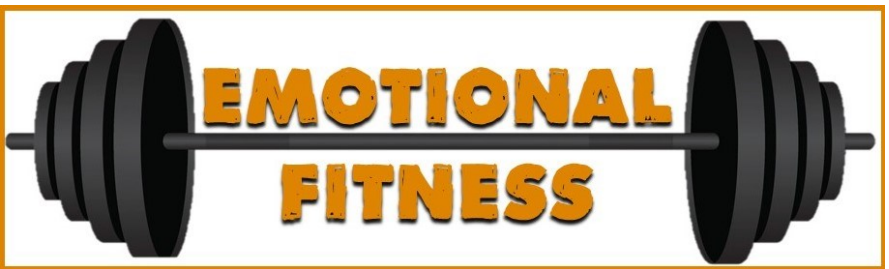


Emotional Fitness

Part 6: Create Loving Relationships



Emotional Fitness

The number one key to emotional health is loving relationships. According to California Department of Mental Health, those who isolate themselves from others and lack meaningful connections, are ...

- 3 times more likely to die an early death;
- 4 times more likely to suffer emotional burnout;
- 5 times more likely to suffer clinical depression; and,
- 10 times more likely to be hospitalized for a mental or emotional disorder.

Love Lessons

1. Build a _____

Every human being has an invisible bank inside of them. It's a little recorder deep inside that registers positive and negative experiences on a 24-hour basis. Let's call it our *Love Bank*. Every positive, pleasurable interaction puts a deposit in your bank; every negative, painful encounter causes a withdrawal. The balance is always fluctuating. Love grows with positive interactions; but relationships go bankrupt with too many uncomfortable or painful encounters.

Lesson 1
***To create a loving relationship,
make more deposits than withdrawals.***

2. Don't allow _____

Do you ever wonder why people treat you the way they do? The answer is: *We teach people how to treat us.* We teach them, through experience, what they can and cannot get away with. You teach them the rules and boundaries of that relationship.

Lesson 2
***Teach people to treat you right by
rewarding desired behaviors.***

3. Constantly _____

The Bible tells us: "How great is the love the Father has lavished upon us! ... I have loved you with an everlasting love ... I have always loved you!" (1 John 3:1, Jeremiah 31:3, Malachi 1:2)

Lesson 3
***Draw close to God
and your "love bank" is never going to be short of funds!***