

# WHEN TROUBLE COMES

by

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## Introduction

1. How do you respond when trouble comes?
  - a. Do you run?
  - b. Do you fight?
  - c. Do you blame?
  - d. Do you get fearful?
  - e. Drink alcohol or abuse drugs?
  - f. Act out sexually?
  - g. Immerse yourself in busyness?
  - h. Do you get angry?
  - i. Do you get depressed?
  - j. Do you become anxious?
  - k. Do you respond in a healthy manner?
2. What types of stressors do you encounter?
  - a. Job loss
  - b. Financial hardships
  - c. Marital conflict
  - d. Parent/child conflict
  - e. Illness of yourself or a loved one
  - f. Past issues of abuse/neglect
3. Have the stressors in your life contributed to bipolar disorder or a psychotic disorder?
  - a. Symptoms of depression, bipolar disorder, anxiety and psychotic disorders.
4. How do we deal with these stressors?

- a. Go to God. Find encouraging scriptures.
  - i. Psalms 141:1-2
  - ii. Psalms 25:1-5
  - iii. Psalms 26:2
  - iv. I Corinthians 1:3-6
- b. Support system – reach out to family, friends, and clergy for support.
  - i. Find a safe person in your immediate or extended family and share your pain. Ask for their support.
  - ii. Spend time with close friends and share with them.
  - iii. Often people seek support and prayer from clergy. This is an age-old strategy that can be encouraging and helpful.
- c. Explore the medical
  - i. Go to your primary care physician and get a physical including blood work.
  - ii. There are many illnesses that contribute to our mental health symptoms.
  - iii. Talk to a psychiatrist. Medication is an integral part of the treatment of mental illness.
- d. Seek professional help
  - i. Counseling
  - ii. Dr. Minirth's Christian programs
    - 1. Residential treatment in Arkansas
    - 2. Inpatient hospitalization at UBH Denton or UBH El Paso Texas.

## Conclusion