

**#6 Depression; #7 Self-Control**

Finding Victory Within: How to Handle Your Emotions

**#6 Dealing with Depression (Part 1; continued with Grief series)**

- A. 5 concrete steps you can take to deal with depression, including:
1. Feed your \_\_\_\_\_ positive thoughts about yourself & life
  2. Develop a healthy, godly self-image
  3. Get rid of your guilt
  4. Be certain you are making more deposits than withdrawals into your emotional bank account
  5. Take a grace-based approach to understanding God, & begin to look at yourself in the same way- with love, forgiveness & grace
- B. (Clinical) Depression is a treatable illness involving an imbalance of brain \_\_\_\_\_ called neurotransmitters
- C. 10 Symptoms of Depression
1. Prolonged sadness or unexplained crying spells
  2. Significant changes in appetite and sleep patterns
  3. Irritability, anger, worry, agitation, anxiety
  4. Pessimism, indifference
  5. Loss of energy, persistent lethargy
  6. Feelings of guilt, worthlessness
  7. Inability to concentrate, indecisiveness
  8. Inability to take pleasure in former interests, social withdrawal
  9. Unexplained aches and pains
  10. Recurring thoughts of death or suicide
- If you experience five or more of these symptoms for more than two weeks or if any of these symptoms interfere with work or family activities, chances are, you really do need to consult an expert or a doctor
- D. The United Methodist Church offers help & hope!
- Tony Campbell & The Depression Connection Team
- a. 817-810-9599
  - b. [www.depressionconnection.org](http://www.depressionconnection.org)

**#7 The Issue of Self-Control**

- A. You cannot experience victory within, if you do not develop the \_\_\_\_\_ to both control your emotions, as well as your thoughts and your actions.
- B. Self-control is a problem for people who literally cannot control their thoughts or emotions, but self-control *also refers to passive people* who don't control themselves to take the appropriate actions to set healthy boundaries, stand up for themselves, or otherwise love themselves, others, or God in a healthy way
- C. Stienke - "Those who know and manage their own \_\_\_\_\_ well & have a determined sense of self-control are at an advantage in any and every domain of

life. Whether romance or family relationships or picking up the unspoken rules that govern success in organizational politics, people with well-developed self-control are also more likely to be content and effective in their lives, mastering the habits and spiritual disciplines that foster personal productivity & good decision making; people who cannot marshal some self-control over their emotions inevitably will fight inner battles that sabotage their ability for focused work, clear thought, contentment and peace

**D. 3 Characteristics of a Person Who Has Self-control:**

1. You have learned to live your life & think in "moderation," avoiding unhealthy \_\_\_\_\_ in either direction, including living in the middle ground between perfectionism and laziness.
  - a. Greek (Mk. 5:15) was pronounced "sophrone":
    1. of sound mind
    2. to bring someone to his senses
    3. moderate, self-disciplined
    4. moderation, self-control
  - b. Plato - "For those who use self-control, the pleasures in life far outweigh the pains; for those who refuse to control themselves, the pains will far exceed the pleasures..."
2. You have learned to keep in check all self-destructive, addictive, obsessive, compulsive, irrational, and unacceptable thinking;
3. You accept & embrace the reality that the only thing in life which you can successfully change and control is \_\_\_\_\_
  - a. The one thing we have the most potential to control is our inner, emotional state

E. Harry Emerson Fosdick – "No horse gets anywhere until it is harnessed. No steam or gas ever drives anything until it is confined. No Niagara is ever turned into light and power until it is tunneled. No life ever grows great until it is focused, dedicated, disciplined, & controlled."

**F. How develop self-control?**

1. self-control is a "gift of the Holy Spirit," meaning it will come as your faith matures
2. pray for help & wisdom
3. consider "self-control exercises"
  - a. deliberately enter a "holy/clean/harmless" situation that challenges your self-control such as driving on the highway... choose the slow lane... refuse to react to drivers who challenge you to "lose your temper"
  - b. play a sport with the one purpose of "not getting angry or frustrated with yourself" ... play for the purpose of not getting angry or frustrated, rather than the sport itself

A1. mind B. chemicals A. self-control C. feelings D1. extremes 3. yourself