



Facing Challenges Well

Emotional Issues for Leaders and Their Resolution

Introduction

I. Common Emotional Issues

A. Depression

B. Anxiety

C. Guilt and Shame

D. Addictions and Bad Habits

E. Trauma Disorders

F. Suicidality

II. Causes

A. Stressors

B. Internal hurts

C. Genetics

III. Resolutions

A. Follow God

B. Engage in a healthy church

C. Be vulnerable with your life team

D. Identify and address the underlying issues

E. If not resolving, see a well-referred therapist

F. Don't rush God's process and timing

G. Make healing a very high priority