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How Emotional Problems Develop
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How Emotional Problems Develop

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Excerpt from *How Emotional Problems Develop*:

Typical Adult Problems that Result from Unresolved Pain

The child takes all these unhealthy ways of living into his adult life with him: the wrong and ineffective behaviors, the buried emotions, the false beliefs and the distorted self-image. This causes even more pain. If these issues continue to go unaddressed, the problems will get worse.

Interestingly, these very problems often show the person his need for Christ. Coming to know Christ usually brings many positive changes into the person's life, but the types of problems mentioned here tend to lurk in the background and usually do not get resolved until they are addressed directly. This is why new Christians often seem better immediately after conversion, but problems surface (or may return) as time goes on. It is not that Christ does not make a difference: He does. And ultimately, He is the answer. However, we must apply the Biblical principles to these emotional issues in order to resolve problems.

The second column of *Addendum A* ("Development of Emotionally-Based Problems") lists some of the typical problems an adult will face when the emotional issues of the past go unaddressed. This list applies to Christians as well as to unbelievers. The problems listed in the middle column are really symptoms of the underlying issues which are described in the first column. These issues (Column Two) are what bring people into counseling and into recovery groups. They need help to understand the root problems (Column 1) and to learn the skills necessary to overcome these problems. They also need support from others through the process.

The following is a short description of each problem listed in Column Two of *Addendum A*. This is not a complete list of problems that might occur. People may experience one of the symptoms, several of them or all nine.

- 1. Relational Problems** - A person's survival mechanisms, addictions, compulsions, and emotional immaturity will interfere with relationships. As a result of unresolved problems, a person may not have the relational skills to interact with others in a healthy way.
- 2. Poor Decisions** - Because the person does not think correctly about himself, his emotions, his needs or life issues, he will often make poor decisions that add even more pain to his life. For example, it is not unusual for this person to be out-of-control financially. In spite of being intelligent, he seems to lack the ability to think wisely about finances.