

## **EMOTIONS**

(Energy in Motion)

Emotions are positive in nature, in that they are given by God to serve a purpose and give us energy to act on perceptions of our environment. Emotions can come from what we sense, what we think, what we remember. Emotional maturity comes from the ability to differentiate between thoughts and emotions.

Like any energy, emotions (while positive), can be corrupted or made toxic. It is said that "Emotions buried alive, never die." The first step of the path to health is to recognize the intended, healthy purposes of our emotions; the second is to express them in a way that allows them to dissipate or be released.

Purposes of Emotion:

<b>Emotion</b>	<b>Purpose</b>	<b>Gives Energy to:</b>
Anger	Signals an injustice or threat to one's sense of value, ability to communicate self	Energy to respect (protect) Ourselves (self value)
Fear	Signals danger to basic needs.	Energy to Fight or Flight.
Sadness	Signals a loss has (past) occurred	Energy to Grieve the loss
Loneliness	Signals need for connection	Energy to risk letting others get to know us.
Hurt	Signals violation of basic needs (pain) HAS occurred (past).	Energy to Heal.
Guilt	Signals violation of our laws, rules, values or beliefs.	Energy to take corrective action.
Shame	Signals human limitations.	Energy to set boundaries.
Happy	Signals achievement of established goal or expectation.	Energy to Celebrate
Safe	Signals state of shalom peace – all things in their place – as they should be. Joy. A required state for other positive emotions to be experienced.	Energy to Thrive, Bloom, Self-express.

Steps to Release emotional energy:

1. Recognize the emotion – name it.
2. Identify the source of the emotion – where is it coming from.
3. Identify the purpose/message of the emotion – what does it want me to address, see; what does it want to say.
4. Process the emotion – Is the source present? Is the message accurate? Do I need to act on the situation, the thoughts or the emotion? What action is necessary, what are my options?
5. Express the emotion appropriately.