

# Emotional and Spiritual Well-Being for Women



**SPIRITUAL AND EMOTIONAL GUIDE TO VULNERABILITY AND  
AUTHENTICITY, AS A SOURCE OF STRENGTH, CONFIDENCE AND  
JOY**

**PRESENTED BY:  
DANIEL A. BURGESS M.A., LMFT**

# Emotional and Spiritual Well-Being for Women



*Understanding*



*Understanding*  
is much deeper than knowledge.  
There are *many* who know you,  
but very few who understand *you*.



The freedom of  
***NOT***  
Understanding



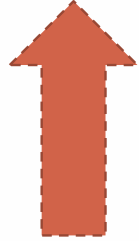
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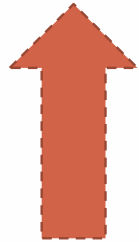
The fact that you are willing to say, 'I do not understand, and it is fine,' is the greatest understanding you could exhibit.

— *Wayne Dyer* —

***Feeling Understood***



***Real Love***



**Absence of Judgement**



**Absence of Fear**



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“If you trade your **authenticity** for safety, you may experience the following:

anxiety,

depression,

eating disorders,

addiction,

rage, blame,

resentment, and **inexplicable grief.**”

— Brené Brown

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**Authenticity = *Agency***



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“If you trade your authenticity [**agency**] for safety, you may experience the following:

anxiety,

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*Atonement*

*Agency*

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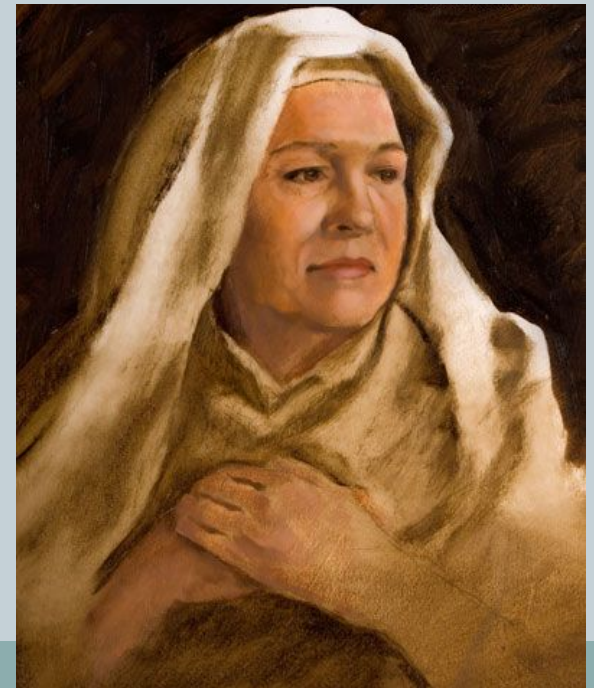


Two examples:



Eve

Sariah



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EVE

חַוָּה

*“Life Giver”*





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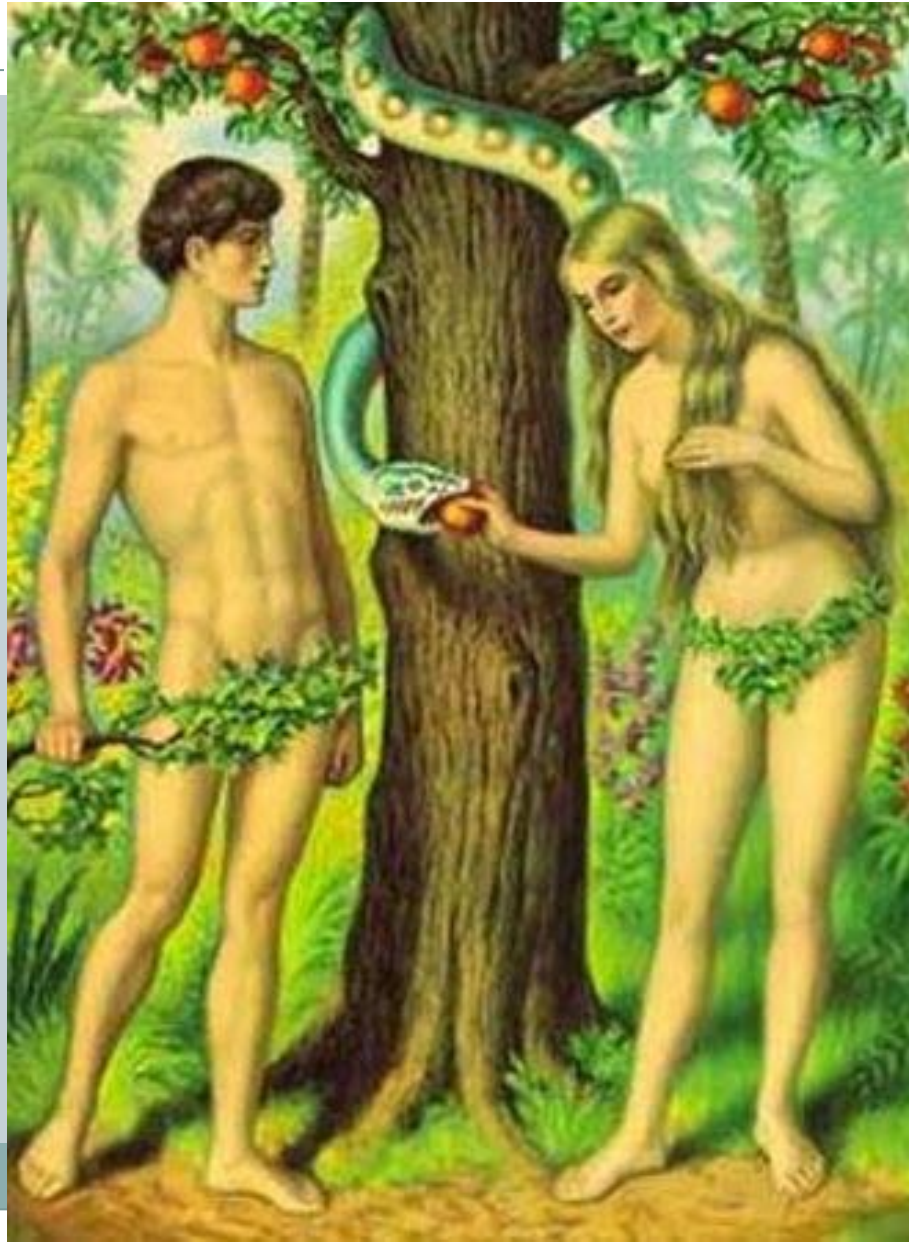


“[Eve’s] use of **reasoning** and **agency** initiated life in a fallen world where her children would encounter pain, sorrow, **and joy**... Although divinely designated to be a heroine and role model for her daughters, Eve is one of the **most misunderstood and criticized women in history.**”

—Camille

*Fronk Olson, Chair BYU Ancient Scripture*

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“If, however, we consider Eve’s decision in the Garden of Eden as **courageous** and **faith-driven** and the results of that decision to be conducive to god’s plan, we are more likely to recognize **intelligence**, **strength**, **rational thinking**, and great ability in women in general”

—Camille Fronk Olson, Chair BYU

*Ancient Scripture*







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**This was  
Eve's Grove**



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Genesis 2:18; Moses 3:18:  
“Help meet” (‘ezer kenegdo) Help Equal

Genesis 3:6; Moses 4:12:  
“seeing that the tree was good.”

“Transgression” not Sin:  
“I never speak of the part Eve took in this fall as a sin...This was a transgression of the law, but not a sin.” –Joseph Fielding Smith

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“I should have become an  
"I" before I became a "we".”

— Irvin D. Yalom, *When Nietzsche Wept*

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**Sariah, an example  
of courage and  
faith:**

1 Nephi 5

1 Nephi 8





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## 1 Nephi 5: 1-5

2 For she [Sariah] had supposed that we had perished in the wilderness; and she also had ***complained against my father***, telling him that he was a visionary man; saying: Behold thou hast led us forth from the land of our inheritance, and ***my sons are no more, and we perish in the wilderness.***



# Mental, Emotional & Spiritual Health



4 And it had come to pass that my father spake unto her, saying: **I know that I am a visionary man**; for if I had not seen the things of God in a vision I should not have known the goodness of God, but had tarried at Jerusalem, and had perished with my brethren.

5 **But behold, I have obtained a land of promise, in the which things I do rejoice**; yea, and I know that the Lord will deliver my sons out of the hands of Laban, and bring them down again unto us in the wilderness.

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**Please COMPLAIN!!!**

Every prayer is a “complaint”!

The important revelations have  
come from a “complaint”!

Its when our complaint becomes  
a burden & scruple.

This happens when we “cling”



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**Caution: The danger of  
modern optimism**



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## **1 Nephi 8: 24-5 & 30**

24 And it came to pass that I beheld others pressing forward, and they came forth and caught hold of the end of the rod of iron; and they did press forward through the mist of darkness, ***clinging to the rod of iron***, even until they did come forth and partake of the fruit of the tree.

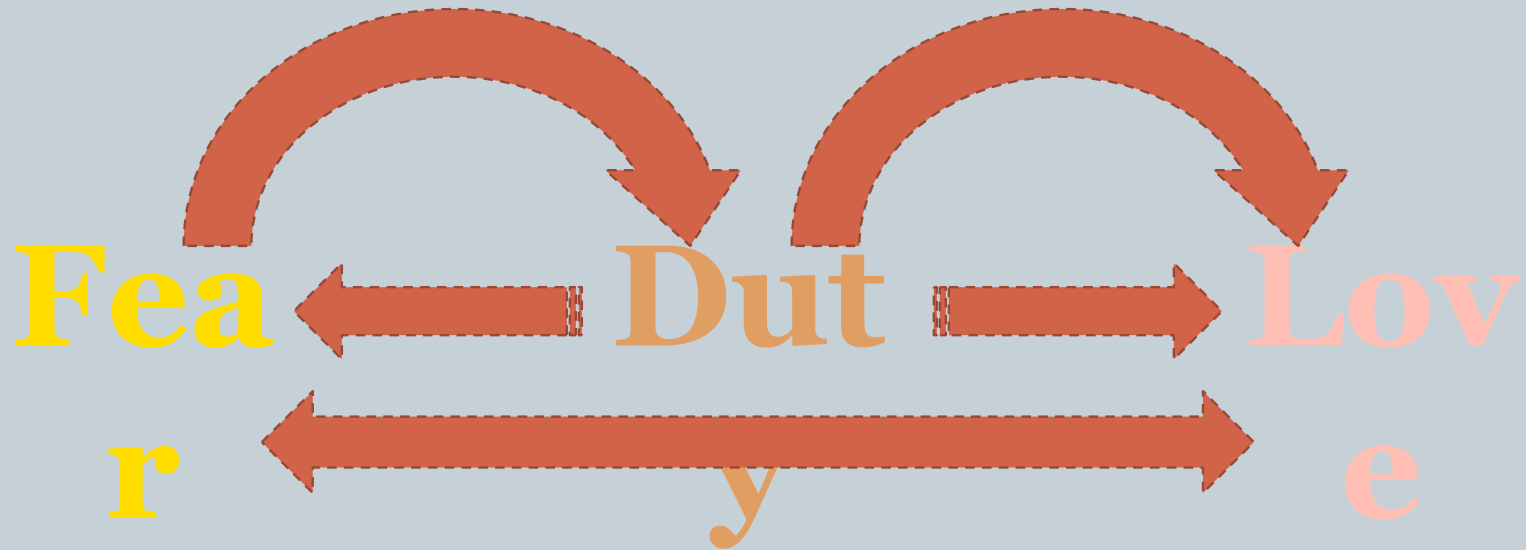
25 And after they had partaken of the fruit of the tree they did ***cast their eyes about as if they were ashamed***.

# Emotional and Spiritual Well-Being for Women



30 But, to be short in writing, behold, he saw other multitudes ***pressing forward***; and they came and ***caught hold of the end of the rod of iron***; and they did ***press their way forward***, continually ***holding fast to the rod of iron***, until they came forth and fell down and partook of the fruit of the tree.

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*Elder Howard W. Hunter; Motivations for Good , Conference Report, April 1966, pp. 46-49*

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# Emotional and Spiritual Well-Being for Women



***Skill #1:  
Order of Importance***

# Emotional and Spiritual Well-Being for Women



## **Order of Importance:**

1. Children
2. Family
3. Spouse
4. Work/Finances
5. Church

# Emotional and Spiritual Well-Being for Women



## **Order of Importance:**

Your Relationship with....

1. God/Christ
2. Yourself
3. Your Spouse
4. Your Children

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"If forced to choose many women put others' needs or happiness before theirs. This is primarily due to socialization and having little awareness or exploration of the paradigm allowing both/and or a middle ground."



DR. JULIE HANKS



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## Order of Importance:

Your Relationship with....

1. ***Your Children***
2. Yourself
3. Your Spouse
4. ***God/Christ***



**Love**

**Duty**


**Fear**

# Emotional and Spiritual Well-Being for Women



## Order of Importance:

Your Relationship with....

1. ~~**Your Children**~~  ***FEAR*** of failing  
your Children
2. Yourself
3. Your Spouse
4. ***God/Christ*** ***FEAR*** of hurting  
your Children





# Emotional and Spiritual Well-Being for Women



***Skill #2:  
Communicating Needs/Desires***



# Mental, Emotional & Spiritual Health



## Communicating Your Needs:

### **Do**

Clear

Concise

Confident

Caring/Loving

### **Don't**

Prove

Convince

Defend

Retaliate

# Mental, Emotional & Spiritual Health



## **Avoid emotional & spiritual Fallacies:**

### **Section: 82:7**

....go your ways and sin no more; but unto that soul who sinneth shall the former sins return, saith the Lord your God.

### **Dialectic Paradigms:**

Nephi verses Laman & Lemual

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**“Owning our story can be hard but not nearly as difficult as spending our lives running from it.”**

Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable.

Only when we are brave enough to **explore the darkness will we discover the infinite power of our light.** — Brené Brown



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**BackUp or Delete??**



*Everything* that I understand  
I understand only because *Love*.

Leo Tolstoy

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“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

— Viktor E. Frankl, *Man's Search for Meaning*

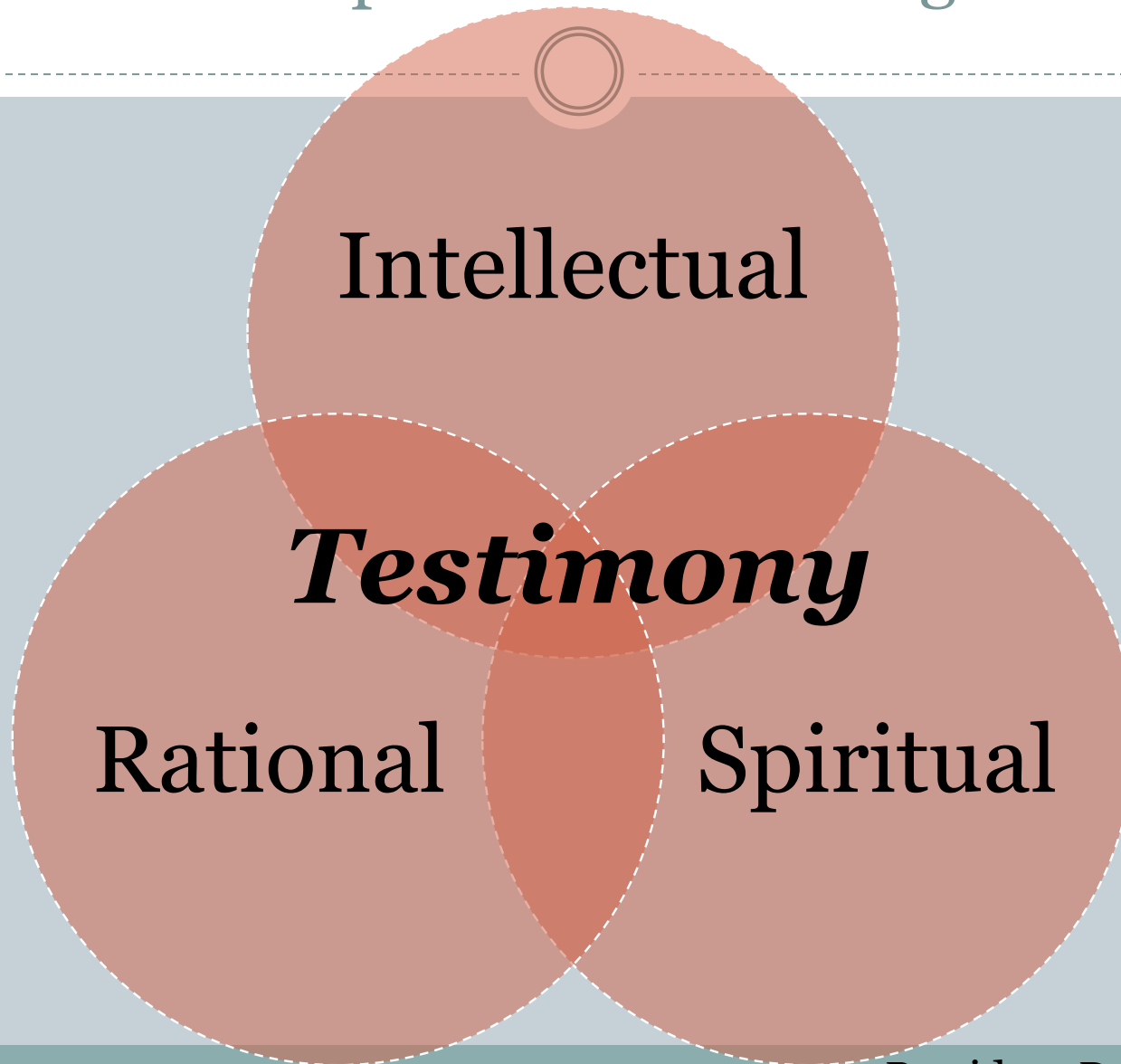
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## **1 Nephi 8: 38**

38 And after he had preached unto them, and also prophesied unto them of many things, he bade them to keep the commandments of the Lord; ***and he did cease speaking unto them.***

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President Dale C. Mouritsen



