

07 Relief

SECTION

Relief

NAME THE MOVE TOWARD CONTROL

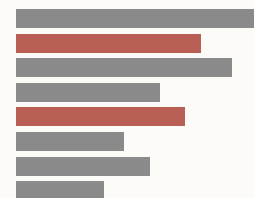


TABLE OF DECISION / HOT SEAT

CONTROL
NUMB
ESCAPE
PROTECT



Relief lowers the pressure for a moment while leaving the false belief in place.

Good Questions

- When the emotion intensified, what did you do?
- What response seemed most appealing at the time?
- How were you hoping to feel better or regain control?
- What did that action offer you in the moment?
- What did you hope would stop hurting, quiet down, or go away?
- Have you turned to something similar before?
- How much relief did it actually give you?
- How long did the relief last?
- What did that choice protect you from feeling or facing?
- What did the relief promise that it could not finally provide?

Rules of Thumb

- Stay with what actually happened in this event.
- Relief may look respectable, ordinary, or obviously destructive.
- Look for the attempt to regain control, numb pain, protect the self, or escape exposure.
- Distinguish temporary relief from the rest Jesus offers.
- Notice both the immediate payoff and the longer-term cost.

REMEMBER

Stay with what actually happened in this event.