SDBC Examples, Lesson 11

ANXIETY

Irritation

Resentment

Parents announce visit

Feel set up

Romans 8:5

SDBC

Self-Destructive Bondage Cycle

Romans 8:6-8

Feel sure it won't be good enough

Remember dad's insults

Frantic, over-the-top cleaning

Panic over how house looks

High anxiety

Determine to prove him wrong

ANGER

Hurt feelings

Shame

Disrespect from spouse

Anger

Romans 8:5

SDBC

Self-Destructive Bondage Cycle

Romans 8:6-8

Apologize/promise not to repeat

Say something hurtful back

Sorrow

Yelling fight

Leaving/Stewing

Explosion