

Silent Killers

LUKE 15:11-32



The Elder Brother

- **Silent Resentment**
- **Silent Unforgiveness**
- **Silent Anger**
- **Silent Bitterness**
- **Silent Fear**
- **Silent Stress**

Resentment - bitter indignation at having been treated unfairly.

- Resentment refers to the mental process of **repetitively** replaying a feeling, and the events leading up to it, that angers us.
- We re-experience and relive them in ways that affect us **emotionally, physiologically** and **spiritually** in very destructive ways.
- The strong reaction of resentment almost never appears to be warranted by what sets it off. It is almost always the product of a **long history** of backed-up unhappiness.

Unforgiveness – not willing to forgive others

- Unforgiveness is classified in medical books as a disease, according to Dr. Steven Standiford, chief of surgery at the Cancer Treatment Centers of America. “**Refusing to forgive makes people sick and keeps them that way.**”

Anger – strong feeling of annoyance, displeasure, or hostility

- **Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. Anger versus Aggression.**

Bitterness – Lack of Sweetness

Dr. Stephen Diamond, defines bitterness as “a chronic and pervasive state of smoldering resentment,” and deservedly regards it as “one of the most destructive and toxic of human emotions.” I’d add that if we repeatedly ruminate over how we’ve been victimized, our “nursing” our wrongs may eventually come to define some essential part of *who we are*. Take hold of our very personality. And so we’ll end up becoming victims not so much of anyone else but, principally, of ourselves.

Fear – False Evidence Appearing Real

- **Fear** is: *An anxious feeling, caused by our anticipation of some imagined event or experience.*
- *Five Basic Fears*
- *Extinction (fear of death)*
- *Mutilation (fear of losing bodily structure)*
- *Loss of Autonomy (fear of being immobile, paralyzed)*
- *Separation (fear of rejection)*
- *Ego-death (fear of humiliation, shame or being unlovable)*

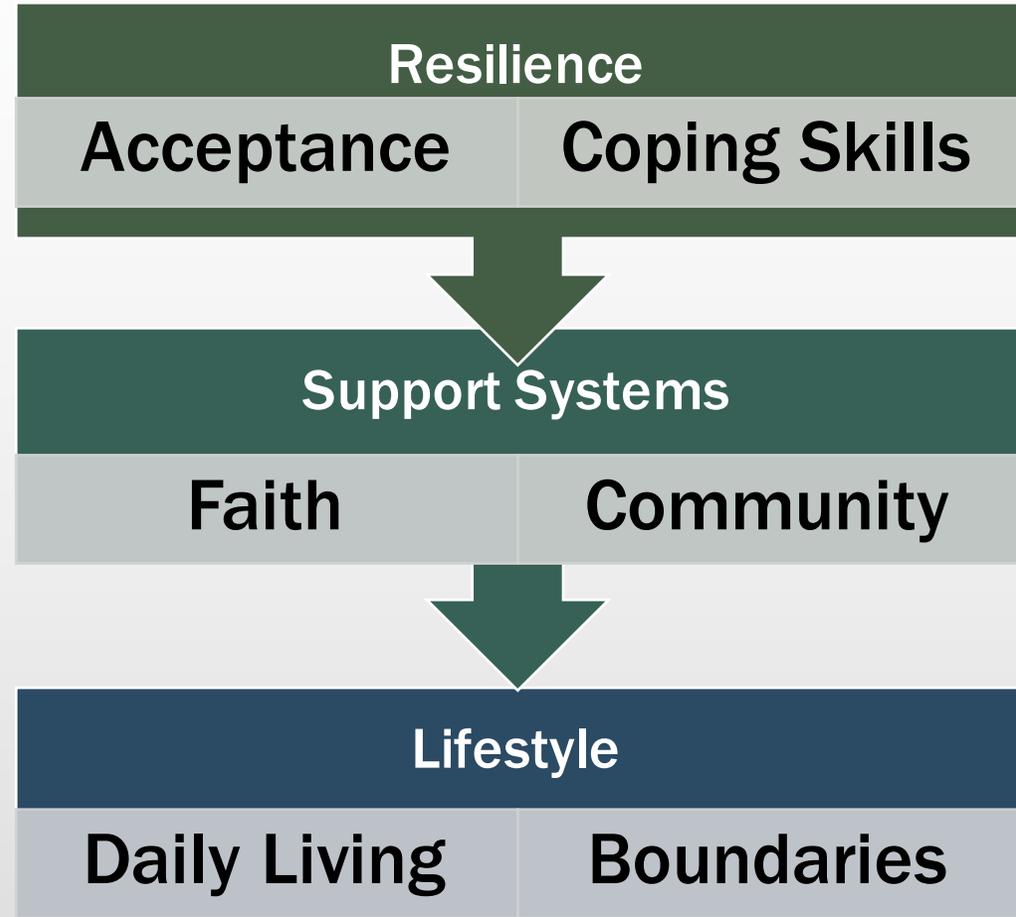
Stress –

The brain's response to any demand

- There are at least three different types of stress, all of which carry physical and mental health risks:
- **Routine stress** related to the pressures of work, family and other daily responsibilities.
- **Life event stress** brought about by a sudden negative change, such as losing a job, divorce, or illness.
- **Traumatic stress**, experienced in an event like a major accident, war, assault, or a natural disaster where one may be seriously hurt or in danger of being killed.

Overcoming The Silent Killers

- Being emotionally and mentally healthy doesn't mean never going through bad times or experiencing emotional problems.
- The difference is that people with good emotional health have an ability to bounce back from adversity, trauma, and stress.
- The capacity to recognize your emotions and express them appropriately helps you avoid getting stuck in negative mood states.



Boundaries: The importance of choosing to value ourselves

▪ **Healthy Boundaries**

- Be **assertive** by stating opinions, thoughts, feelings and needs in a respectful manner; ability to say yes or no, and are okay when others say no
- Separate needs, thoughts, feelings and desires from others
- **Empowered** to make healthy choices and take responsibility for oneself
- Have high self esteem and self respect
- Share personal information gradually, in a mutually sharing/trusting relationship
- Protect physical and emotional space from invasion or intrusion
- Take care of our own needs

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