

Theology of Emotions Notes:

Ryan Wieland and Gabrielle DeLong from Good Works Counseling
www.goodworkscounseling.com

1. Does God Have Emotions?

2. Why do you think we picked Ephesians 1:17-18 for the scriptural foundation?

3. How does Romans 12:2 inform the process of mental health?

4. According to Philippians 4:6-7, what are some key components to deal with anxiety from a Biblical perspective?

5. According to Psalm 34:18 and in your own words, how does God respond to depression and sadness?

6. Why do you think answers are less important than comfort?

7. Is anger sinful?

8. How can scripture inform clinical counseling? (Hint: think last week)

9. Do you live like God exists?

10. Does comfort ever come from anywhere else? Why is this important?

PRAY THE Psalms

Select a Psalm

Read the entire Psalm then...

Step 1: The Scene

**What does the Psalmist want
you to notice and feel?**

Step 2: The Summary

**What is a short 1 sentence
summary of the Psalm to use
as a prayer theme?**

*(Ex. Psalm 4: Jesus hears me when
I am falling asleep & feel anxious)*

Step 3: The Prayer

**P(raise) R(epent) A(sk) Y(ield)
with a genuine heart**

With the prayer theme in
mind, PRAY, keep the Psalm
open and occasionally
use language from the
Psalm for help.



When I ... turn to Psalm ...

feel thankful for the Bible 1
am under attack (physical or spiritual) 3
tired but can't sleep 4
feel worthless or prideful 8
think I am forgotten by Jesus 13
have compassion for the unsaved 14
thank Jesus for what He has done 18
feel worried and need comfort 23
want to party 30
am in feeling grief or mournful 31
need guidance in decisions 37
feel spiritually thirsty 42
am angry with Jesus 44
feel anxious and need peace 46
want to repent (ask for forgiveness) 51
am heartbroken over evil 52
am fearful yet want to trust Jesus 56
want to praise Jesus for victory 60
desire a closer relationship w/ Jesus 63
am tempted to sin 73
want to think about Heaven 84
have total despair 88
need protection 121
have to do work 127
angry with oppressors 129
want to bless Jesus with worship 148
thankful for music 150

Memory

Social

Learning

Belief

Money

Politics

Fundamental Attribution Error

We judge others on their personality or fundamental character, but we judge ourselves on the situation.



Sally is late to class; she's lazy. You're late to class; it was a bad morning.

Self-Serving Bias

Our failures are situational, but our successes are our responsibility.



You won that award due to hard work rather than help or luck. Meanwhile, you failed a test because you hadn't gotten enough sleep.

In-Group Favoritism

We favor people who are in our in-group as opposed to an out-group.



Francis is in your church, so you like Francis more than Sally.

Bandwagon Effect

Ideas, fads, and beliefs grow as more people adopt them.



Sally believes fidget spinners help her children. Francis does, too.

Groupthink

Due to a desire for conformity and harmony in the group, we make irrational decisions, often to minimize conflict.



Sally wants to go get ice cream. Francis wants to shop for T-shirts. You suggest getting T-shirts with pictures of ice cream on them.

Halo Effect

If you see a person as having a positive trait, that positive impression will spill over into their other traits. (This also works for negative traits.)



"Taylor could never be mean; she's so cute!"

Moral Luck

Better moral standing happens due to a positive outcome; worse moral standing happens due to a negative outcome.



"X culture won X war because they were morally superior to the losers."

False Consensus

We believe more people agree with us than is actually the case.



"Everybody thinks that!"

Curse of Knowledge

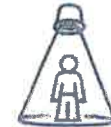
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Alice is a teacher and struggles to understand the perspective of her new students.

Spotlight Effect

We overestimate how much people are paying attention to our behavior and appearance.



Sally is worried everyone's going to notice how lame her ice cream T-shirt is.

Availability Heuristic

We rely on immediate examples that come to mind while making judgments.



When trying to decide on which store to visit, you choose the one you most recently saw an ad for.

Defensive Attribution

As a witness who secretly fears being vulnerable to a serious mishap, we will blame the victim less and attacker more if we relate to the victim.



Sally sat too long at a green light because she was playing with her phone. She got rear-ended. Greg, who is known to text and drive, got out and yelled at the person who smacked into her.

Just-World Hypothesis

We tend to believe the world is just; therefore, we assume acts of injustice are deserved.



"Sally's purse was stolen because she was mean to Francis about their T-shirt and had bad karma."

Naïve Realism

We believe that we observe objective reality and that other people are irrational, uninformed, or biased.



"I see the world as it really is — other people are dumb."

Naïve Cynicism

We believe that we observe objective reality and that other people have a higher egocentric bias than they actually do in their intentions/actions.



"The only reason this person is doing something nice is to get something out of me."

Forer Effect (aka Barnum Effect)

We easily attribute our personalities to vague statements, even if they can apply to a wide range of people.



"This horoscope is so accurate!"

Dunning-Kruger Effect

The less you know, the more confident you are. The more you know, the less confident you are.



Francis confidently assures the group that there's no help in ice cream. They do not work in the dairy industry.

Anchoring

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"That's 50% off? It must be a great deal."

Automation Bias

We rely on automated systems, sometimes trusting too much in the automated correction of actually correct decisions.



Your phone auto-corrects "is" to "it's," so you assume it's right.

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We tend to forget information that's easily looked up in search engines.



"What was the name of that actor in that funny movie? I've looked it up like eight times."

Reactance

We do the opposite of what we're told, especially when we perceive threats to personal freedoms.



One of Alice's students refuses to do his homework, even though both she and his parents tell him to.

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You can confirm a conspiracy theory based on scant evidence while ignoring contrary evidence.

Backfire Effect

Disproving evidence sometimes has the unwarranted effect of confirming our beliefs.



The evidence that disproves your conspiracy theory was probably faked by the government.

Third-Person Effect

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"You've clearly been brainwashed by the media!"

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We judge an argument's strength not by how strongly it supports the conclusion but how plausible the conclusion is in our own minds.



Sally mentions her supporting theory about your conspiracy theory, which you adopt wholeheartedly despite the fact that she has very little evidence for it.

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A story about razor blades appearing in candy eventually led to many people no longer offering homemade treats on Halloween in America.

Declinism

We tend to romanticize the past and view the future negatively, believing that societies/institutions are by and large in decline.



"In my day, kids had more respect!"

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Even though an app's terms of service invade Sally's privacy, she'd rather not switch to another app.

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We often draw different conclusions from the same information depending on how it's presented.



Alice hears that her favorite candidate is "killing it" with a 45% approval rating. Sally hears that the candidate is "disappointing the country" with a 45% rating. They have wildly different interpretations of the same statistic.

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"That guy with the fancy mustache is a hipster. He probably has a vinyl collection."

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Placebo Effect*

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Alice was given a placebo for her pain, and her pain decreased.

Survivorship Bias

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Greg tells Alice her purse business is going to be great because a successful fashion company had the same strategy. (But 10 other failed companies also had the same strategy.)

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We don't think we have bias, and we see it in others more than ourselves.



"I am not biased!"

*Technically not a cognitive bias but another important form of bias

Fundamental Attribution Error

We judge others on their personality or fundamental character, but we judge ourselves on the situation. Sally is late to class; she's lazy. You're late to class; it was a bad morning.

Matthew 7:1-2 - "Judge not, that you be not judged. For with the judgment you pronounce you will be judged, and with the measure you use it will be measured to you."

Self-Serving Bias

Our failures are situational, but our successes are our responsibility.

You won that award due to hard work rather than help or luck. Meanwhile, you failed a test because you hadn't gotten enough sleep.

Galatians 6:3 - "For if anyone thinks he is something, when he is nothing, he deceives himself."

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Francis is in your church, so you like Francis more than Sally.

James 2:1 - "My brothers, show no partiality as you hold the faith in our Lord Jesus Christ, the Lord of glory."

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Exodus 23:2 - "You shall not fall in with the many to do evil, nor shall you bear witness in a lawsuit, siding with the many, so as to pervert justice."

Groupthink

Due to a desire for conformity and harmony in the group, we make irrational decisions, often to minimize conflict.

Sally wants to go get ice cream. Francis wants to shop for T-shirts. You suggest getting T-shirts with pictures of ice cream on them.

Proverbs 18:1 - "Whoever isolates himself seeks his own desire; he breaks out against all sound judgment."

Halo Effect

If you see a person as having a positive trait, that positive impression will spill over into their other traits. (This also works for negative traits.)

"Taylor could never be mean; she's so cute!"

1 Samuel 16:7 - "But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him. For the Lord sees not as man sees: man looks on the outward appearance, but the Lord looks on the heart.'"

Moral Luck

Better moral standing happens due to a positive outcome; worse moral standing happens due to a negative outcome.

X culture won X war because they were morally superior to the losers.

Luke 13:4-5 - "Or those eighteen on whom the tower in Siloam fell and killed them: do you think that they were worse offenders than all the others who lived in Jerusalem? No, I tell you; but unless you repent, you will all likewise perish."

False Consensus

We believe more people agree with us than is actually the case.

"Everybody thinks that!"

1 Kings 19:14 - "He said, 'I have been very jealous for the Lord, the God of hosts. For the people of Israel have forsaken your covenant, thrown down your altars, and killed your prophets with the sword, and I, even I only, am left, and they seek my life, to take it away.'"

Curse of Knowledge

Once we know something, we assume everyone else knows it, too.

Alice is a teacher and struggles to understand the perspective of her new students.

1 Corinthians 8:2 - "If anyone imagines that he knows something, he does not yet know as he ought to know."

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Sally is worried everyone's going to notice how lame her ice cream T-shirt is.

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Availability Heuristic

We rely on immediate examples that come to mind while making judgments.

When trying to decide on which store to visit, you choose the one you most recently saw an ad for.

Philippians 4:8 - "Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things."

Defensive Attribution

As a witness who secretly fears being vulnerable to a serious mishap, we will blame the victim less and attacker more if we relate to the victim.

Sally sat too long at a green light because she was playing with her phone. She got rear-ended. Greg, who is known to text and drive, got out and yelled at the person who smacked into her.

Job 31:5-6 - "If I have walked with falsehood and my foot has hastened to deceit; (Let me be weighed in a just balance, and let God know my integrity!)"

Just-World Hypothesis

We tend to believe the world is just, therefore, we assume acts of injustice are deserved.

Sally's purse was stolen because she was mean to Francis about their T-shirt and had bad karma.

Ecclesiastes 9:11 - "Again I saw that under the sun the race is not to the swift, nor the battle to the strong, nor bread to the wise, nor riches to the intelligent, nor favor to those with knowledge, but time and chance happen to them all."

Naïve Cynicism

We believe that we observe objective reality and that other people have a higher egocentric bias than they actually do in their intentions/actions.

"The only reason this person is doing something nice is to get something out of me."

Titus 1:15 - "To the pure, all things are pure, but to the defiled and unbelieving, nothing is pure; but both their minds and their consciences are defiled."

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We believe that we observe objective reality and that other people are irrational, uninformed, or biased.

"I see the world as it really is other people are dumb."

Proverbs 14:12 - "There is a way that seems right to a man, but its end is the way to death."

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We easily attribute our personalities to vague statements, even if they can apply to a wide range of people.

"This horoscope is so accurate!"

Jeremiah 23:16 - "Thus says the Lord of hosts: 'Do not listen to the words of the prophets who prophesy to you, filling you with vain hopes. They speak visions of their own minds, not from the mouth of the Lord.'"

Dunning-Kruger Effect

The less you know, the more confident you are. The more you know, the less confident you are.

Francis confidently assures the group that there's no kelp in ice cream. They do not work in the dairy industry.

Proverbs 26:12 - "Do you see a man who is wise in his own eyes? There is more hope for a fool than for him."

Anchoring

We rely heavily on the first piece of information introduced when making decisions.

"That's 50% off? It must be a great deal."

1 Corinthians 3:11 - "For no one can lay a foundation other than that which is laid, which is Jesus Christ."

Automation Bias

We rely on automated systems, sometimes trusting too much in the automated correction of actually correct decisions.

Your phone auto-corrects "its" to "it's," so you assume it's right.

Psalms 146:3 - "Put not your trust in princes, in a son of man, in whom there is no salvation."

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"What was the name of that actor in that funny movie? I've looked it up like eight times."

Deuteronomy 6:12 - "Then take care lest you forget the Lord, who brought you out of the land of Egypt, out of the house of slavery."

Reactance

We do the opposite of what we're told, especially when we perceive threats to personal freedoms.

One of Alice's students refuses to do his homework, even though both she and his parents tell him to.

Romans 7:15 - "For I do not understand my own actions. For I do not do what I want, but I do the very thing I hate."

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We tend to find and remember information that confirms our perceptions.

You can confirm a conspiracy theory based on scant evidence while ignoring contrary evidence.

Proverbs 18:17 - "The one who states his case first seems right, until the other comes and examines him."

Availability Cascade

Tied to our need for social acceptance, collective beliefs gain more plausibility through public repetition. A story about razor blades appearing in candy eventually led to many people no longer offering homemade treats on Halloween in America.

2 Timothy 4:3-4 - "For the time is coming when people will not endure sound teaching, but having itching ears they will accumulate for themselves teachers to suit their own passions, and will turn away from listening to the truth and wander off into myths."

Declinism

We tend to romanticize the past and view the future negatively, believing that societies/institutions are by and large in decline.

"In my day, kids had more respect!"

Ecclesiastes 7:10 - "Say not, 'Why were the former days better than these?' For it is not from wisdom that you ask this."

Backfire Effect

Disproving evidence sometimes has the unwarranted effect of confirming our beliefs.

The evidence that disproves your conspiracy theory was probably faked by the government.

Acts 7:57 - "But they cried out with a loud voice and stopped their ears and rushed together at him."

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Even though an app's terms of service invade Sally's privacy, she'd rather not switch to another app.

Ecclesiastes 3:1 - "For everything there is a season, and a time for every matter under heaven."

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"You've clearly been brainwashed by the media!"

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Alice hears that her favorite candidate is "killing it" with a 45% approval rating. Sally hears that the candidate is "disappointing the country" with a 45% rating. They have wildly different interpretations of the same statistic.

Matthew 22:16-17 - "And they sent their disciples to him, along with the Herodians, saying, 'Teacher, we know that you are true and teach the way of God truthfully, and you do not care about anyone's opinion, for you are not swayed by appearances. Tell us, then, what you think. Is it lawful to pay taxes to Caesar, or not?'"

Sunk Cost Fallacy (aka Escalation of Commitment)

We invest more in things that have cost us something rather than altering our investments, even if we face negative outcomes.

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Luke 14:28 - "For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?"

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We don't think we have bias, and we see it in others more than ourselves.

"I am not biased!"

Matthew 7:3-5 - "Why do you see the speck that is in your brother's eye, but do not notice the log that is in your own eye? Or how can you say to your brother, 'Let me take the speck out of your eye,' when there is the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye."

Zero-Risk Bias

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"You should probably buy the warranty."

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Matthew 23:8-10 - "But you are not to be called rabbi, for you have one teacher, and you are all brothers. And call no man your father on earth, for you have one Father, who is in heaven. Neither be called instructors, for you have one instructor, the Christ."

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Our perceptions of time shift depending on trauma, drug use, and physical exertion.

"When the car almost hit me, time slowed down."

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We think future possibilities are affected by past events.

Alice has lost nine coin tosses in a row, so she's sure to win the next one!

Proverbs 16:33 - "The lot is cast into the lap, but its every decision is from the Lord."

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Matthew 23:24 - "You blind guides, straining out a gnat and swallowing a camel!"

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Philippians 1:6 - "And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

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We sometimes are over-optimistic about good outcomes.

"It's going to turn out great!"

Proverbs 16:9 - "The heart of man plans his way, but the Lord establishes his steps."

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Ecclesiastes 1:9 - "What has been is what will be, and what has been done is what will be done, and there is nothing new under the sun."

Bystander Effect

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In a crowd of students, no one called 911 when someone got hurt in a fight.

Luke 10:31-32 - "Now by chance a priest was going down that road, and when he saw him he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side."

Clustering Illusion

We mistake real memories for imagination.

Greg thinks he visited a graveyard, but he's pretty sure he just had a spooky dream.

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Matthew 6:34 - "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

Suggestibility

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"So did you fall off the couch before or after your mom hit you?"

1 John 4:1 - "Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world."

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Greg is certain Sally said a really funny joke about pineapples, when that joke actually came from a TV show.

1 Corinthians 13:12 - "For now we see in a mirror dimly, but then face to face. Now I know in part; then I shall know fully, even as I have been fully known."

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We place higher value on things we partially created ourselves.

"Don't you love this pot I spent \$20 on? I painted it myself!"

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