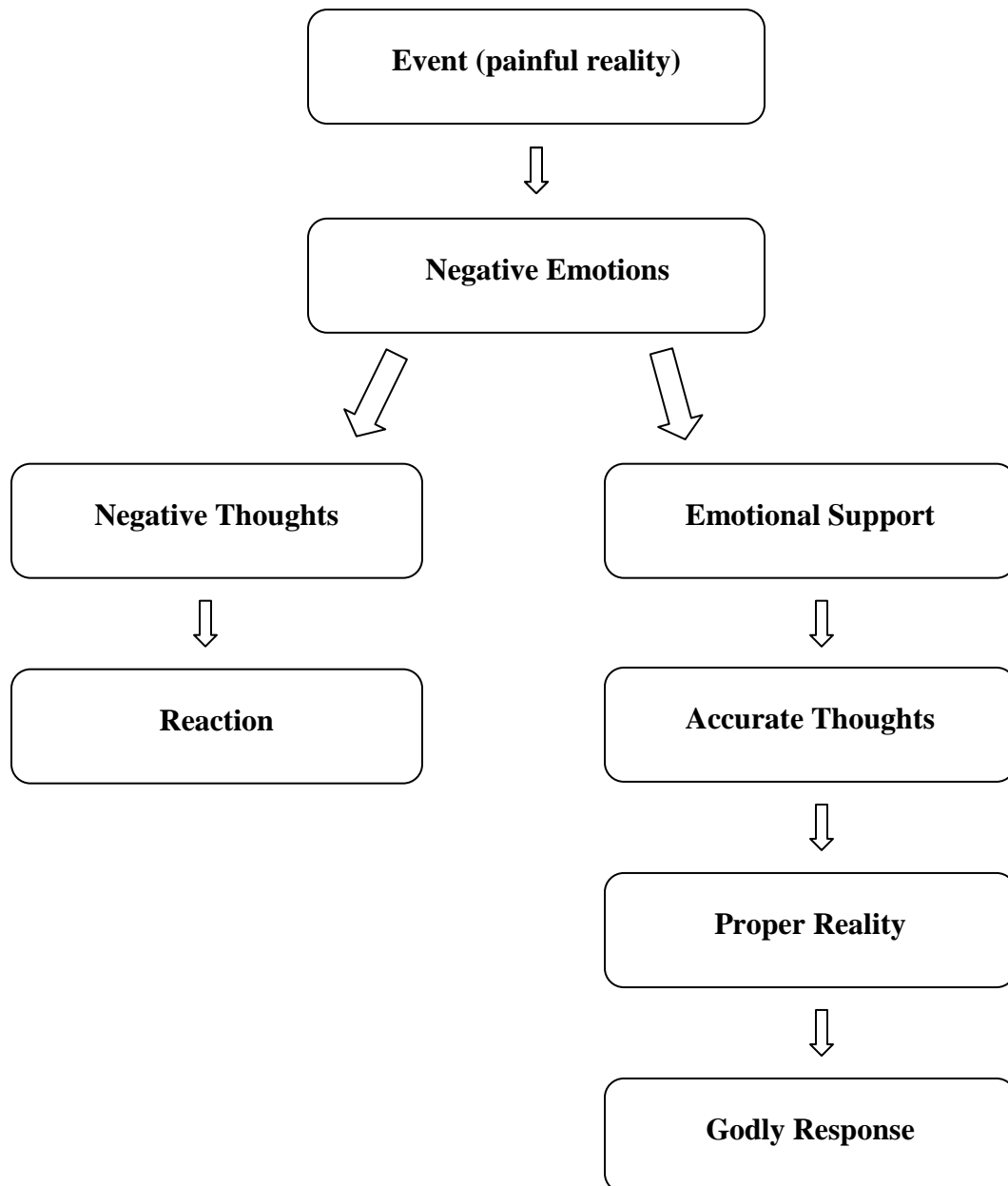


# Returning to Joy

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Returning to joy from an emotional upset sometimes takes two people. When your spouse is emotionally upset, returning to joy means understanding why the other person is having those negative emotions (empathy), allowing yourself to share that feeling (sympathy), and letting the person know you are wanting to be with them in their distress. This kind of emotional support helps people return to joy.



Rev. Jeffrey Pokone, has been a Biblical counselor and Center Director with the Indiana Biblical Counseling Center since 1998. He counsels in the following areas; marriage, trauma and abuse, sexual addictions, spiritual conflicts, and relationships. Jeff has been married for over 30 years to his wife Suzette and has five adult children.

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