SDBC Examples, Lesson 11

**ANXIETY**

- Irritation
  - Parents announce visit
  - Feel sure it won’t be good enough
- Resentment
  - Feel set up
  - Remember dad’s insults
- High anxiety
  - Frantic, over-the-top cleaning
  - Panic over how house looks
  - Determine to prove him wrong

**SDBC**
Self-Destructive Bondage Cycle
Romans 8:6-8

**ANGER**

- Hurt feelings
  - Disrespect from spouse
  - Apologize/promise not to repeat
- Shame
  - Anger
  - Say something hurtful back
- Sorrow
  - Yelling fight
  - Leaving/Stewing
- Explosion