




In late June 2020, Center for Disease Control reported that **40% of US adults** reported struggling with mental health or substance abuse.

## Have you ever felt these?

- Depression or mood problems
  - Trauma and stressors
  - Addiction or substance issues
  - Anxiety
  - Relationship struggles that come with personality issues
  - Food struggles
  - Sleep struggles
  - Sexual problems
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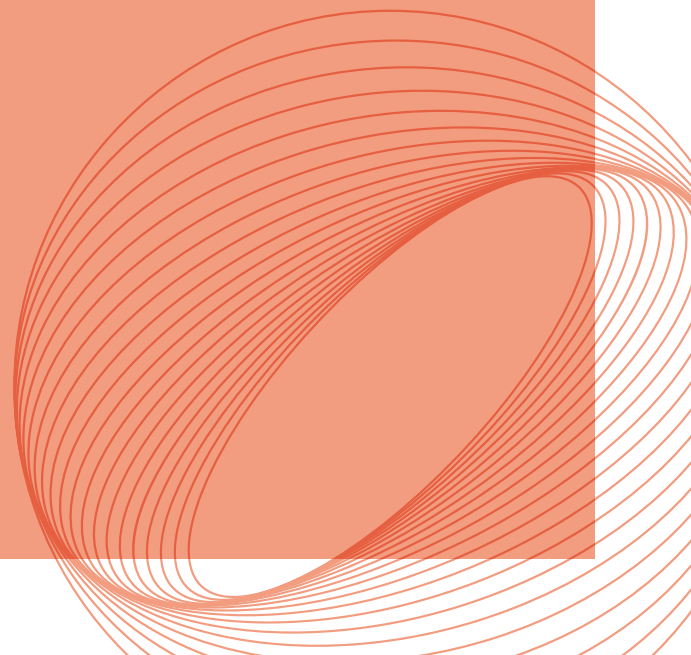


ISSUE NUMBER ONE

# Connection vs. Emotional Isolation

## The Big Four

What are those injuries and  
how do we heal them?



# Some symptoms of disconnection:

- Depression/Mood
- Anxiety/Fear
- Acting out/impulse problems
- Distorted thinking
- Addictions

# What does it look like to get connected?

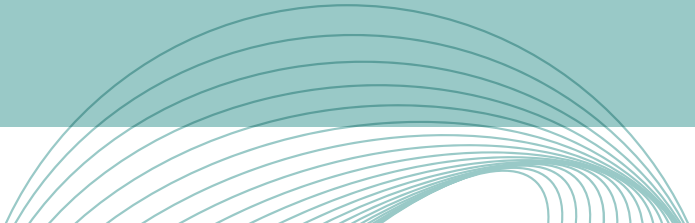
- Realize the need
- Be vulnerable
- Find a safe place with safe others
- Move toward others in a safe place



ISSUE NUMBER TWO

# Freedom vs. Loss of Control

## Symptoms of a lack of boundaries and limits:

- Depression
  - Anxiety
  - Co-dependency/Enabling
  - Powerlessness/Blaming
  - Addictions
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# What does it look like to get boundaries?

- Take extreme ownership and responsibility
- Develop the “no” muscle
- Set limits on bad behavior, control and manipulation
- Respect others’ freedom

**ISSUE NUMBER THREE**

## Acceptance vs. Denial



# Symptoms of lack of acceptance:

- Perfectionism/Critical attitude
- Depression/Anxiety
- Unresolved grief and pain
- Lack of emotional regulation
- Addictions

# What does it look like to get acceptance?

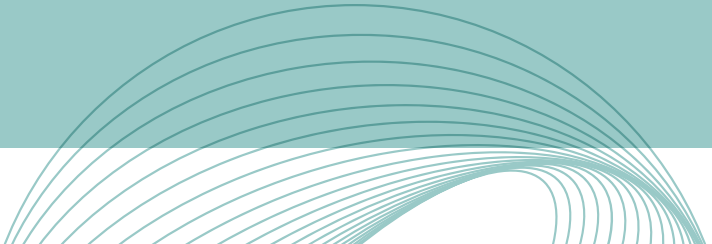
- Embrace vulnerability/Confess your faults to one another
- Process your pain and grief
- Develop a growth mindset
- Monitor the tone with which you address imperfection to yourself and others
- Forgive, forgive, forgive



ISSUE NUMBER FOUR

# Adulthood vs. Remaining a Child

## Symptoms of lack of adulthood:

- Feelings of inferiority, people pleasing or needs for approval
  - Anxiety/Depression
  - Black and white thinking
  - Comparing yourself to others
  - Addictions
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# What does it look like to gain adulthood?

- Own your opinion and disagree with authority
- Take people off pedestals and stop comparisons
- Try, fail and learn process
- See yourself and others as equal but different

## RESOURCES FOR CHURCHES & PASTORS:

CHURCHES  
— THAT —  
HEAL

Visit the website to receive the complementary video 'The Churches Role in Mental Health' and Dr. Henry Cloud's eBook, *The Three Ingredients Necessary For Growth*

[churchestheheal.com/gln](http://churchestheheal.com/gln)

## RESOURCES FOR INDIVIDUALS:



[www.boundaries.me](http://www.boundaries.me)