

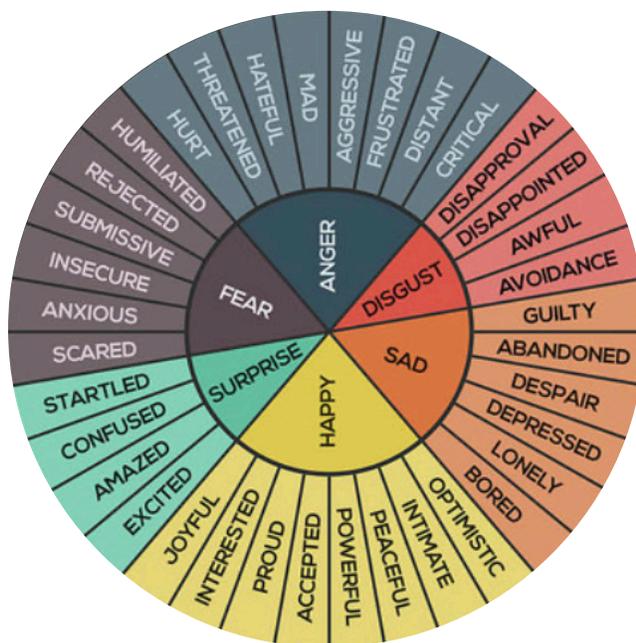


# MIXED FEELINGS

## WHAT DO I DO WITH MY EMOTIONS?

### PROCESSING YOUR EMOTIONS

You may be feeling a variety of emotions around the COVID-19 pandemic. The following is a resource to help you process.



### TIPS FOR PROCESSING

1. FIND A SAFE SPACE  
(i.e. trustworthy friend, spouse, pastor, or God)
2. PROCESS DON'T SUPPRESS
3. GROUND YOURSELF IN TRUTH

### NOTE ON EMOTIONS

Emotions are a gift from God. They allow us to experience the full range of being human. Emotions are a response to circumstances and each emotion reveals how we are being affected by the various happenings in our life such as taking a risk, being wounded, feeling satisfied or disappointed. Our emotions are connected to real experiences, but they are not always accurate. Although we may respond negatively in a moment, this emotion may be connected to something from our past or what we anticipate in the future rather than the present reality. Remember emotions are only one side of the story.



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## TIPS FOR PROCESSING

### 1. FIND A SAFE SPACE

A safe space is a place where you can let out emotions without harming anything or any person. This could be a trustworthy person who can hold your emotions with care and gentleness such as a close friend, spouse, pastor, or God. A safe space can also come in the form of exercise, solitude, art, or journaling. Instead of letting emotions get the best of you, create space to feel what you feel. If you need help finding a safe space call us at 303-797-1500.

### 2. PROCESS DON'T SUPPRESS

Processing emotion is the key to not letting emotion get lodged inside and eventually come out sideways. When we have unprocessed emotion, we are more likely to harm those around us with our comments, body language, and overall attitude. Let your emotions come, but remember to do it in a safe space. See the next page for practical suggestions for the six core emotions.

### 3. GROUND YOURSELF IN TRUTH

After you get your emotions out through safe means, don't stop there. Ground yourself in truth. You can ground yourself with physical truth such as naming 10 things I see, 5 things you hear, 1 thing you smell, or describing what it feels like to have your feet on the floor or what you are experiencing in the present moment. You can also read a scripture passage that reminds you of God's character or your identity in Christ. Open up a Bible and place your hand on a verse of truth to help physically connect with the spiritual truth.



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## WHAT CAN YOU PRACTICALLY DO?

### FEELING SAD?

Sadness weighs us down. Emote your sadness through lament to let God hold some of the weight. Write it out. Describe to God how your sadness feels (see nuances of sadness on the emotions wheel). This could be through poetry, imagery, journaling, or a letter to God.

### FEELING ANGER?

Anger can be a very physical experience. Identify what nuance of anger you are feeling and then go do something active to let it out of your system. Take a walk, find a soft object to punch, move or dance it out, or find a place of solitude to have it out with God.

### FEELING FEAR?

Fear puts a negative filter on our self-concept. Let God replenish you. Counteract fear with gratitude, stepping into God's perspective, or deep breathing. Go for a walk with God noting everything you can be grateful for or sit down to write a letter to yourself from God or breathe in truth and breathe our fear.

### FEELING DISGUST?

Disgust is the response we have to things we find repulsive. Ask God to reveal what nuance of disgust you are feeling and what could be causing this. If disgust is over injustice, pray for God to take control. If disgust is pointed toward an individual, confess your judgment and pray love might return to your heart. Talk with God about what action could help release you from the feeling of disgust.

### FEELING SURPRISE?

Surprise interrupts us and often prompts an action or reorients our attention. Identify what has surprised you and talk to God about what action he might be inviting you into to express it.

### FEELING HAPPY?

Happiness feels good. Celebrate your joy. Find a way to capture your happy moment with God. Dance around in happiness. Take a picture walk with God using your phone to capture the joy you feel for what you see that makes you happy. Thank God for all the happiness you feel.