacted your adult life.**

Since you have already experienced the healing benefits of both an RYH *Processing Pain* group and an RYH *Understanding Emotions* group, you have started the journey of understanding your needs and how to address them in healthy ways. Hopefully, you are experiencing healthier relationships with people and a closer connection with God.

*Frank and Renee's marriage was unhealthy but not hopeless. You may already have a few ideas about what they could do to heal, individually and relationally. You may have similar situations in your own life and feel some of their frustration. Whether you identify with Frank and Renee or not, as you go through this workbook, you will learn some things that will help you better understand yourself and improve your relationships with God and other people.*

**Look Inside – Needs, Wants, and Desires – What's the Difference?**

Have you ever wondered, "What is the difference between a need, a want, and a desire?" We use these words when we lack something, and sometimes we use them interchangeably, even though their meanings differ.

**Needs** are static (meaning they never change) and universal (meaning all humans have the same ones). Needs are given to us by God and help us

recognize our dependence on Him and other people. Needs are necessary to survive and flourish; when we don't get what we need, the result is discomfort, suffering, and possibly even death.

**Wants** arise from our needs, can change over time, are personal (we all have different ones), and are unlimited. Wants are not necessary to survive but could lead to an improved life. When we don't get what we want, we might feel disappointed.

**Desires** sometimes arise out of our needs and are deeper than our wants. Desires are typically more long-term than wants, so fulfilling them may be more complex than satisfying our wants. If we don't get what we desire, the result may be feelings of disappointment or even despair.

Example of a needs-based desire: "I have the desire to become a missionary to another country." This comes out of my need for purpose.

Sometimes our desires come from our fullness rather than our need. Fullness-based desires may have more passion and be longer-lasting than needs-based desires.

Example of a fullness-based desire: A mother desires to hold and cherish her child out of her love for her child, not out of her need or lack of something.

The best example of a fullness-based desire is God, who desires a relationship with us, not because He is needy or needs us but because He is complete.

Understanding the differences between these words may help you figure out how to best interact with God and others as you address your needs and pursue your desires.

**5. Describe a current (or recent) want and desire and name the underlying needs. For example, I want a degree in finance. My underlying needs are value and security. (Refer to the Needs List at the end of this lesson if you need help.)**

**I want:**

Need(s) underlying this want

I desire:

Need(s) underlying this desire

## Look Inside – How Do Our Needs Affect Our Feeling, Thinking, and Acting?

Feeling, thinking, and acting are three activities we constantly do. These three activities affect each other, so to be emotionally and relationally healthy, they must work well together (or be well-integrated).

(See Lesson Four in the RYH *Understanding Emotions* workbook as a reminder of how this works.)

We feel, think, and act based on the needs we have. If our needs are denied, ignored, or unmet, our feelings will be uncomfortable, and we will think and act in ways to feel better. These may or may not be healthy thoughts and actions. On the other hand, when we acknowledge our needs and they are attended to in healthy ways, our feelings will be positive and our thoughts and actions will be healthy.

**Our needs are the motivators or the “drivers” for how we feel, think, and act.** As difficult as it is to recognize and understand our feelings, it can be even more challenging to understand and acknowledge our needs. However, to connect with God and others, we need to know how we are designed and how our parts work, separately and together.

6. Briefly describe a recent situation in your life where you experienced strong emotions. Write down the feelings you experienced and see if you can identify the underlying need or needs. (Refer to the Needs List at the end of this lesson if you need help.)

### Look Inside – How Do You Think About Your Needs?

7. Of the following statements, which ones do you believe are true? Check all that apply.

- “Not needing help” is one of my strengths.
- I can solve my problems through my willpower, thinking, or performance.
- I am a person who can take care of my own needs.
- I am self-sufficient.
- I am not a needy person.
- I often deny or ignore my needs.
- My needs are met when I help someone who is truly needy.
- Men should not appear to need anything.
- Women can ask for help because they are perceived as needier than men.

If any of these resonate with you, consider that it might be hard for you to acknowledge your needs and admit that you need help, both of which can be scary and uncomfortable.

8. Take a few minutes and think about Question 7 and the above sentence. Write down any thoughts you have and any feelings that arise.

God created us as emotional, spiritual, relational, and needy people. We deny our needs when we rely on our willpower, thinking, and performance. We don't understand that acknowledging our needs and taking them to God and, at times, other people make us stronger, not weaker.

This workbook is an opportunity for you to recognize and acknowledge the needs God created in you, consider how your needs have been neglected or denied, and learn healthy ways to think about and address your needs.

The goals of this workbook are for you:

1. To understand you have needs as part of God's design.
2. To understand God's intentions towards meeting your needs.
3. To identify your needs.
4. To consider how your experiences have impacted your beliefs about your needs.
5. To have experiences of expressing your needs to God and other people.
6. To set realistic, flexible expectations about your needs.

Overall, the hope is that you will **know yourself better and develop a deeper relationship with God and healthier relationships with the people in your life.**



## Takeaway from Lesson 1:

- We all have needs.
- God created us with physical, intellectual, emotional, relational, and spiritual needs.
- The people caring for us in childhood were responsible for meeting or responding to our needs.
- If our needs weren't adequately met as children, there are some predictable indicators in our adult life.
- Our needs differ from our wants and desires.
- Our needs are the underlying drivers for how we feel, think, and act.
- Even when we recognize and acknowledge our needs, it can be difficult to ask others for help.

*"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."*

(Matthew 11:28-30)

### Consider This:

"Meeting your needs"

"Getting your needs met"

"Asking for help"

"Addressing your needs"

"Considering your needs"

These phrases are used interchangeably throughout this workbook, and they all mean the same thing.



## Connecting with God:

**What is a Lament?** A lament is a prayer expressing sorrow, pain, or confusion. Because laments are sorrowful, they may include both words and audible groans. Laments allow you to worship God, receive His grace, deepen your trust in Him, and accept His ability to shape and grow you.

*Listen to my words, LORD, consider my lament.  
Hear my cry for help, my King and my God, for to you I pray.  
In the morning, LORD, you hear my voice; in the morning I lay my  
requests before you and wait expectantly. (Psalm 5:1-3)*

**Lament and Praise** – Share with God any feelings of sadness and any feelings of joy that you have experienced while completing this lesson. Allow yourself to sit quietly with God and your feelings for a few minutes. Write down any thoughts you have.

## Needs List

The needs on this list are arranged in categories so as to satisfy our human need for order. These categories are fluid and subjective. For example:

- Some of the needs listed below could be in more than one category.
- Different category names could be used.
- There could be more categories that aren't included here.
- We have more needs than those listed here.

Don't spend much time thinking about the organization of this list. Move things around if you like and add other needs as you think of them. This list is designed to give you a starting point for identifying your needs.

<u>Emotional/ Relational</u>	<u>Physical</u>	<u>Spiritual</u>	<u>Intellectual</u>
Value	Air	God	Order
Acceptance	Water	Salvation	Freedom
Security	Food	Prayer	Mental stimulation
Connection	Safety	Spiritual growth	Creativity
Attention	Rest	Beauty	Challenge
Trust	Touch	Impact	Competence
Intimacy	Movement	Hope	Exploration
Guidance		Peace	
Respect		Justice	
Community		Dignity	
To be known		Mercy	
To be heard		Grace	
Communication			
Fun			
To grieve			
Empowerment			

There are many Needs Lists and Needs Wheels online if you want to add to the above.

## DEVELOPMENT OF EMOTIONALLY-BASED PROBLEMS (Three Column Chart)

<b>CHILDHOOD</b> →	<b>ADULTHOOD</b> →	<b>ADULTHOOD</b>
<p style="text-align: center;"><b>SOME CAUSES OF CHILDHOOD PAIN</b></p> <ol style="list-style-type: none"> <li>1. Active abuse</li> <li>2. Neglect (unmet needs)</li> <li>3. Child's poor choices and sinful responses</li> <li>4. Personality of the child</li> <li>5. Role in the family</li> </ol> <p style="text-align: center; font-size: 2em;">↓</p> <p style="text-align: center;"><b>RESULTS OF NOT BEING ABLE TO PROCESS PAIN</b></p> <ol style="list-style-type: none"> <li>1. Adaptation to survive               <ol style="list-style-type: none"> <li>a. Addictive behaviors</li> <li>b. Defense mechanisms</li> </ol> </li> <li>2. Suppression of negative emotions</li> <li>3. Development of false belief systems</li> <li>4. Development of a shame-based identity</li> </ol>	<p style="text-align: center;"><b>EXAMPLES OF ADDITIONAL PROBLEMS EXPERIENCED IN ADULTHOOD</b></p> <p style="text-align: center;">Mounting on top of the unprocessed childhood pain, making the pain worse</p> <ol style="list-style-type: none"> <li>1. Relational problems</li> <li>2. Poor decision-making</li> <li>3. Full-blown addictions</li> <li>4. Needs still not met</li> <li>5. Abusive relationships</li> <li>6. Depression</li> <li>7. Numb or primarily negative feelings</li> <li>8. Poor relationship with God</li> <li>9. Feeling out of control</li> </ol>	<p style="text-align: center;"><b>ASPECTS OF THE RESTORATIVE PROCESS</b></p> <ol style="list-style-type: none"> <li>1. End abusive relationships</li> <li>2. Control addictions</li> <li>3. Learn to properly view and express emotions</li> <li>4. Grieve pain and losses</li> <li>5. Understand needs and meet them appropriately</li> <li>6. Learn to distinguish between healthy and unhealthy thinking and behavior</li> <li>7. Develop a healthy view of self, the world and God</li> <li>8. Foster healthy relationships and a healthy support system</li> <li>9. Learn to grow spiritually</li> </ol>



# THE RESTORATIVE PROCESS

*The healing process might initially feel worse before it feels better. This is normal, but keep going! There are freedom and life on the other side.*



# UNDERSTANDING THE RESTORATIVE PROCESS

## Explanation of *The Restorative Process* diagram

No one is restored in exactly the same way, because no one has exactly the same issues in life. However, there is a general process that most people's restoration follows, and it occurs in three stages.

### **Stage 1: Personal Discovery** - (left side of *The Restorative Process* diagram)

A person beginning the restorative process encounters a steep learning curve. Many people do not understand how their present struggles are affected by their past and therefore don't see the importance of dealing with their past. However, since we are a product of our past, we must deal with it in order to remove its negative effect on the present. The initial personal discovery stage of restoration allows people to assess their childhoods and their past relationships, and how they have been affected by them.

For some people, **denial** will be a stumbling block for restoration. People in denial do not want to acknowledge their struggles or their dysfunctional and sinful manner of living. Their families may have been unhealthy, but they do not want to admit this or tell family secrets. Yet, the Bible tells us that the truth will set us free. It is imperative that people learn to admit to themselves and a few safe people the truth about their lives and about their families. People who cannot tell themselves the truth are in denial, and restoration does not begin until they start to break out of it.

For other people, **suppression of emotions** will be a stumbling block. They may feel mildly depressed or numb, or have difficulty even knowing what they are feeling. As they begin to explore their life history and its effect, especially if it was a negative effect, they may begin to feel sad about what has happened. Feeling sad is normal and won't last forever.

In Stage 1 of restoration, people need to experience several things:

- They need to learn the general ways the past can affect the present.
- They need to begin to understand family systems and the ways that dysfunctional families affect children.
- They need to begin to discover some of the specific ways their past, especially their family of origin, is affecting their present.
- They need to begin to identify some of the unhealthy thinking and behavior patterns in their lives and how these are affecting them.

- They need to start the grieving process as they begin to realize what they have lost.

## **Stage 2: Grieving Pain** – (lowest point of *The Restorative Process* diagram)

In the second stage of the restorative process, people learn how to deal with their emotions in the present, feel and release their buried emotions (grieving), and learn from their past. For most people, emotional problems begin because they do not know how to deal with their negative emotions. If people don't learn how to deal with emotions in a godly manner, they will continue to get worse and damage others, especially their children.

Frequently, there is confusion in the church about emotions. Many churches teach incorrect views of negative emotions. They compound this by fostering a culture that encourages everyone to always be on their best behavior and keep their struggles private. People need to learn how to get in touch with their full range of emotions and to learn the Scriptural truths about emotions and their proper expression. This information will allow a person to move towards emotional and spiritual health. The RYH workbook *Understanding Emotions* helps people gain a better understanding of their emotions and learn healthy ways to express them.

In the restorative process, people learn the importance of grieving the losses experienced in their lives. This grieving process usually begins in Stage 1 as people begin to identify their losses. In Stage 2, people will learn information about the grieving process and be given time to grieve. The most important goal of Stage 2 is for people to work through at least one unresolved loss from their past. Once that is accomplished, they have the tools to continue processing other losses and to learn from those losses. The RYH workbook *Processing Pain* takes individuals through Stage 1 and helps them begin the work of Stage 2.

As individuals progress through the grieving process, they may experience greater sadness in Stage 2 than they did in Stage 1. It is important for people to understand that this is a normal part of the restorative process.

Although most people have several significant losses in their lives, they can really only process one loss at a time. It will take different people varying amounts of time to complete the second stage, depending on the number and degree of unresolved losses. No one will ever complete this process perfectly or fully, but everyone needs to make significant progress in this area before moving on to Stage 3.

### **Stage 3: Completing Developmental Tasks** - (right side of *The Restorative Process* diagram)

Both Christian and secular psychologists recognize that there are certain psychosocial tasks (developmental tasks) that should be completed in childhood and young adulthood. However, in this fallen world, almost no one completes them perfectly. In the third stage of restoration, people will benefit from help as they complete any of the tasks they have not fully realized.

The four developmental tasks are:

- **Bonding** - Bonding refers to connecting with people emotionally, learning to trust trustworthy people, and getting needs met.
- **Separating** - Separating involves developing one's own identity and learning proper boundaries.
- **Sorting out good and bad** - Sorting out good and bad involves gaining a proper biblical view of man that includes our dual nature: capable of sinning and of doing good.
- **Gaining independence** - Gaining independence occurs when people recognize that they have become an adult, are equal to other adults, and have the capacity to manage their own life.

For more information on developmental tasks, we recommend the book *Changes That Heal: Four Practical Steps to a Happier, Healthier You* by Dr. Henry Cloud.

At the beginning of this third stage, people are still grieving their losses. As they continue in this third stage, they may even discover new losses to grieve that are the result of not completing these tasks. Later in Stage 3, most people come out of their grieving and start to feel better. These people report that they feel a new joy about life, because they have a new appreciation of how God made them as unique individuals.

Completing developmental tasks is a lifelong process. As people make up deficits in bonding, separating, sorting out good and bad, and gaining independence, other important aspects of rebuilding occur. People begin to understand their true identity and develop new relational skills. They also begin to have healthier ways of thinking, to give themselves and others more grace, and to create a healthy support system. All of these things work together to give people an increasingly elevated level of emotional health and freedom.

**Note:** It is important to recognize that the restorative process is not a one-time event that ends in complete healing. This process will occur repeatedly in a person's life.

## RESTORING YOUR HEART GROUP COVENANT AND GUIDELINES

- ✓ I agree to make attendance at all group sessions a top priority. I agree to be on time for each session. I agree to complete assignments between group sessions. I agree to call or text ahead if I will be late to, or absent from, a group session.
- ✓ I agree that all information shared in the group is confidential. Nothing leaves this room. (The only time confidentiality may be broken is if someone threatens suicide or says they are going to harm someone else.) I understand that if I break my commitment to confidentiality, I may be asked to leave the group.
- ✓ I agree to participate in this group. This means talking openly about my thoughts and feelings, honestly reporting my behaviors, and exchanging helpful feedback with other group members when appropriate.
- ✓ I agree to listen attentively while others in the group share. I agree to monitor the length of my own sharing time so all group members have opportunity to share. I understand that cell phones are for emergency use only and need to be silenced during group time.
- ✓ I agree to take responsibility for my own feelings and circumstances by using "I." I will avoid making judgmental statements to group members or offering unsolicited advice.
- ✓ I agree to inform my group leader of any physical and/or emotional problems that may affect my participation, since some group sessions may be emotionally intense.
- ✓ I understand that Restoring Your Heart group leaders are trained facilitators, not mental health professionals. Group activities and processes are not intended to imitate or replace methods used by licensed mental health professionals.
- ✓ I understand that Restoring Your Heart group leaders may occasionally consult with other Restoring Your Heart group leaders or trainers regarding group interactions. This allows the freedom to gain other perspectives and ideas concerning how best to help the group function in a healthy manner. No identifying information is shared in such consultations. All Restoring Your Heart group leaders and trainers are committed to protecting confidentiality.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Participant's Copy

## **ADDITIONAL RYH GROUP COVENANT GUIDELINES FOR ONLINE/VIDEO/PHONE RYH GROUPS**

Online groups sometimes require a different approach to maintaining group confidentiality and privacy. Therefore, additional guidelines are required.

### **RYH group leaders agree to:**

- Utilize encrypted technology platforms to promote the privacy and confidentiality of all group members.
- Configure the settings of the webinar platform to prohibit all recordings for RYH sessions.

### **RYH group leaders *and* RYH group participants agree to:**

- Remember that you are on camera, and try to interact as though you were meeting in person (i.e., maintain eye contact, stay engaged, avoid looking at phones, refrain from snacking/eating/chewing gum, etc.).
- Use a headset or maintain a location with closed doors where conversations cannot be overheard.
- Maintain a location with no interruptions or distractions.
- Not record RYH online group sessions for any reason.
- Not photograph or screen shot their RYH online group session(s) without the expressed permission of all group members.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Participant's Copy

Additional on-line tip: Arrange your location so the lighting is in front of you and not behind you.

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Signed \_\_\_\_\_ Date \_\_\_\_\_

Leader's Copy

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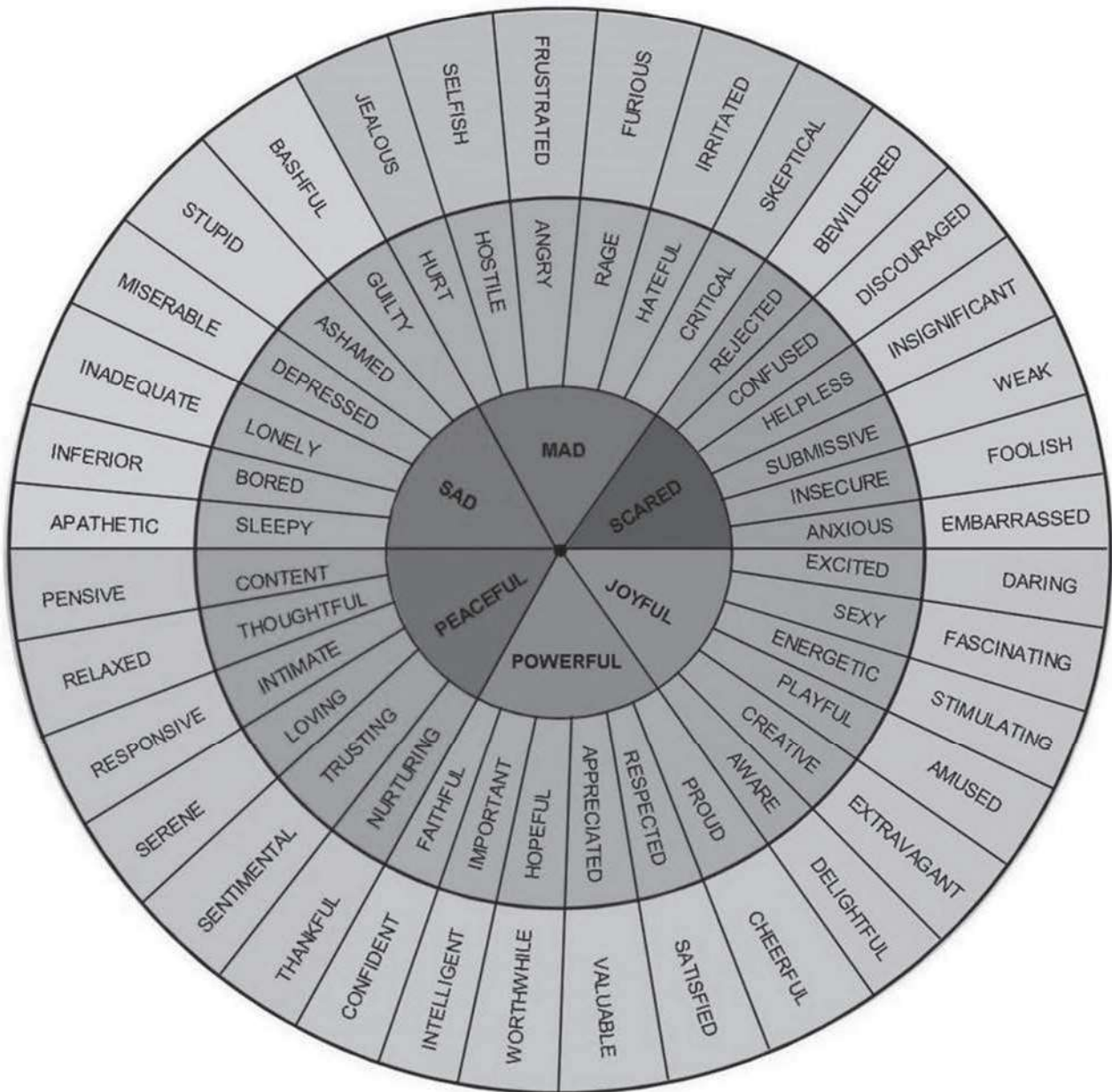
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Leader's Copy

Additional on-line tip: Arrange your location so the lighting is in front of you and not behind you.

# FEELINGS WHEEL

(Developed by Dr. Gloria Willcox)



## How To Use The *Feelings Wheel*\*

The *Feelings Wheel* is a tool included in all of the RYH materials (identified as Addendum D).

The purpose of the *Feelings Wheel* is to help people develop an emotional vocabulary by teaching them to name what they are feeling in real-time (as they experience the emotion) as well as what they felt in past experiences.

Many people are not aware of their feelings and, therefore, have very little control over them. When we can recognize and name our feelings, we can process them and make sense of them. Then we understand ourselves and other people better, which leads to healthier relationships.

The *Feelings Wheel* can be used in many different ways. Here are some ideas that may be helpful:

- The top half of the *Feelings Wheel* consists of negative (or unpleasant) emotions.
- The bottom half of the *Feelings Wheel* consists of positive (or pleasant) emotions.
- When we are feeling a negative emotion(s), we likely have needs that are not being met.
- When we are feeling a positive emotion(s), one or more of our needs are probably being met.
- There are many more emotions than those named on the *Feelings Wheel*. It may be helpful to write in others on the wheel when you experience them.
- We usually experience more than one emotion at a time. Encourage people to name more than one.
- Sometimes we experience both negative and positive emotions at the same time.
- The center of the wheel names six basic emotions.
- If someone starts by naming a basic emotion, encourage them to explore all sections of the wheel to name other feelings. When beginning at the center and working outwards, people are not limited by just the emotions in that sextant (or piece of the pie). (Example: When I say I am mad, it may be helpful for me to know that I am also feeling ashamed and weak, which are in different pie pieces.)
- When someone names an emotion on the outer wheel, it can be helpful to have them drill down to the center of that particular pie piece to recognize the more basic emotion they are feeling. (Example: When I say I feel frustrated, it may be helpful to me to understand at a more basic level that I'm mad.)
- Encourage people to use the *Feelings Wheel* at home with their children and other family members.

\* The *Feelings Wheel* was not created by WDA or RYH. The original *Feelings Wheel* was created by Gloria Willcox, but there are many variations and versions now in use.

## SAFE SUPPORT SYSTEM

### What is a support system?

1. A network of people that help you make it through difficult and bewildering changes involved in healing (restoration).
2. People who give you practical, intellectual, emotional and spiritual support.
  - a. Practical: Do things for you when you can't.
  - b. Intellectual: Give you information you should have received as a child.
  - c. Emotional: Comfort and support you when you are hurting and validate your feelings.
  - d. Spiritual: Give you hope, remind you of God's love and good purpose toward you, and encourage you to trust Him.
3. Additional ways a support system helps:
  - a. Helps you see that you are not alone or the only one struggling.
  - b. Offers love and respect in spite of your struggles.
  - c. Challenges your distorted thinking and inspires you to grow.
  - d. Believes that you were abused and acknowledges the subsequent pain.
  - e. Causes you to feel reassurance, cared for, and listened to.

### Biblical ideas about support systems

1. God created two primary support systems.
  - a. The family – not always safe and supportive.
  - b. The church – not everyone is safe and supportive.
2. Jesus' use of small groups for support and discipleship models a safe support system.
3. Genesis 2:18-25 indicates that all people need other people.
4. The New Testament contains many "one another" passages which also indicate our need for other people. (Romans 12:10; Colossians 3:13-16)
5. Galatians 6:1-5 shows the balance between needing the support of others and taking responsibility for ourselves.

# SAFE SUPPORT SYSTEM

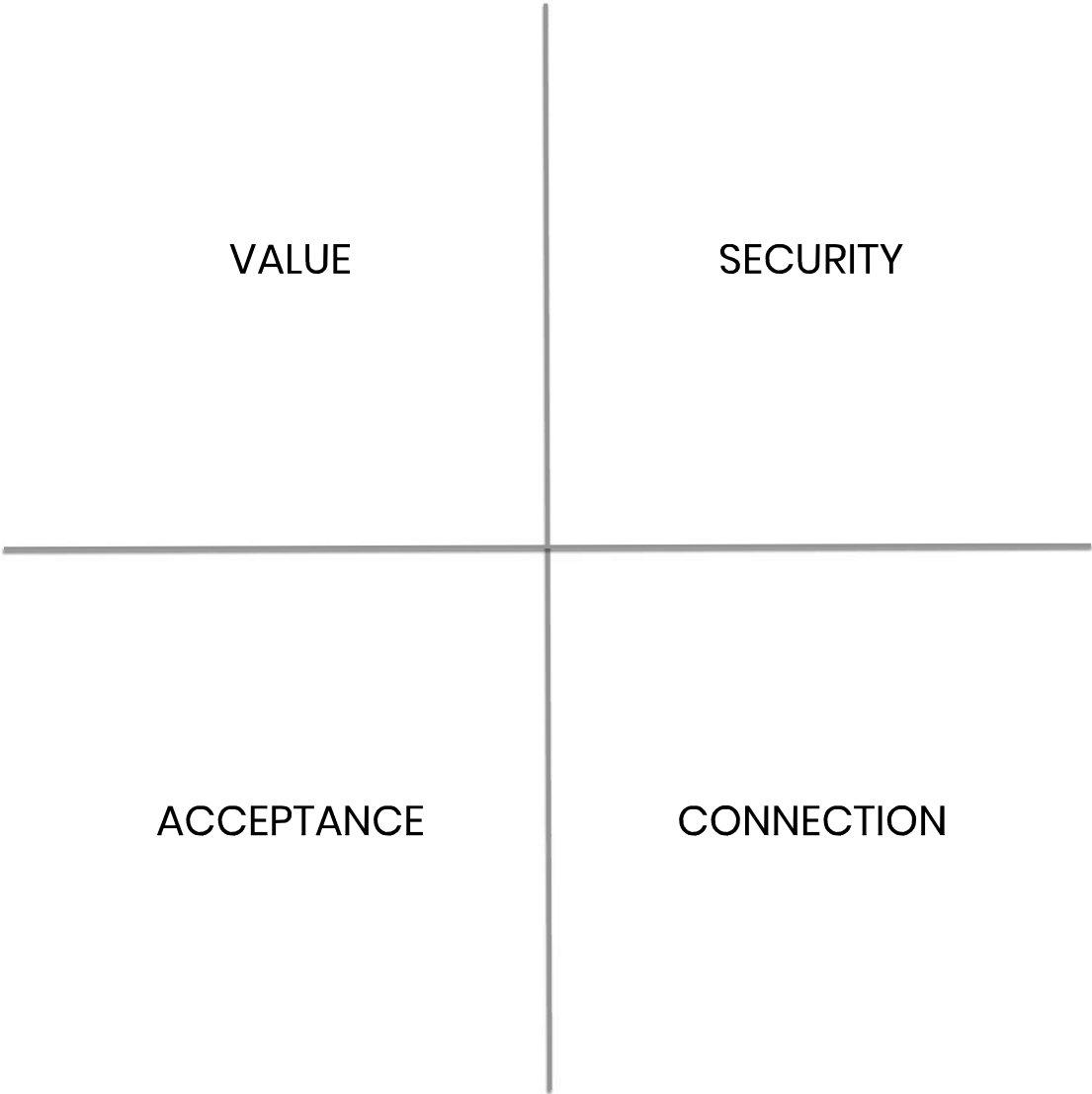
## Become a safe person

1. Maintain confidentiality. (*Remember to tell people when you want something kept confidential.*)
2. Validate people's feelings and needs.
3. Safe people:
  - a. Listen.
  - b. Validate feelings.
  - c. Only give advice when asked.
  - d. Communicate understanding when able.
  - e. Encourage the person sharing to be honest and open.
  - f. Don't judge or reject.
  - g. Make eye contact.
  - h. Are empathetic.
4. A way to identify safe people is by using the "share, check, share" system. Share a little of what happened to you, or your feelings, and check their response. If they handle your information based on the criteria above, then share a little bit more, etc.

## Exercise

1. List 5-10 people you have regular contact with and feel close to.
2. Put a check mark next to the names of supportive people.
3. Circle the names of people who know the things you struggle with.
4. Put a star next to those who directly support your healing.
5. Cross out the name of any who are unsupportive.
6. Put a question mark next to those you are not sure about.
7. Go back to those not crossed out. What qualities do they have that make them seem like safe and supportive people?

# NEEDS SQUARE



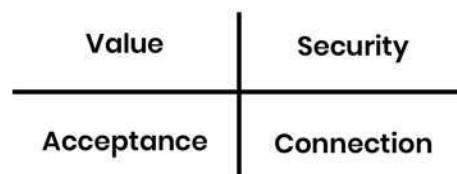


## NEEDS OF THE HEART

*“There is a God-shaped vacuum in the heart of every man that cannot be filled by any created thing, but only by God the Creator, made known through Jesus.”*

Blaise Pascal, French mathematician, philosopher and physicist, 1623-1662

God created us with 4 basic emotional needs. As He meets these needs, He is able to reveal His love and character to us.



We All Experience Pain in Childhood.

- We do not naturally know how to experience God’s love.
- We have parents or caregivers that are imperfect reflections of God’s love.
- We grow up with hurts.

We Are Born into a Spiritual Battle.

- God’s enemy wants to destroy whom God loves, people.
- Specific wounds can target each emotional need.
  - **Abuse** - cannot feel **valuable**.
  - **Rejection** - cannot feel **accepted**.
  - **Neglect** - cannot feel **secure**.
  - **Abandonment** - cannot feel **complete**.

Satan Has a Powerful Weapon, the Lie.

- He will use half-truths if they are more believable.
- He uses these weapons with great skill; however, they are **powerless** if we recognize them.
- Two of his lies about needs are:
  - God is not enough for you. (He isn’t able to meet your needs.)
  - You are not important to God. (He doesn’t care to meet your needs.)

## NEEDS OF THE HEART

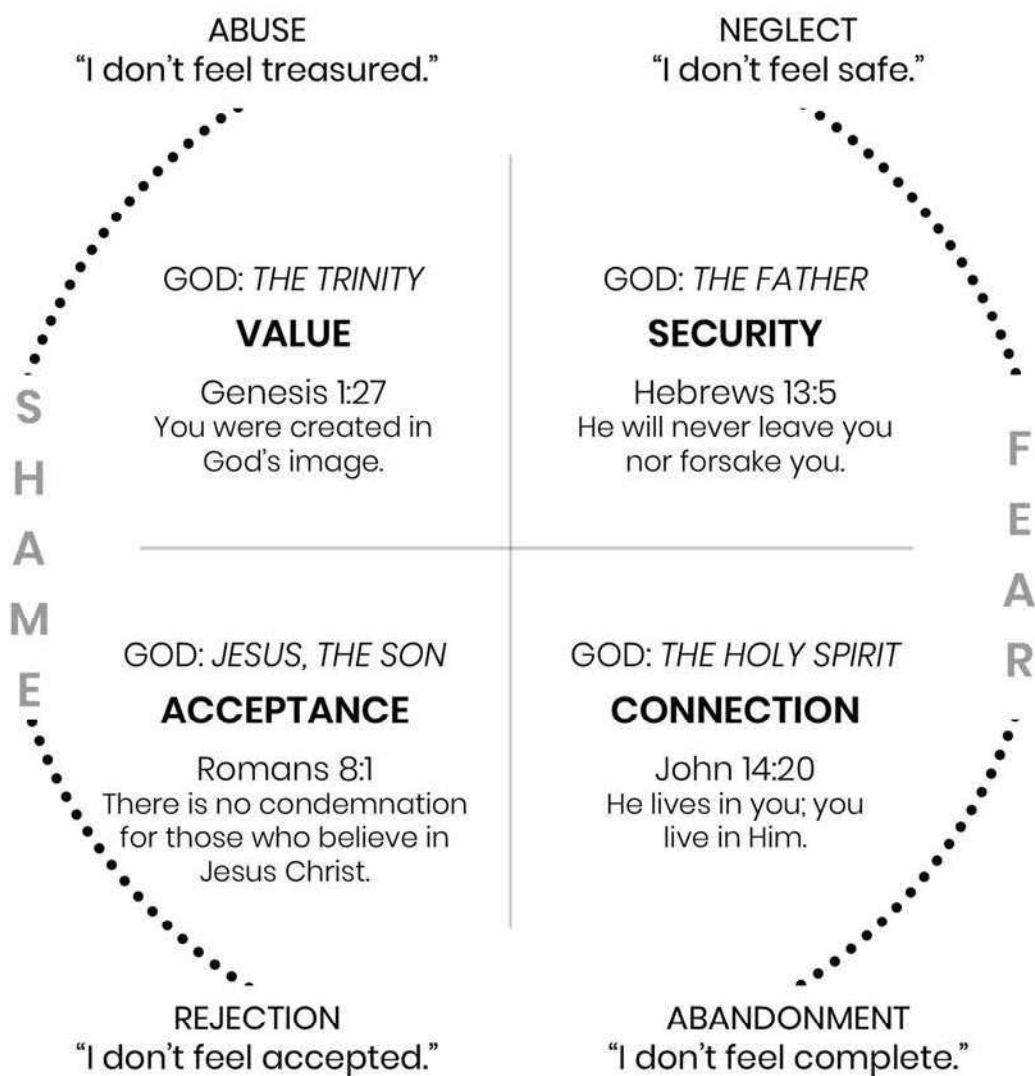
- Those 2 lies create 2 types of messages.
  - SHAME messages – are usually present if we struggle with needs related to **value** or **acceptance** (God doesn't care.)
  - FEAR messages – are usually present if we struggle with needs related to **security** or **connection** (God isn't sufficient.)

We Come into the World with a God-Shaped Vacuum that Must Be Filled.

- At an early age we begin to figure out how to get our emotional needs met the best way we can. Frequently, that's on our own.
- The ways we meet our needs are based on messages we receive.
- Attempts to meet our own needs often cause us to develop a faulty belief system:
  - About God
  - About ourselves
  - About our situations



## EXPANDED NEEDS SQUARE





## CONNECTING WITH GOD

Because God is our Ultimate Healer, each lesson will end with an opportunity to intentionally interact with Him. This is a way to bring God into your healing process. God, Jesus, and the Holy Spirit desire to be with you and to help you. They delight in spending time with you.

If you don't have a relationship with God or if He seems distant or disinterested, this could be a way to begin a connection with Him. If you feel uncomfortable sharing with God, try sharing with Him as you would share with a friend you trust.

We encourage you to be honest with God. If you feel angry with Him, or frustrated and confused for the way your life has gone, let Him know. If you are depressed or lonely, share that with Him. If you feel joy and gratefulness, tell Him about that. God wants to hear from you, whether you're sharing the good or the bad.

One way to begin is to close your eyes, take a few deep breaths, and think about what you'd like to share with God. There are many ways to begin, and there's no one right way to start communicating with God. (You may address God the Father, Jesus or the Holy Spirit.)

Write down your thoughts to God. Then listen quietly. You may hear a clear response from God, a not-so-clear response, or even no response. It is not likely to be an audible voice you hear; you will receive it more like a thought. If you do hear from God, write down what you heard. If you don't hear from Him, try not to become discouraged. His silence doesn't mean He's not listening.

Some suggestions to share with Him are:

- Feelings you experienced during this lesson, both positive and negative
- Any personal insight you had
- An experience from your past that you remembered during this lesson
- Your experience of connecting or not connecting with God through the process of completing this lesson

By interacting with God in this way, we hope you will experience Him as a participant in your healing process and thereby strengthen or maybe even begin your relationship with Him.

## **CONNECTING WITH GOD**

At times, your leader may ask if anyone wishes to share their God connection experience with the group. Sharing of this is voluntary. If you have an especially significant time with God and wish to share, it could be an encouragement to your fellow group members. If you are having trouble connecting with God, it could be an opportunity for your group members to encourage you.

You may complete this exercise before or after the group discussion of the lesson. You may write out your response at the end of each lesson or keep all your responses for all the lessons together as a journal. This is your connection time to engage with in your way.

## HEALTHY AND UNHEALTHY EMOTIONAL EXPRESSIONS

### Healthy Expressions

Feelings, including negative ones, are validated and not discouraged.

Feelings are expressed in a clear, controlled manner.

People have an emotional vocabulary (e.g., words like angry, hurt, upset, etc.).

Healthy ways of dealing with emotions are encouraged and taught.

Unhealthy ways of dealing with emotions are discouraged and disciplined.

People face and work through stress, challenges, and crises.

The atmosphere is relaxed and joyous.

People feel loved, respected, and connected.

People show love and respect for one another.

### Unhealthy Expressions

True feelings are hidden or denied.

When feelings are expressed, the person may be ostracized or punished.

Feelings are not talked about.

Parents are able to express their emotions; children are not allowed to.

Emotions may be out of control and expressed in damaging ways.

People avoid stress, challenges, and crises.

The atmosphere is tense and depressing.

People feel hurt, disappointed, and disconnected.

People are disrespectful, uncaring, and untrusting of one another.

It is important to understand our emotions and how to express them in healthy ways. Emotions originate beneath our conscious awareness. When we can identify and express them, we bring them into our awareness where we can think about them and act in healthy ways. If we are not aware of them or if we suppress them, they will cause us to act and react in ways that adversely affect our relationships, and we won't understand why.



## COGNITIVE DISTORTIONS

Cognitive distortions are ways of thinking that convince you of something that isn't really true. Sometimes this is referred to as "stinkin' thinkin'."

1. **ALL-OR-NOTHING THINKING:** You see things in black-and-white categories. You place people or situations in "either/or" categories, without shades of gray or allowing for the complexity of most people and situations. If your performance falls short of perfect, you see yourself as a total failure.
2. **OVERGENERALIZATION:** You see a single negative event as a never-ending pattern of defeat.
3. **MENTAL FILTER:** You pick out a single negative detail and dwell on it exclusively, filtering out all positive aspects of the event or person. Your vision of all reality becomes darkened, like the drop of ink that discolors the entire beaker of water.
4. **DISQUALIFYING THE POSITIVE:** You reject positive experiences by insisting they "don't count" for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences.
5. **JUMPING TO CONCLUSIONS:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusion.
  - a. **MIND READING:** You arbitrarily conclude that someone is reacting negatively to you, and you don't bother to check this out.
  - b. **FORTUNE TELLING:** You anticipate that things will turn out badly, and you feel convinced that your prediction is an already-established fact.
6. **MAGNIFICATION (CATASTROPHIZING) OR MINIMIZATION:** You expect disaster to strike, no matter what. You exaggerate the importance of things (such as your goof-up or someone else's achievement), or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other person's imperfections). This is also called the "binocular trick" because it skews your perspective.
7. **EMOTIONAL REASONING:** You assume that your negative emotions necessarily reflect the way things really are. "I feel it; therefore it must be true."
8. **SHOULD STATEMENTS:** You try to motivate yourself with "shoulds" and "shouldn'ts", frequently resulting in guilt when you can't live up to them. "Musts" and "oughts" are also offenders. When you direct should statements toward others, you feel anger, frustration, and resentment because you are imposing a set of expectations that will probably not be met.

9. **LABELING AND MISLABELING:** You attach a negative label to yourself instead of just describing your error, e.g., "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him, e.g., "He's a real jerk." Mislabeled involves describing an event with language that is highly colored and emotionally loaded.
10. **PERSONALIZATION:** You take everything personally or assign blame to yourself with no logical reason to believe you are to blame. This distortion covers a wide range of situations, from assuming you are the reason a friend did not enjoy the girls' night out, to the more severe examples of believing that you are the cause for every instance of moodiness or irritation in those around you.
11. **ALWAYS BEING RIGHT:** You believe that you must always be right, correct, or accurate. If you are a perfectionist, you will recognize this distortion. With this distortion, the idea that you could be wrong is absolutely unacceptable, and you will fight to the metaphorical death to prove that you are right.
12. **FALLACY OF FAIRNESS:** You feel resentful because you think you know what is fair, but other people won't agree with you. When things didn't go your way growing up, you may have heard, "Life isn't always fair." If you go through life applying a measuring ruler against every situation judging its "fairness," you will often feel badly and negative because of it.
13. **FALLACY OF CHANGE:** You expect others to change if you pressure or encourage them enough. This distortion is usually accompanied by a belief that your happiness and success rest on other people, leading you to believe that forcing those around you to change is the only way to get what you want.

Source: David D. Burns, *The Feeling Good Handbook* (New York: William Morrow and Company), 1989.