

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:

| Emotion | Purpose | Gives Energy to: |
|----------------|---|--|
| 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.