

David Seamands' Healing for Damaged Emotions

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Introduction

What comes to mind when the subject of emotions arises in conversations? Are they taught or in-grown? Are they a part of our genetic make-up or something that we obtain from the environment? What are these emotions that I am feeling and where do they come from?

Emotions are a gift from God. He gave them to mankind, so we could relish life and convey what is in our hearts.

Emotions are such a peculiar and mysterious gift from God for man. Emotions will take us to heights of ecstasy. They are known to bind us together in perfect harmony. Emotions can provoke some to noble acts of courage, and self-sacrifice acts in others. Emotions have a greater impact than the process of logic and reason. Most of what we think of and why we think is affected, if not developed, from emotions. Every thought, idea, decision and sensation that penetrates the consciousness is painted with emotions. Feelings give value to life. We use them as measuring rods for what is important and unimportant. Decisions and behavior cannot help but be rooted in them.

However, there are times we will have negative emotions that can be hurtful to ourselves and others. They will ruin relationships and hinder our walk with the Lord. They can affect us physically, mentally, as well as spiritually. There are times that they will shatter us on the rocks of despair. It can cause confusion and division that can tear any fabric of society apart. then, in others, they are the force behind terrible acts of evil and destruction. Instead of sharing joy, peace, and goodness with people, we end up hurting them and, or ourselves because we act out of insecurity and frustration.

In life, we have all experienced situations and conditions that have injured us emotionally, physically, mentally, and spiritually. It is the emotional injuries that affects us the most. Damaged emotions affect our physical, mental, as well as our spiritual well-being. Far too ~~often there are too~~ many people that tend to carry these abysmal wounds which arose from past experiences. These painful injuries are positioned largely in the individual's emotions in which that individual may not have recovered from. Consequentially, this process of having wounds after wounds will seems as if we may be stuck on the carousel of woundedness and we can see no way off this merry-go-round of emotional injuries and pain.

But, is there a way off this loop of emotional injuries and pain? Is there any relief from these pains from these negative emotions? For each and every person it is very beneficial to receive healing in and for our damaged emotions. But, how do we receive healings for damaged emotions?_

The answer came to me while I was reading "Healing for Damaged Emotions". The profound words in this book ~~were~~ written by David A. Seamands¹. Author David Seamands is a pastor who has incorporated much modern psychological teaching into his pastoral ministry. To give us a better understanding of the importance of receiving healing for damaged emotions, Seamands explains what the cause of ~~for~~ damaged emotions is, what are some areas that cause s damaged emotions, and what actions do we need take to receive healing for ~~from~~ damaged emotions.

¹ Author, Evangelical leader within the United Methodist Church

Damaged Emotions

Seamands describes damaged emotions as emotional feelings, responses, reactions, perspectives, and outlooks that are the product of wounds and injuries that have been perpetrated to our inner life. These wounded emotions and injuries are caused by negative words, actions and attitudes inflicted upon us by significant others. These negative emotions are experienced often in our childhood, a failed relationship, and a traumatic ordeal in formative years. These causes may be a single event of a traumatic kind or a pattern of abuse and destruction over many years.

In the book, “Healing for Damaged Emotions”, the author compares these wounds to the biblical idea of “infirmities”. In other words, Seamands tells us that these negative thoughts that infiltrate our minds and life is the result of “sin”. These negative thoughts that damage our emotions take place when we allow sin, unresolved past, unforgiveness, discouragement, feelings of being rejected control our lives. These damaged emotions will be revealed during conflicts in relationship and times of crisis. All because of “sin”.

Symptoms of Damaged Emotions

In his writing, Seamands describes some symptoms of damaged emotions ~~have on an individual~~. The damaged emotions Seamands described are a perfectionist, a supersensitive person, a deep sense of unworthiness, and depression. Each are a by-product of damaged emotions.

First, we have the person that is super sensitive. Seamands describes this person as one who is hurt easily or cut deeply with the slightest criticism; they haves been hurt in the past. ~~Dr. David~~ Seamands describes this type of person as one who "has reached out for love and approval but has received the opposite. He is shattered by perfectly normal or accidental happenings; he

feels that people are against him. Life has been cruel to him so he gets tough and wants to hurt others. Sad to say, rarely does he see his super-sensitivity as his problem. He doesn't realize that people mostly are not hurting him but merely triggering the hurt that is already there. He reacts in just the opposite way others are because he has been hurt." [\(When you are quoting directly from a book you must include a page number\).](#)

Then there is the [perfectionist](#)Perfectionist. Seamands tells us that this person can be difficult to live with. Their tendency to be a perfectionist may be a result of past hurts or unhealed emotions. According to Dr. Seamands, "Perfectionism is a counterfeit for Christian perfection". He also tells us that "perfectionism is the most disturbing emotional problem among evangelical Christians. Common symptoms of perfectionism are: a constant feeling of never doing well enough, never being satisfied with themselves, constant feelings of anxiety, anger, resentment, and denial. When this individual realizes they cannot meet that status of perfection that they are constantly trying to reach, [\(they break down. When people realize they cannot achieve perfectionism after continually striving to do so\) – I would remove this whole section. It's just a repetition of what you say later on in this sentence: you want to avoid being repetitive,](#) they usually either break away or break down. This is the perfectionist.

Then we are told of the person that has a deep sense of unworthiness. Seamands describes this person as having low self-esteem [problems](#). Low self-esteem refers to the way in which people view themselves and their worth. Low self-esteem can result from internal sources like mental health conditions or external causes like bullying. Signs of low self-esteem include shyness, anxiety about one's appearance or competence, feelings of worthlessness and unnecessary guilt or shame.

Lastly, we see people that have depression. Seamands tells us that [depression](#) ~~Depression~~ is likely to strike many people to some degree in their lifetime. It can cause a noticeable drop in interest in pursuing life to the fullest, and can, unfortunately, drive a person to attempt suicide if left untreated. Depression isn't a single disorder, but rather a class of conditions separated by severity and duration. However, common factors exist among all types. Depressive disorder occurs when the person has feelings of sadness, hopelessness, or anger that persist over a period of weeks and interfere with daily living. It is a common experience among Christians.

Healing Damaged Emotions

In [the book](#), “Healing for Damaged Emotions”, Seamands give some directives [forte](#) receiving healing [forrom](#) damaged emotions. First you must become fully aware of what you are feeling. Awareness is key to healing thoughts and damaged emotions because you can only heal what you acknowledge. Next in the healing process you have to **feel the emotion and the accompanying physical sensations**. Seamands tells us that we have to be willing to open up and talk about what triggered us to experience emotional damage. To do this you must be, as Seamands describes, be a detective and investigate what triggers your emotional trigger. Once you have identified a trigger, give it a voice. Cuss and yell if you want to. Do not censor your words. Let it out completely. Lastly Seamands tells us that we should understand why and how your emotional damaged emotions has helped you to be a better you.

Conclusion

In ~~conclusion~~my Conclusion, I can truly say that Seamands give excellent advice and instructions on receiving healing for damaged emotions. As I read his book “Healing for Damaged Emotions”, what stood out to me is that Seamands is trying to get his audience to see that damaged emotions come by negative thoughts that has simmered in our daily thinking. Seamands tells us is that it is a mind-set, ~~a~~. And, for us to rid our minds of these negative thoughts, we must renew our minds and the way we think. This reminds me of the words of the Apostle Paul in his letter to the church in Rome,² “And be not conformed to this world: but be ye transformed by the renewing of your mind, that ye may prove what *is* that good, and acceptable, and perfect, will of God².” He also tells us to” Set your hearts on things above, where Christ is seated at the right hand of God. Set your minds on things above, not on earthly things³”.

² Romans 2:2 KJV

³ Colossians 3:1-2

Reference

Seamands, David A. *Healing for Damaged Emotions*. David C Cook Publishing Compan, 2015.

The Dake, Complete Annotated Bible, Dake Publications, 2009