

MENTAL HEALTH / CRISIS

Eyes Wide Open

EYES WIDE OPEN

Emergency – is acute, short-term event requiring immediate action.

Crisis – a complex, high-impact, unstable event that threatens long-term stability.

EYES WIDE OPEN

Before entering a crisis—pause and recognize the spiritual atmosphere and threshold you are choosing to enter.

EYES WIDE OPEN

Crisis is under the initial influence of the demonic.

“God is not the creator of disorder but of peace.”

1 Corinthians 14:33

QUESTIONS TO ASK

Is Jesus inviting me into this?

If so, to what extent?

It is common to assume that since we have been exposed to a crisis – that is an indication we should get involved.

COGNITIVE BIASES

- Availability Heuristic
- Confirmation Bias
- Sunk Cost Fallacy
- Authority or Social Proof
- Present Bias

QUESTIONS TO ASK

In every circumstance Jesus asked this question.

“I only do the works that I see my Father doing and only say what the Father is telling me to say.”

John 5:19

QUESTIONS TO ASK

Am I prepared emotionally, physically, and spiritually?

“All things are legitimate – not all things are helpful.”

I Corinthians 10:23

QUESTIONS TO ASK

- Do I have the necessary competence?
- Is there excessive empathy?
- Is my, or others, safety compromised?
- Is there unhealed personal experience?
- Do I have the margin and capacity?

QUESTIONS TO ASK

What is my motive?

QUESTIONS TO ASK

*What does obedience look like for **me**?*

“I desire obedience (mercy) more than sacrifice.”

Matthew 9:13

WHAT THEY NEED

Someone who...

- listens but does not languish.
- is calm and confident.
- connects without needing solutions.

WHAT THEY NEED

Offer your presence before your perspective

Key phrases:

- “Tell me more...”
- “I don’t know, but I here...”
- “I can’t imagine...”

WHAT THEY NEED

Give language

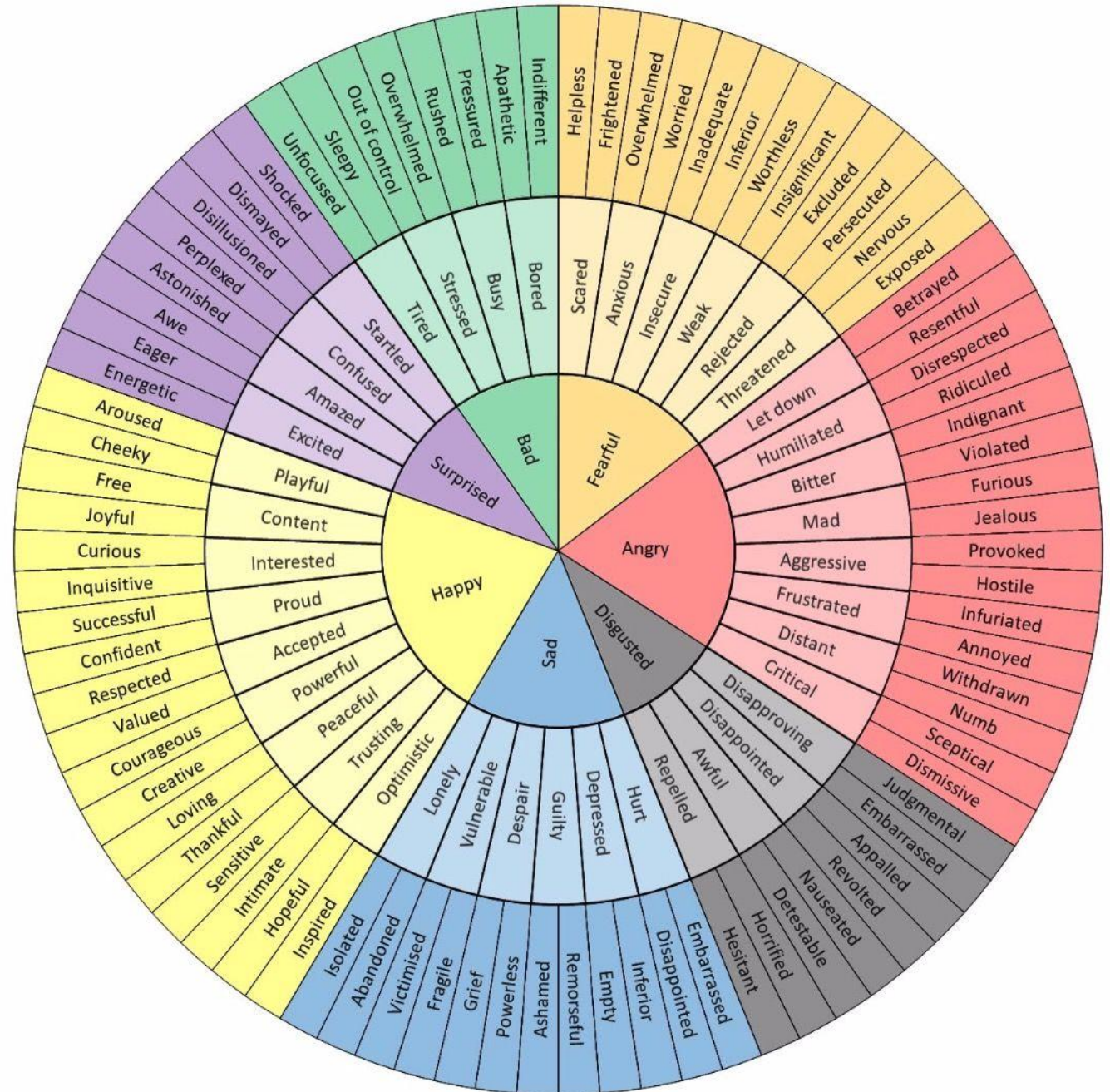
- Their own language for what they are experiencing and feeling.

WHAT THEY NEED

Key phrase:

- “What you’re feeling is real.”
- “Do you have a word for it?”
- “You have permission to feel whatever you want.”

FEELINGS WHEEL



IN TIME - REORIENT TO TRUTH

Reorient to truth

What they need:

- Loving truth – not opinions or cliches.

REORIENT TO TRUTH

Refrain from making judgements

- “It’s going to be OK.”
- “You’re (they are) going to be fine.”
- “That’s not good...”
- **Refrain** from spiritualizing.

REORIENT TO TRUTH

How to help:

Listen for agreement with lies or inner vows –

- “This will never get better.”
- “God doesn’t care.”
- “It’s all my fault.”

REORIENT TO TRUTH

Key phrases:

- “Who told you that?”

RETURN TO IDENTITY

Return to identity

What they need:

- A reminder of who they are – not what they are going through.
- Ontological not teleological

RETURN TO IDENTITY

How to help:

Neurobiology: They may not have the capacity to reconnect to their God-given identity. You are to model it for them.

Brain Function in Crisis

Ventromedial PFC
Increased - emotion

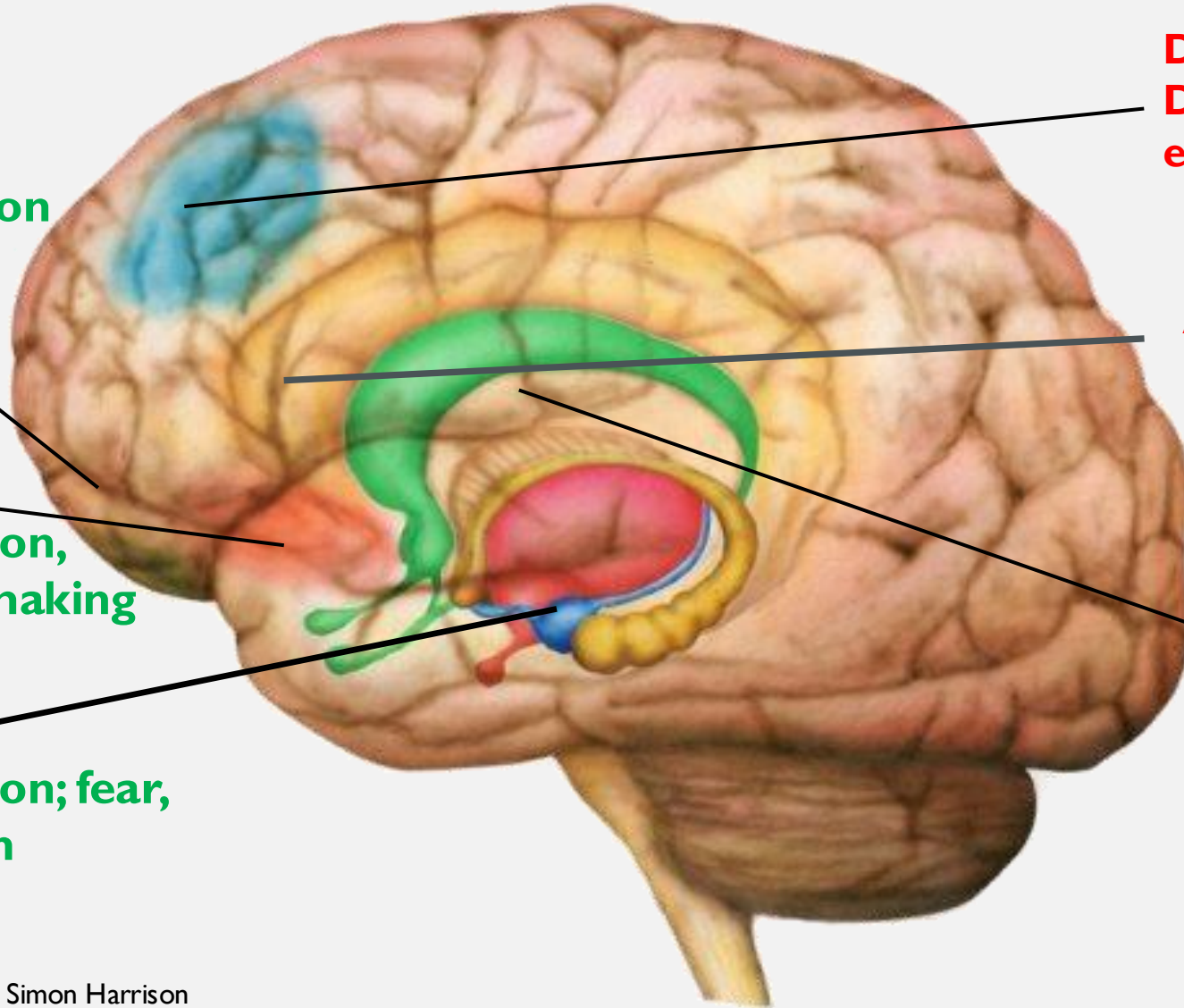
Orbital PFC
Increased – emotion,
reward, decision making

Amygdala
Increased – emotion; fear,
anxiety, aggression

Dorsolateral PFC
Decreased – reason
executive functions

Anterior Cingulate Cortex
Decreased – attention,
motivation, morality

Nucleus Accumbens
Decreased - motivation,
reward, aversion



RETURN TO IDENTITY

Key phrases:

- “What does God say – even in this?”

OFFER NEXT STEPS

How to help:

Don't push for a resolution.

OFFER NEXT STEPS

Steward don't own.

This is not YOUR crisis, as an outsider you may not agree with someone's choices – let them choose without judgement.

NOTE: if there is a clear danger or illegal activity – involve authorities.

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