**The A – B – C of
Emotions**

**C
The Consequence**

**Feelings**

***Sad***

***Horrified***

***Glad***

***Angry***

***Confused***

***Afraid***

**A
Activating Event**

***Kennedy is assassinated***

**Largely out of our control**

**B
Belief about the Event**

***I will miss him***

***I can’t believe it, it’s terrible***

***Good riddance, he was a bad president***

***I thought this couldn’t happen***

***If it could happen to him, then it could happen to me!***

**In our control**

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and* ***we take captive every thought to make it obedient to Christ.***

2 Corinthians 10:5

*For as he* ***thinketh*** *in his heart, so is he* – Proverbs 23:7

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