

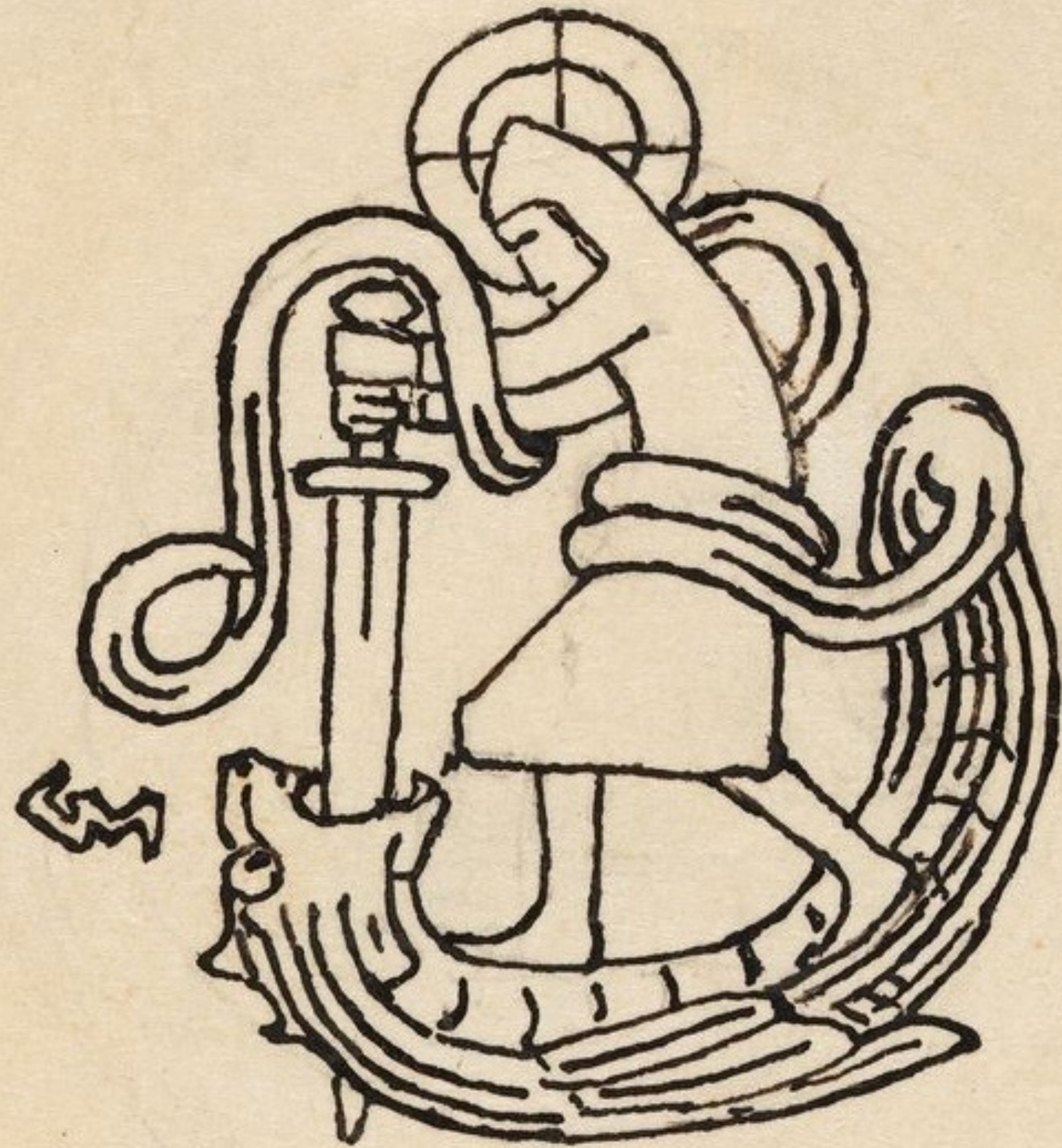
Resting In Chaos: Bringing Order to Emotion Dysregulation

Todd Stryd



rest

Chaos, Order & Rest



...The Original Pattern
...A Redemptive Pattern
...An Everyday Pattern
...A Particular Pattern

Chaos, Order & Rest: The Original Pattern



Chaos

Genesis 1:1–2

"In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters."

Ezekiel 29:3

"Speak, and say, Thus says the Lord God: 'Behold, I am against thee, Pharaoh king of Egypt, the great dragon that lieth in the midst of his rivers.'"

Order

Job 38:8–11

“Or who shut in the sea with doors
when it burst out from the womb,
when I made clouds its garment
and thick darkness its swaddling band,
and prescribed limits for it
and set bars and doors,
and said, ‘Thus far shall you come, and no farther,
and here shall your proud waves be stayed’?”

Psalms 74:13–14

“You divided the sea by your might; you broke the heads
of the sea monsters on the waters. You crushed the
heads of Leviathan; you gave him as food for the
creatures of the wilderness.”

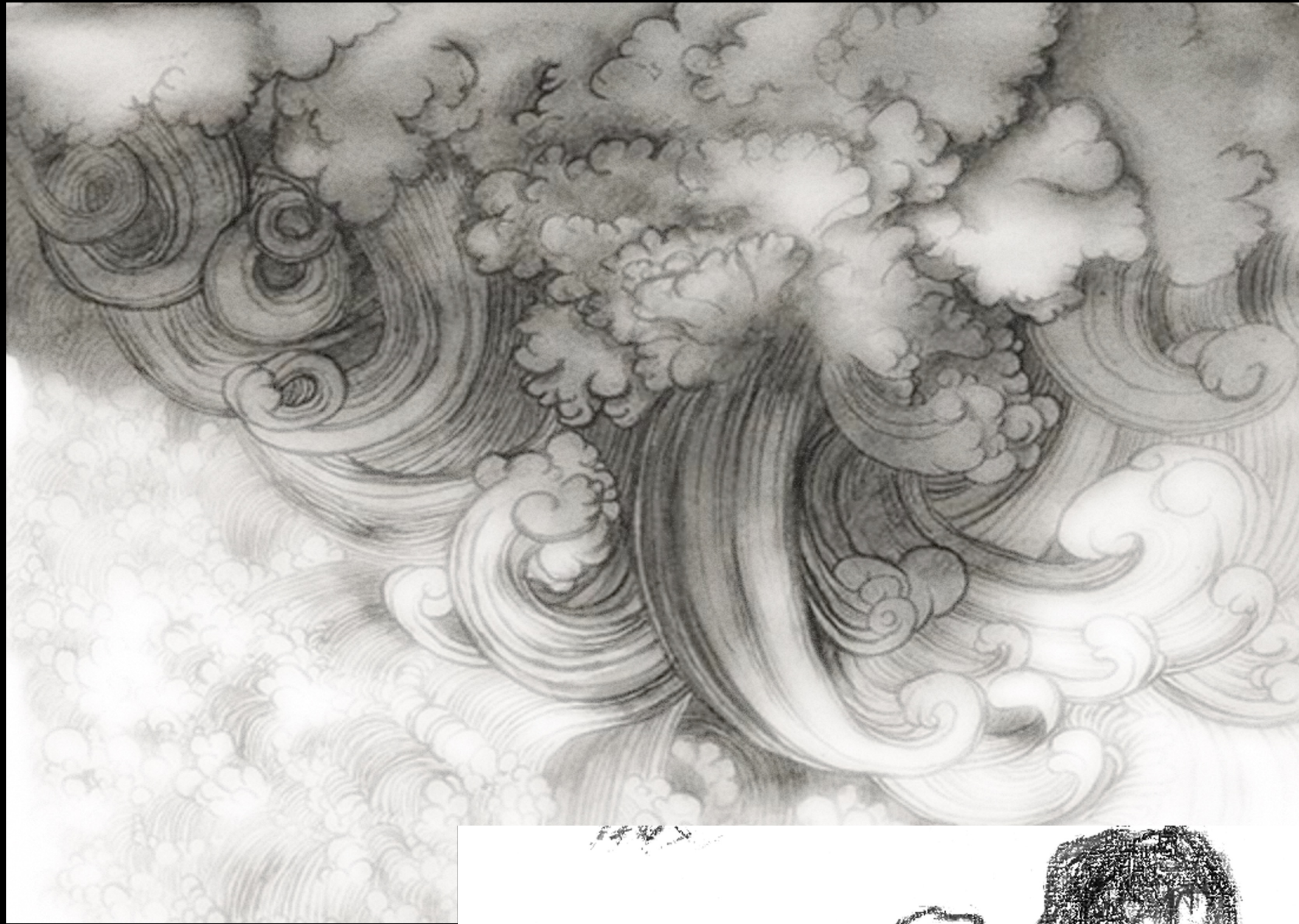
Rest

Genesis 2:1–3

“Thus, the heavens and the earth were finished, and all the host of them. And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.”

Chaos, Order &
Rest: *A*
Redemptive
Pattern





Chaos, Order &
Rest: *An Everyday*
Pattern





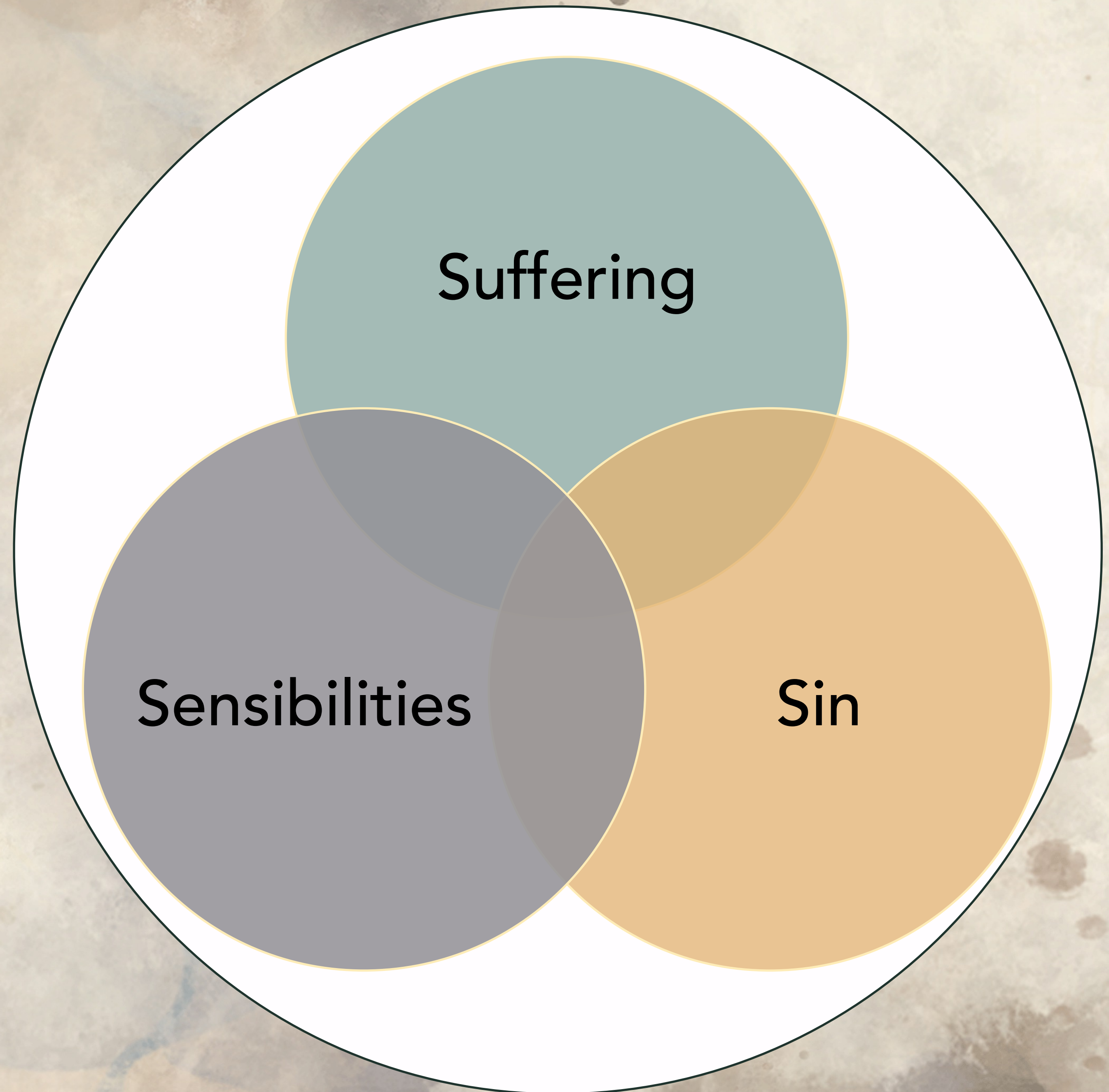
Chaos, Order & Rest: **A Particular Pattern**



Definition of Emotion Dysregulation

- feeling the wrong emotion
- feeling the wrong amount of emotion
- feeling it for the wrong length of time

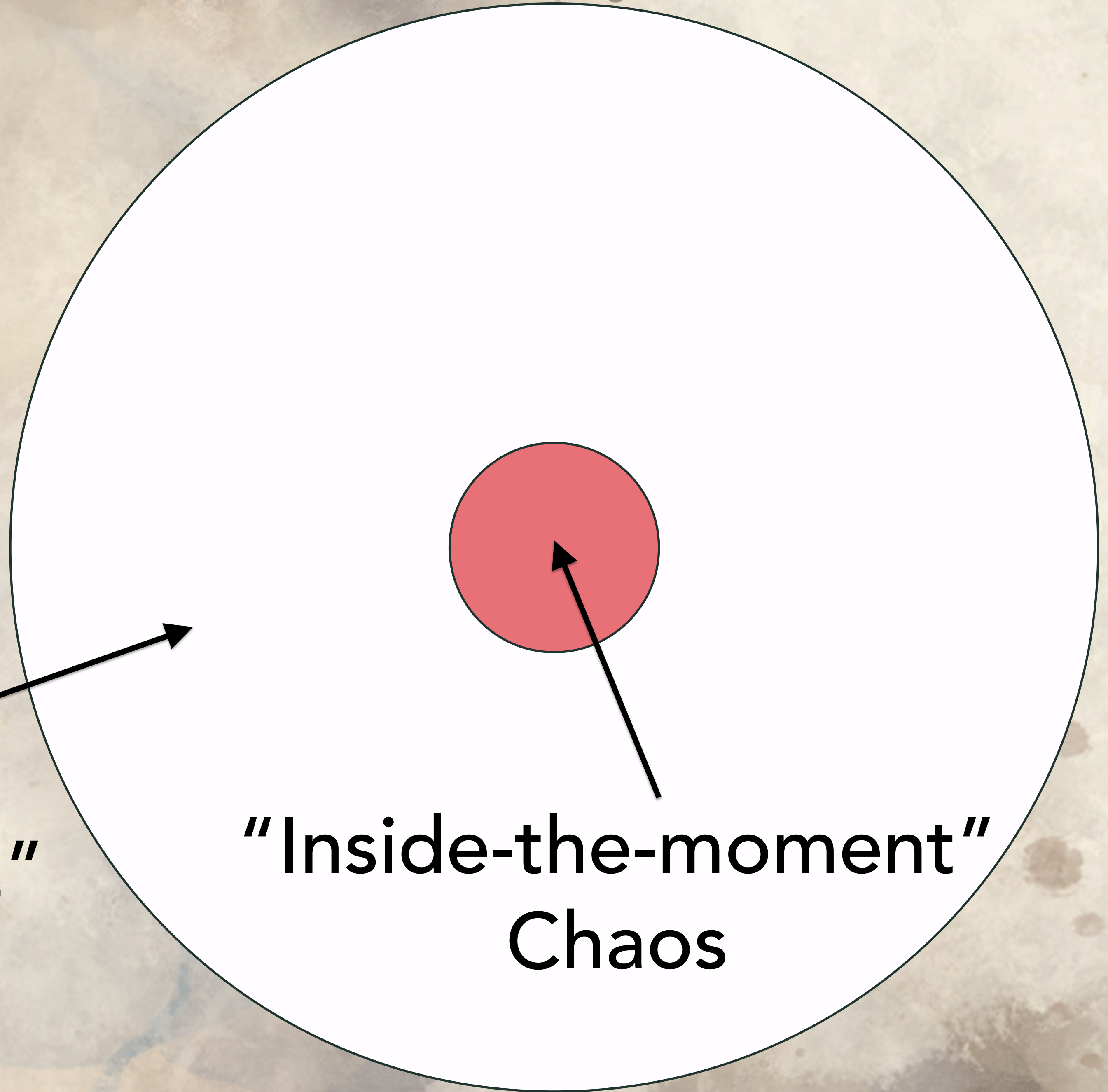
Origin of Emotion Dysregulation



Anatomy of Emotion Dysregulation

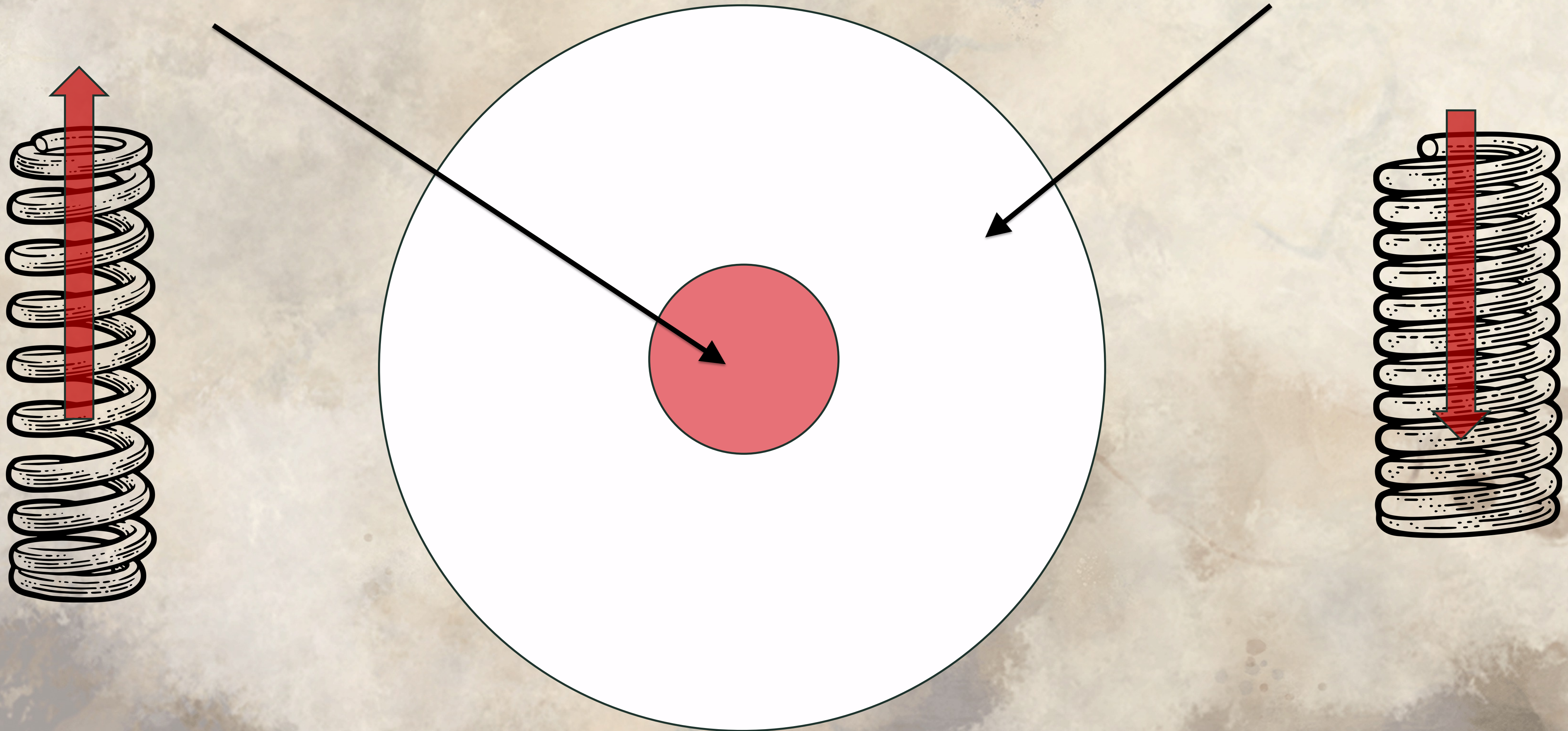
"Outside-the-moment"
Chaos

"Inside-the-moment"
Chaos



“Inside-the-moment”
Chaos

“Outside-the-moment”
Chaos



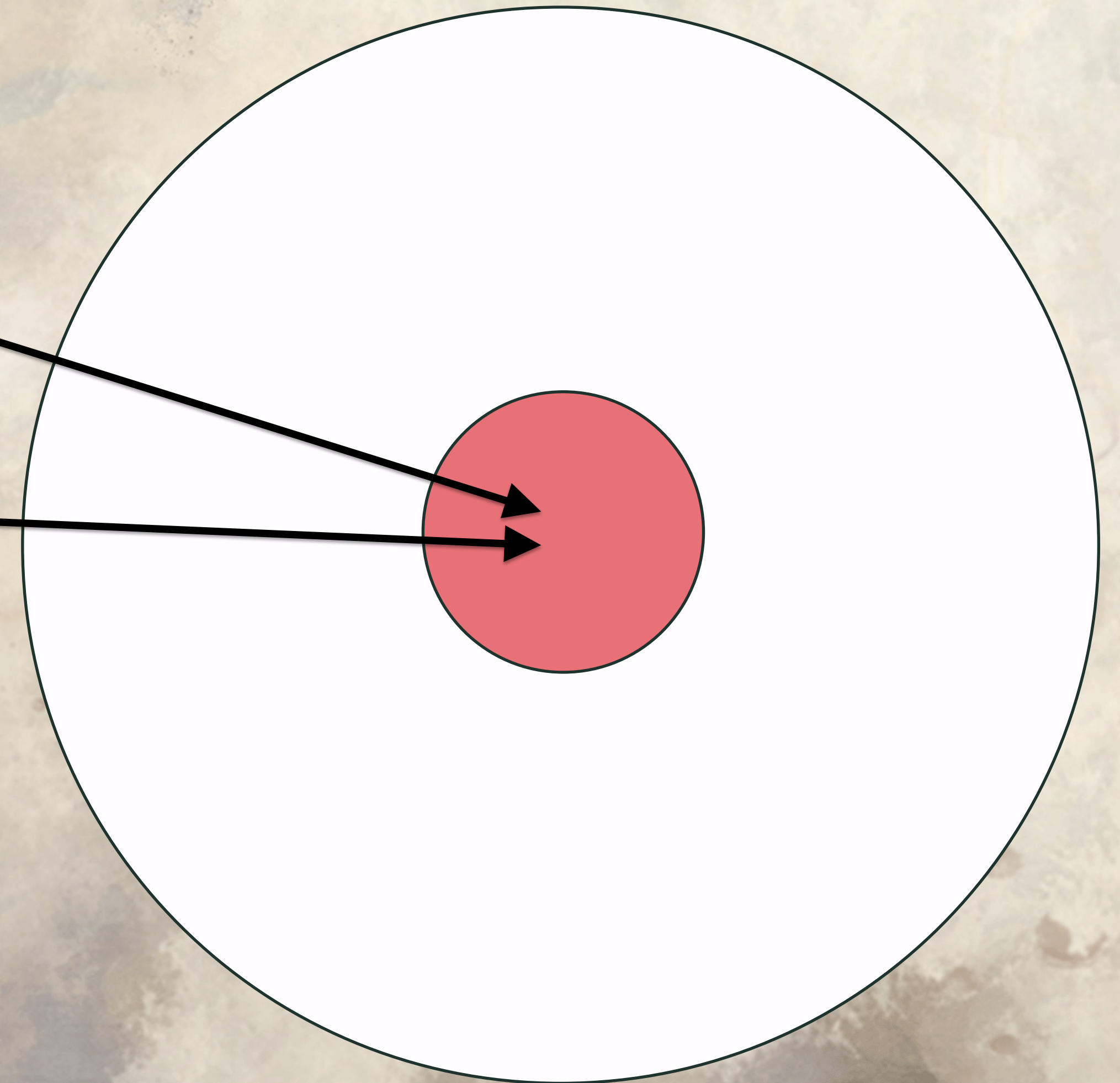
“Inside-the-moment” Order

Name It

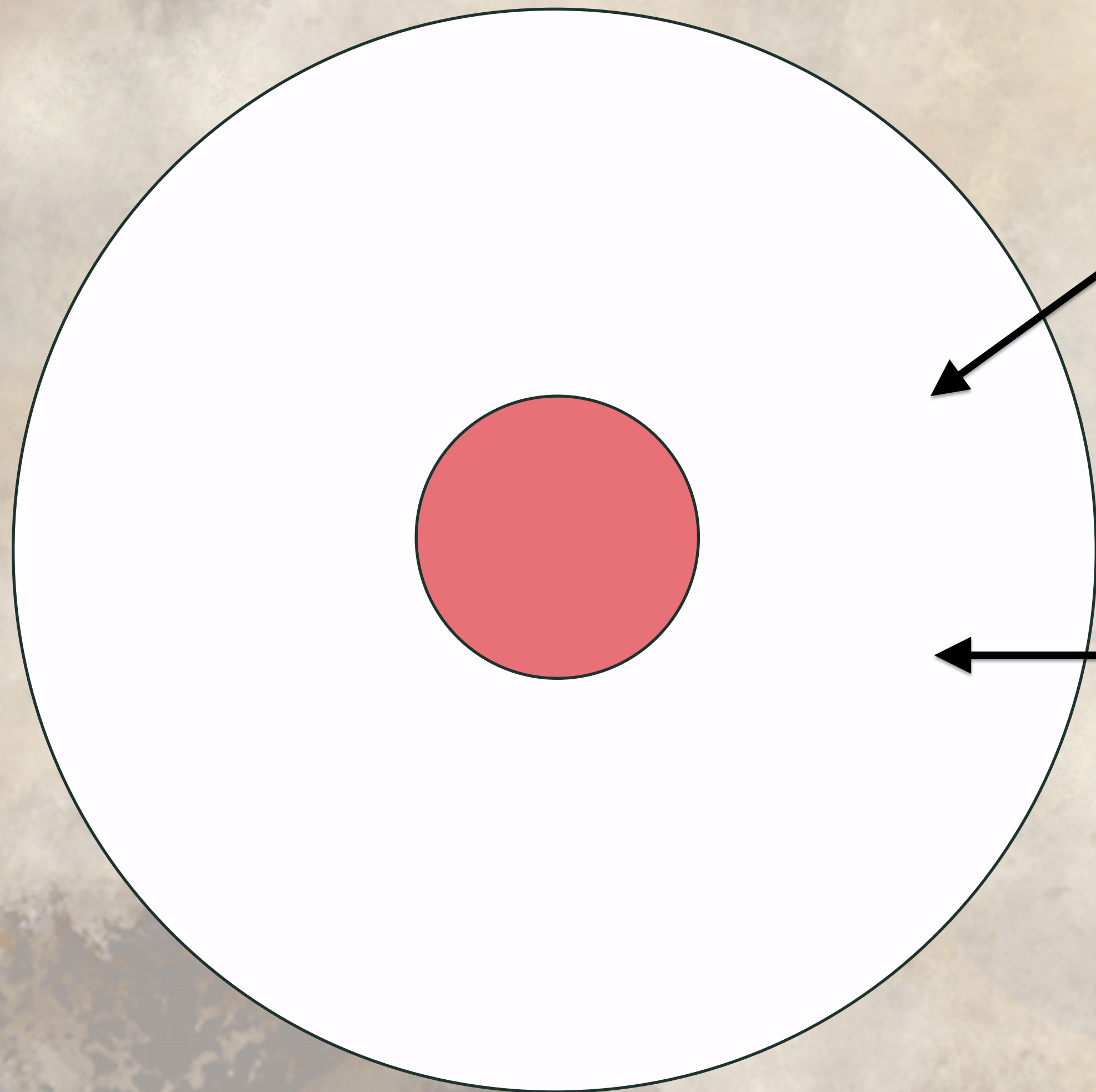
- Identify the Emotion

Tame It

- Recite Truth
- Change Your Breathing
- Find Your Body

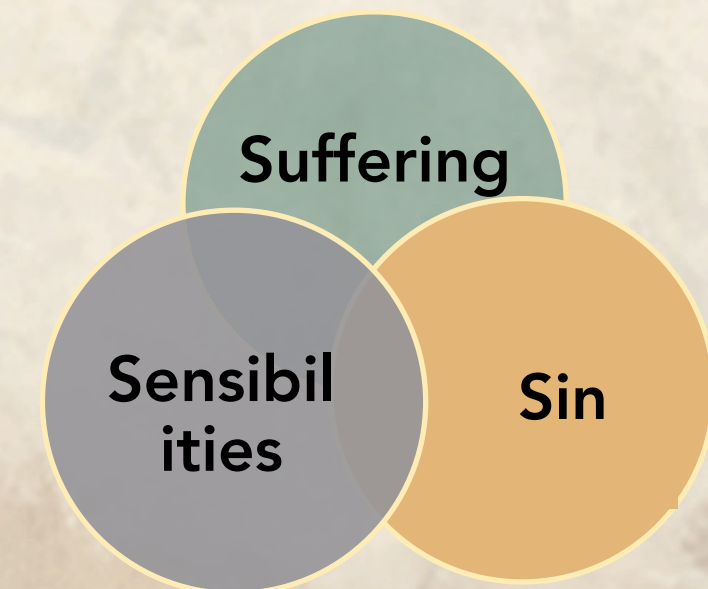


“Outside-the-moment” Order



Name It

- Differentiate between Sensibilities, Suffering, and Sin



Tame It

- Anticipate Sensibilities
- Process Suffering
- Repent of Sin

Resting in Chaos

It doesn't mean...

- Overwhelming emotions stop
- Ordering our emotions stops
- Our sensibilities stop
- Our sufferings stop
- Our sinning stops

It does mean...

- Experiencing the right amount... of the right emotion... for the right length of time
- Having assurances

Resting in Chaos

Revelation 3:8

"I know your works. Behold, I have set before you an open door, which no one is able to shut. I know that you have but little power, and yet you have kept my word and have not denied my name."

"I know your track record. I know your works. I see you, and I see how hard you are trying. Well done! You have not denied my name, you have not given up the hope, and you have kept your faith. I also know that you are tired. I know that you are at the end of yourself. I see that. But take heart, I have made sure there's an open door that nobody can close. There is a way forward. There is always a way forward. I personally will make sure of that."

Chaos, Order & Rest: *An End to the Pattern*

Revelation 21:1

"Then I saw 'a new heaven and a new earth,' for the first heaven and the first earth had passed away, **and there was no longer any sea.'**"

