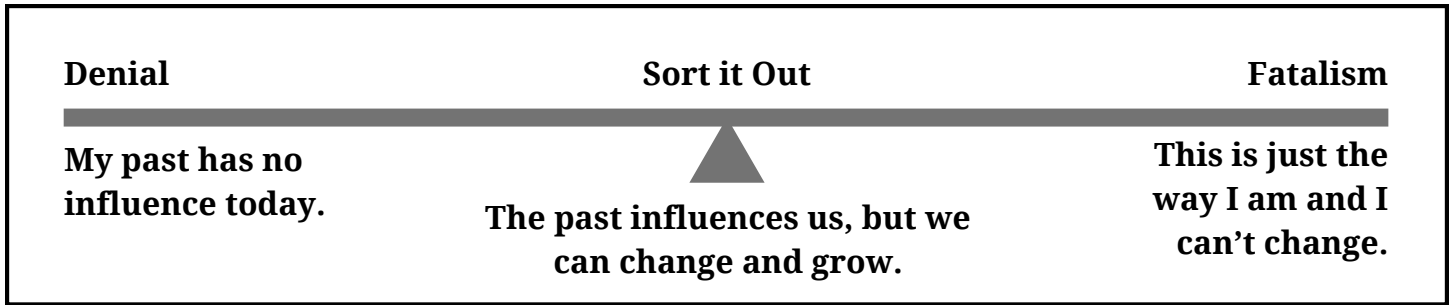


LESSON 8:

Childhood Issues & Emotional Baggage



We all have “emotional baggage” and “unfinished business” from childhood.

“Emotional baggage” is all the negative feelings we bring from youth that still weigh us down and get reactivated whenever something similar happens now. Examples: guilt, anxiety, resentment, bitterness, fear, panic, anger, rage, depression, hurt, and pain.

“Unfinished business” is any deficiency or unmet need from childhood.

WE NEED TO BE:

Unconditionally loved and accepted

Connected, intimate

Touched, held

Independent, autonomous, separate

Listened to, heard, understood

Significant, important, valued

Known

Esteemed

TOOLS FOR YOUR TOOLBOX

Scripture Notations:
Childhood
Baggage p. 43-44

SCRIPTURE FOCUS

And you will know the truth, and the truth will set you free.

John 8:32, NLT

QUESTIONS TO PONDER

Self:

- What emotions most often get triggered in me?
- Is it possible that they are part of my “emotional baggage”?
- Can I begin to look at my spouse and our issues separately from my childhood issues?

In Relation to My Spouse:

- Am I aware that my spouse has “unfinished business”?
- What does he/she seem to most need from me that I have not given?
- What would happen if I began to try to meet that need?