



WHEN YOUR WAY ISN'T WORKING

Emotional Dashboard

1. Discouragement

Definition: A loss of confidence and enthusiasm.

“When nothing changed between the mother and her teenage daughter, she struggled to not give in to discouragement.”

2. Fatigue

Definition: Extreme physical and mental tiredness that comes from a prolonged period of concentrated exertion.

“He started off strong, but his pace wasn't sustainable and so fatigue set in.”

3. Frustration

Definition: The feeling of being upset or annoyed, especially because of an inability to change or achieve something.

“When she didn't respond the way he expected her to, he slammed the door in frustration.”

4. Anxiety

Definition: The feeling of worry or unease, typically when facing an imminent event or uncertain outcome you have no control over.

“The five-year plan for his new business was turned upside down by an unexpected pandemic and left him feeling overwhelmed with anxiety.”



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Genesis 4:2-8



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