

How to Stop Unhealthy Feeling

What do we do when feelings are out of control, or rather, are the ones IN control? This worksheet will help you discern some of the reasons behind those feelings and what to do. Some of us were raised by parents and guardians who didn't know how to help when we felt our feelings – and too often simply told us not to feel that way. Because they were not informed or aware, we weren't informed or aware that these feelings have a value. Feelings are valuable!

Feelings are like indicator lights and messages in modern cars. When the tire pressure is low, you get one symbol, when the transmission fluid is low you get another, when it's time to change the oil you get another message. You can even program the car to remind you when it's time to take care of basic maintenance.

Each of the many symbols and messages that cars give us now can help us take better care of our car. In the same way, an emotion tells you that something needs our attention and needs to be addressed. As with the car, if you address these signals you will not only have less breakdowns, you can have more joy, love, healing and repair in your emotional, relational and spiritual life.

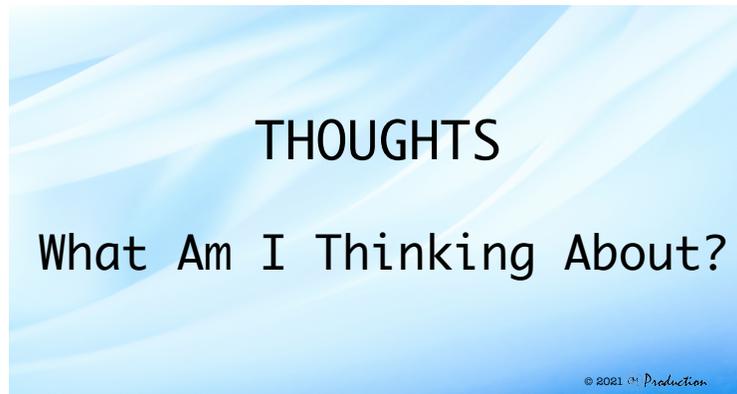
If you are no longer content wading through your emotions with no positive outcome, then maybe you're ready for change! Here are some simple steps to help you process and heal from negative emotions.

Step #1



Identify the present negative emotion(s). If your emotions feel overpowering you may want to start these with your coach, counselor, pastor or therapist, or any other person who you have determined is a safe person for you (reference to Safe People, written by Dr. Cloud and Dr. Townsend). You can use the accompanying list of common negative emotions to help you to identify your emotion.

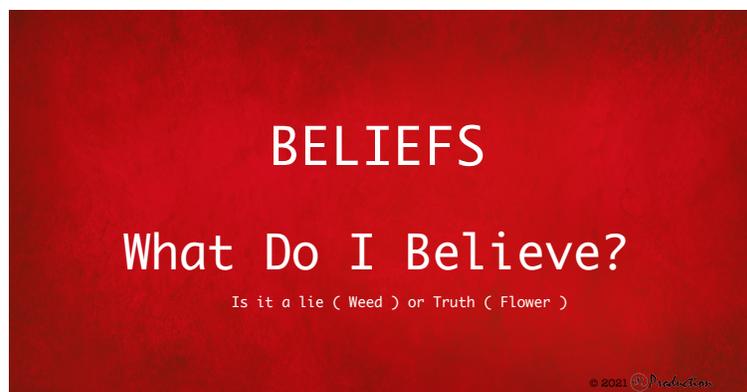
Step #2



Examine the thoughts associated with the identified emotion (there may be many!) You can use open-ended or leading statements such as, “I feel _____. The first time I remember feeling this was _____” (take as much time/space as you need to write or talk through it.) Another prompting is, “As I dwell on this emotion thoughts of (person, memory, event, or belief) come to my mind.”

Take the time to really unpack that emotion and the thoughts associated with it. If you are getting stumped on the thoughts behind your emotion you can go for a walk, read, or do something relaxing. Oftentimes your mind often will work with you to help you uncover the feeling’s origin.

Step #3



Behind every thought is a belief. Beliefs are powerful. They are what internally leads us in all of our major and minor decisions, they are the sole factor behind our self-esteem, motivation and confidence. They can help us and they can harm or hinder us. When we recognize untrue, unhealthy, unhelpful beliefs, we want to pluck them like the weeds they are so that truth, beauty and strength can grow in their place. Without that process, we cannot heal – we cannot take in truth while a lie is in place (ref. psychological truth: cognitive dissonance).



What to Do Next

That's the easy part! To determine your next steps, ask yourself these 3 questions:

1. Is it true? In other words, would this statement be true if you said it about someone you love, would you say it in reference to yourself at a younger age? (*We are not asking if it feels true.*)
2. Is it helpful to your future for you to hold onto this belief? Do you see it encouraging/edifying you?
3. Is it healthy to hold onto this belief (emotionally, relationally, spiritually)?

If you answered “no” to all of these questions, the process is simple:

1. Confess it
2. Renounce it
3. Replace it

Examples:

Option #1

I confess I have believed that I am broken. It is not healthy or helpful and I choose not to believe this any longer. I choose now to believe that I am on a journey and that there are still parts of my history that need healing.

Option #2 (faith-based)

God, I confess that I have believed that I am broken (1 John 1:9). I understand that this is not what You say about me and I choose to release this to You. I know now and choose to accept what You say about me - that I am complete (Colossians 2:10) and have everything I need for this life (2 Peter 1:3), I still need healing for parts of my history – I know you began this good work and will complete it (Philippians 1:6). You can even thank God in anticipation! (Mark 11:24)

Processing our emotions to completion is a healthy alternative to suppressing them. This can be a farewell to certain emotionally charged beliefs, but often there is more to unpack. This is a journey. Keep going! You can feel the difference when you break free!

If you have found this helpful and would like more professional help to break free from emotions, thoughts and beliefs that no longer serve you, please contact Transfer Out Coaching at (407) 777-0028. Our Coaches know the process because they have had freedom because of it!