

Outline

Part 2: Feel What You Feel

Most of the time, when we have a problem, we don't want to feel what we feel: anxiety, sadness or frustration, for example. We want to shut it all down and get to the solution. But you may be missing valuable information in your emotional responses. Learn in this talk how to pay attention to what your feelings are saying about the problem, and use them to help you fix things.

DVD small group discussion questions:

#1: What is your general history with emotions? Friend? Enemy? Annoyance?

#2: As you consider your DVP, what is the dominant feeling associated with it?

#3: Are your emotions about the DVP or more about something prior to the problem, or about the problem itself?