

Title: "Healthy, Truth-based Emotions and Associations"

July 27, 2026

Greetings all,

Just a quick note to let you know about another essay that I have just updated and re-posted from our kclehman.com website: "Healthy, Truth-based Emotions and Associations." (Available as a free download from the "Kclehman Website Archives" section of the Resources page:

<https://www.immanuelapproach.com/kclehman-com-website-archives/>).

This essay is written for the occasional person who needs help with seeing that not all emotions are triggered and troublesome. I have included an excerpt (below) as an appetizer.

Blessings,

Dr. Lehman/Karl

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Excerpt from the essay "Healthy, Truth-based Emotions and Associations":

I. Healthy, truth-based emotions vs trauma-anchored, lie-based emotions: Emotions are an important part of our subjective experience and serve many important functions, one of which is to provide subjective, experiential, visceral, intuitive guidance and motivation. Truth-based emotions provide important guidance and motivation *towards* things that are good, nurturing, and restorative and *away* from things that are destructive. Truth-based emotions are also an important source of guidance regarding *balance* and/or *completion* – "this is not enough," "this is just right," and "this is too much."

For example, truth-based loneliness is a negative/unpleasant emotion that the Lord has given us to guide and motivate us towards relationship and connection, and it will also provide guidance regarding balance ("I'm still lonely – I think I need to spend more time with my friends"). Truth-based guilt is an unpleasant emotion the Lord has given us to guide and motivate us away from sin and towards repentance, and it will also provide guidance regarding completion – we know when we have "gotten the job done" because truth-based guilt will go away as soon as we have completed confession and repentance. Truth-based fear is an unpleasant emotion the Lord has given us to guide and motivate us away from danger. Truth-based peace and joy are positive/pleasant emotions the Lord has given us to guide and motivate us towards good, nurturing, and restorative things.