

THE FACTS, FEELINGS, FAITH FRAMEWORK

We can choose to view life based on feelings, faith or the facts. Most of us unconsciously operate out of one of these frameworks as our default. True balance comes from using each in accordance with the issue at hand. This framework is part of what is referred to as your emotional IQ.

1) Feelings - those who mainly operate life by their feelings will feel out of balance. They're usually up and down like a 'yo-yo' and respond emotionally to others and the circumstances they face in life. They are inconsistent and because they're completely consumed with their feelings, they can be 'emotionally unavailable' to others and often do not trust their own emotions. Ironic since it is their choice to operate in this way.

2) Faith - many people consider this a religious word but 'faith' has nothing to do with beliefs. It's a 'doing' word. You are either stepping out, taking risks in faith or you're not. People who base life on faith will generally go between extreme highs and extreme lows - they'll step out and take risks in faith but then get disappointed when things don't pan out the way they had hoped for. Faith is believing in the not yet seen, and true faith is consistent and empowering.

3) Facts - living a life based upon the facts and the truth about who you actually are. This becomes a strong foundation on which we can build our lives. As we become more grounded in who we are, we balance out. We'll still have emotional ups and downs but we're no longer emotionally led. Our security is grounded in who we are which means that for others we become mature, consistent, decisive and strong.

Take a few moments to reflect on these different perspectives.

- 1.** From which perspective do you live life most of the time?

- 2.** What changes can you make today to help you live a life that's more consistently based on the truth of who you actually are?