

Learning to manage your emotions...

Galatians 5:22-23; Proverbs 16:32

Who is the bully on your block? What emotional response or cycle would you like to change?

_____ have gotten a bad rap! (Unsettling but empowering observations about emotions.)

- Emotions don't _____ to us! They are self-generated from within.
- E-mote = to _____. Emotions move us _____ things we want more of and away from things we want less of.
- Learn to listen to your emotions, but don't _____ everything they tell you.
- Emotions react to the present as if it were the _____.
- **BIG TRUTH:** We never respond to outside events _____.
- We interpret the events based on past experiences, assigning _____ and/or motive.
- Our " _____ " responses and inner dialogue create and maintain our emotional state.

A + _____ = C

Tools for "CHASING SUNSHINE":

- _____ your emotions! Take responsibility for what you are feeling. Genesis 3
- Learn to think about what you're thinking about. Start talking to yourself _____ . Proverbs 23:7; 21:23; 18:21
- Slow down regularly and _____ yourself on the inside and outside. Psalm 46:10; Isaiah 30:15
- Get the _____ that you need. (Sometimes _____ is necessary.)