

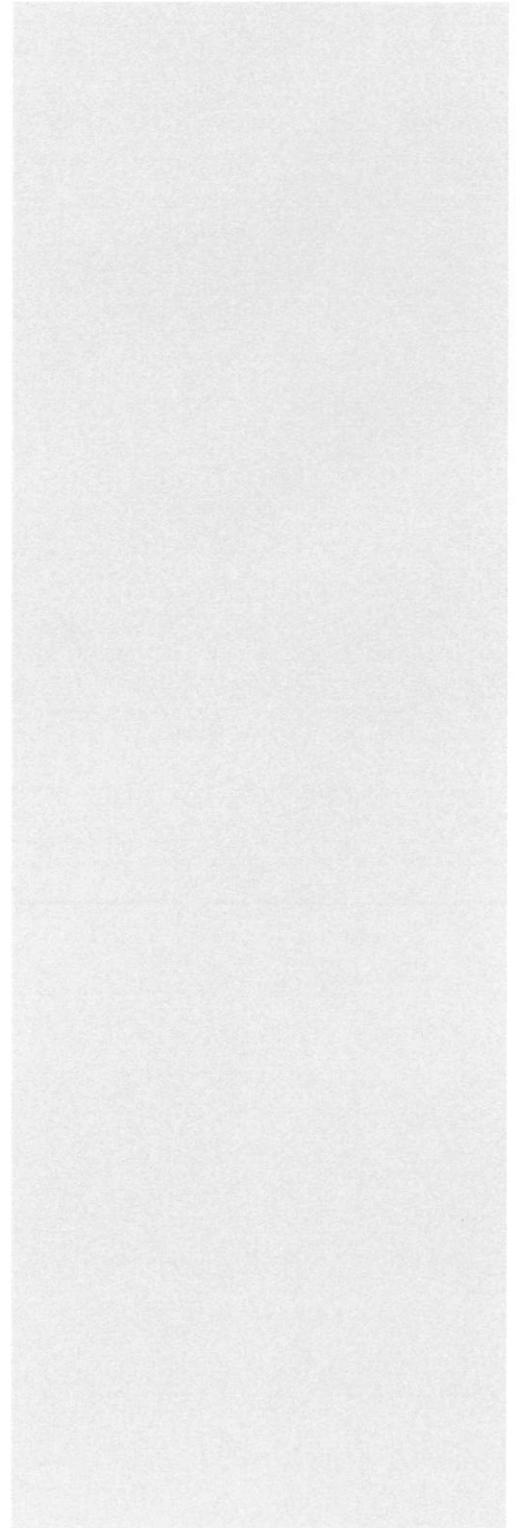
Healing for Damaged Emotions

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LS101 Developing the Healthy Leader
Professor Dr. Anyango Reggy



Healing for Damaged Emotions

Introduction

Dealing with ~~Damaged Emotion~~ damaged emotions is very essential, ~~and if~~ If we are to get to the root of our problems we have to develop reasonable solutions. In my years, I've ~~to notice~~ noticed that everything we do is determined by the quality of our thinking. How we were ~~rises~~ raised and our culture can determine our personality and our attitudes. In *Healing for Damaged Emotions*, the author David Seamands talk about ~~observes that~~ suppressing one's emotions is not the answer and doing so you will ~~experience~~ lead to unwanted consequences. But sometimes you may have to show emotions depending on the circle that you're in.

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Their key tips on how to handle damaged emotions and one are to take a break when taking a break it only put you in a state of mind of peace, comfort, and self-control. It also helps you avoid conflicts and by taking a break one can find common goals to help you deal with whatever emotion that you may be going through in your life.

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When one takes a physical break from a conversation like criticism, even if its constructive criticism. Yes, the facts may be straight but in one's eyes, you may have your emotion set on my way and my way only. Once again since our feelings is are related to our thoughts, beliefs, and value. Value plays a very important roll on a person's behavior and attitude and serves as a broad guideline in all situations.

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What you're thinking because sometimes we make decisions based on logic, we look at all that is put in front of us and then we make a conclusion by reacting with our emotion whether it's good are bad. Because we make decisions based on what is

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important to us and that matches our values and our concerns what we feel is right for us doing that time we may be going through in that emotion.

We all use logic and put our feelings and emotions into making a decisions on what's important to others and our-self ourselves. *Healing for Damaged Emotions* is great because it put you in the mindset of sense, it helps you to focus on what is and trust the person that you or. And ad not put their energy on the things that are outside of themselves. It helps you to understand all the resources that will make you a better person by not judging or perceiving.

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The premise of this final project will ask questions— concerning David A. Seamands, take on ~~Healing for Damaged Emotions~~ healing for damaged emotions. This paper will offer my insight on how to deal with damaged emotions. Furthermore, this paper will show how far a person can grow if they control their emotions and follow ~~M~~ Seamands' plan. In addition, ~~on pg page~~ 23 talks about divine repairs, the question is does God have some repairs for us? ~~The the bible Bible~~ states faith comes by hearing and hearing comes from the word of God. Meaning dreamers take leaps of faith, live in joy and laughter, they celebrate success and learn from their failure. In essence, *Healing for Damaged Emotions* reminded people that when taking a leap of faith in having the joy and laughter of knowing that they're a success in God.

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Author

Healing for Damaged Emotions, was written by David A. Seamands 1981, 2015 and published by David C. Cook, in Colorado Springs, CO. Many consider David Seamands

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teaching controversial but I've found this not to be true. David Seamands died in July of 2016, Above all, reading Healing for Damaged Emotions have helped me to a clear understanding of how to handle my emotions. Furthermore, the book is helpful in so many ways, it practical and get to the point. In fact, it's extremely insightful, in showing an accurate and deep understanding and perceptive.

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Main Argument

Healing for Damaged Emotions, deals with the basic contention that, pg107

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"controlling our thoughts is not just the first step it's the main step" (p.107). Furthermore, Seamand he states, "people tend to carry pain from their past and many of the wounds from the past are situated largely in the emotions". (page number?). Seamands also argues that just because one gets saved it doesn't change necessarily change their disposition because salvation is through the mediatorial offices of the Son of God. Further that the journey of sanctification involves the process by which, according to the will of God. Pg5-"The author writes about anger, guilt, depression, inferiority, and perfectionism" (p.5).

AdditionallyAbove all, Seamands talks about low self-esteem. Seamands identifies "low self-esteem" as a major problem. At the same time, early on in our week's discussion, the implications of this flaw have caused many to lose confidence in God's power. Generally, low self-esteem is truly a major problem because it's characterized by a lack of feeling and confidence. Furthermore, a person that deals with low self-esteem often feels incompetent, unlovable, and sometimes awkward.

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In essence, David Seamands "encourages us to live compassionately with ourselves" (page number ?). In other words, work with those that are dealing with issues that they're unable to control. Above all, we must help to end the suffering of those in needs. Equally important, Seamands tells us that Dr. Maurice Wagner, a Christian counselor explains that there are three essential components of a healthy self-image. "First is a sense of belongingness this is a person being wanted, cared for, and accepted. Second, it's a sense of worth and value. And equally important there a sense of being competent in ourselves, to have the necessary ability, and knowledge, skill to do something successfully" (page ?). In many cases, if someone follows the components that David Seamands their on their way out of a life of Social social withdrawal, anxiety, depression and emotional turmoil. For the most part, they will believe in their potential, dreams, and relationships.

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Supporting Argument

Damaged emotions can deeply inflict physical harm on something so as to impair its value, usefulness, or normal function. Furthermore, picking a topic concerning arguments based on facts, one of the greatest concerns when dealing with damaged emotions not when you help a person out but when the person doesn't want help. Due to my view of the world, I have decided to argue in my essay that damaged emotions are sometimes justified. Here in America, when it comes to emotions, some argue that the United States of America is the land of the free and all have the right to freedom of speech. Questions that arose out of this perspective are, to what places does freedom of speech begin and end? Does this freedom give us the right to just be disrespectful to

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others that may be in our presence? For example, Kevin Hart made a statement ten years ago concerning if his son was gay. This tweet has caused an effect around the world. So is damaged emotions justified when it comes to making shows on the television, movie, comedy, and music? Now, I believe that censorship should have boundaries when it comes to the types and hours of certain television shows on free airwaves, but not in terms of movies and music that must be purchased.

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Google.com states that "Censorship has been criticized throughout history for being unfair and hindering progress. In a 1997 essay on Internet censorship, social commentator Michael Landier claims that censorship is counterproductive as it prevents the censored topic from being discussed. Landier expands his argument by claiming that those who impose censorship must consider what they censor to be true, as individuals believing themselves to be correct would welcome the opportunity to disprove those with opposing views". This supports the argument that censorship is sometimes justified. In essence, Kevin Hart causes guilt on those that are unsure about themselves. David Seamands, pg17 tells us that the most common is a deep sense of unworthiness, a continuous feeling of anxiety, inadequacy, and inferiority, and an inner nagging that says, "I'm no good."

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Structure of Argument

The author frames his argument for an effective form of ministry by providing a model that is more introspective in nature. His critique of the traditional model is that it leads to two types of groups – those who are losing confidence in God's power because of failed attempts to follow cookie-cutter steps and after seeing no results question their faith;

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while the other group is one who puts on a mask. This group is steered by the term “fake it until you make it,” which calls for suppressing of feelings in order to put up a forward-facing façade of perfectionism.

Pastor Seamands systematically develops a model by which he explores the real culprit in true healing for those he ministered to during his tenure— damaged emotions, unhealed memories and its associated damaging self-inflicted outcomes (i.e., guilt, rage, depression, low self-esteem). Proverbs 4:23 speaks to the issues of the heart and how it impacts why we say and eventually how we act. To deny ourselves of the gift of feeling is more harmful in suppressing the emotions that impact our wellbeing. The author then identified the most prevalent forms of damaged emotions – a sense of unworthiness and the perfectionist complex. He then provides steps for how to being the process of repairing that which was broken through six (6) guided steps to allow the client to think deeply, thoughtfully and transparently about the experiences and how he/she processes those experiences. For every problem, [Pastor Seamands](#) provides a solution-based method to produce healthier outcomes for the individual.

Conclusion

The beauty of *Healing for Damaged Emotions* is that if the reader is able to courageous walk him/herself through the ascribed process, the outcome of healed emotions will resonate perpetually throughout his/her sphere of influence. All too often, we witness the fall of families, ministries and our community leaders as a result of not having dealt with his/her damaged emotions and unhealed memories. As we do our own self-reflective work, we can then begin to understand the patterns of others and

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have tools to assist them in their own journey toward healing and wholeness. The fallacy of flawlessness has crippled the church community in that it does not allow space for grace, forgiveness and courageous acts of restoration. By acknowledging our own struggles and dealing with the fact that we are all a work in progress, we can build a community that is more aware of needs and the needs of others. For every problem, there is a solution. This book provides a roadmap for the healing of community and we will all be better because of it.

Your paper was not well structured. It was all over the place. It was hard to identify you're your key points. Also, there were so many grammatical errors in your paper. Although this is not an English grammar class, at the college level you have to be able write clearly so your reader(s) can follow what you are trying to say. Please read the APA manual so you can study closely how to cite properly using this writing style.