

LifePoints Zoom Call

Transcript Summary 03.07.2026

Sherry:

Sherry began by mentioning that she had noticed a few typos in some of the LifePoints materials. Since this is the first time she has released these resources, she plans to correct the errors and eventually compile everything into one complete packet. The goal is to create a single PDF containing all LifePoints materials so participants will not have to search through the website clicking through multiple pages to find resources.

She then introduced the **Self-Coaching Framework for Emotional Reactivity**, explaining that it is designed to help participants process a triggering event. These triggers could be something unresolved from the past or a current situation that activates strong emotions.

Sherry also mentioned that the next framework, which would be released the following week, focuses on the **background narratives or hidden beliefs** that run beneath our thoughts. She noted that this concept aligns with a new book by Jennie Allen titled *The Lie You Don't Know You Believe*, which explores how hidden beliefs influence our thinking.

Sherry then walked through the steps of the emotional reactivity framework.

Step 1: Identify the Trigger

Participants begin by identifying the specific event that triggered the emotional reaction. Sherry encouraged them to focus on the **facts of what happened** - who was involved and what specifically triggered the emotional response.

She noted that these are the same types of questions she often asks during group discussions to help participants clarify their experiences.

Step 2: Label the Emotion

The next step is to **identify and label the emotion** connected to the event. Participants are also encouraged to notice whether the emotion is connected to a **physical sensation in the body**, such as tension or discomfort.

Participants then rate the **intensity of the emotion**, simply noting where it feels on a scale at the beginning of the exercise.

Step 3: Identify the Meaning You Assigned

Sherry explained that a key part of emotional triggers is the **meaning we automatically assign to the event**. Often, the brain interprets situations in ways that may not be entirely accurate.

Common examples include thoughts like:

- “I’m not good enough.”
- “I always mess things up.”
- “I’ll never get over this.”

Participants then examine whether the belief is **true, partially true, distorted, exaggerated, or completely false**. Sherry mentioned that she plans to expand the options in the worksheet to better capture these possibilities.

Participants are also asked to list **evidence supporting the belief and evidence that contradicts it**. This helps untangle the thoughts connected to the emotional trigger.

Step 4: Identify What Part of You Was Threatened

Sherry explained that the next step is more vulnerable and therefore something they have not often done directly during group sessions.

Participants reflect on what part of themselves felt threatened during the event. This could include:

- self-worth
- belonging
- competence
- or another personal vulnerability

They then consider what that part of themselves **needs to hear in order to calm down**.

Sherry explained that this question can also be approached by asking what a trusted friend might say, or what Jesus might say in that situation.

Step 5: Truth-Based Reframe

Next, participants develop a **truth-based reframe**, identifying one grounding truth they can focus on.

Sherry noted that traditional cognitive therapy would often stop at this stage - once the thinking pattern had been examined and reframed. At that point, the person would re-rate the emotional intensity to see if it had decreased.

However, Sherry shared from her own experience that cognitive reframing alone often reduces the emotional intensity only slightly.

Step 6: Somatic Processing with Jesus

Because emotional triggers are also stored in the body, Sherry explained that she added a **somatic component** to the process.

Participants briefly think about the triggering event for a few seconds and then return their attention to their breathing. During this process, they invite the Holy Spirit into the experience through prayer, asking for help releasing the physical stress response connected to the memory.

This process is meant to help **break the emotional and bodily connection to the trigger**.

Step 7: Wisdom Reflection

Finally, participants summarize what they have learned.

Sherry encourages them to reflect from a place of wisdom and ask themselves:

“What would I say about this situation now, after working through it and inviting the Holy Spirit into it?”

She noted that this framework essentially combines many of the tools they have practiced throughout the LifePoints program.

Participant Sharing

Participant Shares About Counseling and Health

The first participant shared that the past couple of weeks had been challenging for her emotionally. After their previous conversation, she searched online for counseling services and discovered a platform called SonderMind, which connects people to therapists and psychiatrists whose services are covered by insurance.

Through SonderMind she was able to find both a psychiatrist and a counselor located about 25 miles away, whom she could meet with via teleconference.

She expressed relief that the services were covered by Medicare and her supplemental insurance, since private counseling had previously been quoted at around \$350 per half hour.

Her psychiatrist adjusted her medications address symptoms of depression and anxiety. She reported that the changes appear to be helping so far.

Exploring Family Wounds

She then explained that she had originally written about a conflict her sister in law in the self-coaching journal, but another situation triggered deeper emotions.

The previous weekend had been her wedding anniversary, and although she received many well wishes online, her older sister did not acknowledge the anniversary until several days later. Seeing photos of her sister vacationing during that time made her feel hurt and unimportant.

During a counseling session the day before, this situation led to a deeper realization that there were long-standing wounds in her relationship with her sister. She described how these hurts seemed to stretch back through many years of their lives.

A Childhood Memory

During counseling, she recalled a story she had heard about something that happened when she was a baby.

Her older sister had (set up a situation where other children in the neighborhood could pay a penny to “poke the baby.”) Since then, it has been a continued joke that her sister tells her about or is talked about in the family. It made the participant wonder whether some of the physical symptoms she had been experiencing recently - including stomach pain - could be connected to unresolved emotional pain.

This experience made her realize that she needed to begin working seriously on forgiveness toward her sister. These feelings about her sister have been stored inside for many years.

She also shared that she worries about what will happen when this older sister eventually dies. She does not want to attend the funeral because of the unresolved pain in the relationship, but she also knows that others might criticize her for not attending.

She expressed a strong desire to work toward forgiveness but said she was unsure where to start and asked the group for guidance.

Group Response

One participant responded by acknowledging that she does not need to force herself into situations that feel harmful, such as attending the funeral if she truly does not want to.

Another participant reflected that the behavior described from childhood sounded abusive and emphasized that it was not typical behavior for a child.

The group then began discussing the beliefs that may have internalized over time about herself because of her sister’s treatment.

Another Participant Shares Her Own Story

Another participant shared that she also has a difficult relationship with her older sister.

She described receiving a recent text message from her sister asking to reconnect and discuss recent family events. However, despite several opportunities in the past, her sister had never apologized for previous hurtful actions.

After praying and reflecting overnight, she decided to send a message declining the conversation. She explained that although she has forgiven her sister internally, she does not feel obligated to

reopen the relationship. She admitted it was difficult to send the message but felt a sense of peace afterward.

Returning to Question about Childhood Wound(s)

The first participant said she had always known about the childhood story but had never realized how much it affected her emotionally. She asked Sherry how early experiences like that might affect a person's identity and emotional development.

Sherry:

Sherry began explaining that when experiences occur at such a young age, a child does not yet have the cognitive ability to process them logically. As a result, the experience can affect a person at the level of **identity and core emotional beliefs**. Then other things that happen start being filtered in around that experience, and affect how you think about your value or things like that in your life can just keep piling on, if that makes sense.

Participant 2: It does. You know, it does, because all of my life I have been very fearful of a lot of things, and I've worked through a lot. But I've been fearful, and I didn't realize what it could do to you. I mean, we just kind of joked about it, but...

Participant 1: Mm-hmm. You know what? ...my sister will, in a couple days or weeks, say, "We haven't FaceTimed in a long time. Let's do it this week." And I'm going to forgive her. I thought I had forgiven her for many things, but I didn't forgive her for the baby thing, so I'm going to work on that. But I'm also just going to start making... what do you call that when you put boundaries?

Participant 2: Boundaries. Mm-hmm.

Sherry: ...you'll be amazed how quickly those personalities back off when you just set a boundary...believe it or not, it'll all end. **One thing you can do with toxic, narcissistic personalities is to give some space between what they're doing and how it's affecting you—kind of step back and see them as an unchanging character in your life.**

...like, get out the popcorn, see what they do next. It helps protect yourself and get less entangled with whatever they do. **Another thing: if you're in the room with someone, pretend there's a car window you can roll up**—you just look out and what they're saying doesn't get all the way through. At family events, like Thanksgiving, or a triggering person, that can help.

Participant 1: You know, this also started a thing... At church at Christmas, there's a guy who likes to tease me. My husband says it's because he likes me. So at Christmastime, I saw him with a tin of cookies and he said, "And I sure don't need them and neither do you." I looked at him and said, "That wasn't very nice." Then we avoided each other since Christmas. Recently, I texted him, told him I forgave him and myself for the way I reacted. He wrote back, admitted he teases too much, and we're wonderful. Now I can go to church and hug him because I'm not upset anymore.

Is it okay to tell people you forgive them, even if they might not care? I don't know if she would care or not.

Sherry: You need to do what's right for you. Once you start setting little boundaries, you'll notice they may try (to bother you) a few times but then give up.

Participant 2: The noise goes away.

Participant 1: She hasn't noticed that I'm upset.

Participant 2: She wouldn't even know unless you set a boundary first.

Sherry: I'm glad you (Participant 2) told the truth when your sister wanted to call, "I'm not comfortable," instead of avoiding or ignoring. Testing how someone responds to boundaries shows if they really care. Most narcissists already know what they've done—they just don't respond.

Participant 2: So the self-coaching framework came into play beautifully. Last night, I prayed before bed and used the sleep hygiene and breathing exercises—very helpful.

Sherry: Triggers can be hard, but you don't have to use tools perfectly. It doesn't have to be "boom, boom, boom" in exact order; just use them naturally. And sometimes somatic experiencing with Jesus leaves a feeling intensity at a level "three or four," but after sleeping, it consolidates. The brain integrates it overnight.

Participant 2 : Overprocessing can give Satan access if you overthink. My husband says "Stop future tripping, stay in the moment."

Participant 1: I need to learn more about these types of personalities. I thought only men could be narcissists.

Sherry: Narcissistic personalities need admiration, are self-centered, and lack empathy. Ladies can be covert narcissists, presenting as perpetual victims.

Participant 1: I see that now with my sister.

Participant 2: Are you relating to that?

Participant 1: Yes, especially since I'm sensitive and a people pleaser. Teasing hits deep.

Sherry: I don't really even want to bring this up....but...is everyone doing okay with current events?

Participant 1: Yes, it reminds me of the 1950s with the threat of war. I'm not flipping out like I would have otherwise.

Participant 2: (Participant 3), how's it over there?

Participant 3: Not too much effect.

Participant 1: My son and his wife are coming from California. I worried about safety and but they insisted on coming. I'm learning to let go of overthinking.

Participant 2: Going through the self-coaching framework helps.

Sherry. Actually, I would appreciate prayer for upcoming travel; I haven't been on a plane in a decade. We're going to DC for a charity event related to my husband's work.

Participant 1: My stomach has been bothering me and I need wisdom—stress or diet related? Please pray.

Participant 2 and 3: Yes, we'll pray.

Participant 2: This is a 12-week group, next Zoom next Saturday and again on the 28th. I spoke with my doctor (about what to do with the group ending) and he said the tools are like physical therapy exercises—you finish but continue using the tools.

Sherry: Who wants to pray us out?

Participant 2: Bless you, Father... hear our cries... lift up Sherry's travels, Chris's listening, Sheila's forgiveness and stomach, wisdom of the Holy Spirit... help us conquer anxiety and stay close to You... pray for those who couldn't join today... In Jesus' name, Amen.

All: Amen.

All: Bye. Bye-bye.