

Guilt, Panic, Anger and Other Unhelpful Emotions

Hello! Welcome back.

In this video, we're going to be talking about what life is like when we're living out our boundaries. **Although boundaries do make life easier, they are not a cure for our emotions.** If we act on all our feelings we will be just as much to blame as our loved ones for the chaos in our lives because we are choosing to ride the rollercoaster of addiction. That said, our feelings are great guides for our needs.

We can notice and pay attention to our emotions without allowing them to control us. This is so much easier said than done and I am not saying I have this mastered! It's hard to do. The majority of us will need therapy and daily doses of Jesus in order to successfully navigate our emotions during this hard season in our lives because our emotions are indicators of unresolved pain or unmet needs. If we pay attention to them, we can work to replace the negative emotion with a positive one.

For example, let's say I am feeling guilty for smoking when I was stressed out. I can choose to keep looking at the guilt *or I can choose to replace that guilt with pride* over all the times I *didn't* smoke when I was stressed out. That good feeling will make it much more likely that I will do what makes me proud of myself the next time I am stressed out than do what makes me feel guilty.

The next thing I would have to examine is, what is causing me so much stress-specifically? Let's say I'm worried about whether or not I would get the job I applied for. Instead of worrying about getting the job, I could choose to tell myself daily that I am the daughter of a King and trust that He will meet my needs. If you need help with this one, head back to "Trusting God in Times of Trouble"!

There is always a positive spin to our negative emotions. As I think I've said, I have Post-Traumatic Stress Disorder (PTSD). When a memory is triggered I never know what will happen. I might get angry and want to throw things, I might be overwhelmed with grief and want to cry my eyes out, I might want to scream- for no reason at all but just because I don't know how to articulate the pain I feel, I may want to pass out, my body may tingle from my head to my toes like it's weak and ready to give up on me, I could have vivid nightmares... there are so many things that happen to one's body in a panicked state. But all this considered, I still have a choice.

PTSD is all about reliving past, painful memories in the present. When these memories come back I have the choice to stay in that state of mind or force myself into the present. In all honesty, sometimes, I can't do it without taking medication. However, I am learning how to talk my mind out of its panicked state. And as I'm learning, I'm gaining confidence in my ability to move beyond the past. Each time I panic, I learn there is a trigger. When I know what sets off the panic, I can go back to the memory in a calm state and take it to Jesus.

Although this is a disorder, the same principles apply to all of our emotions during these hard times. **We cannot allow feelings of guilt or condemnation to flood our consciousness. All we can do is stay present in the now- recognize what past pains are still hurting us and when we're calm, take those pains to Jesus.** Hopefully, the next time something happens it won't hurt us as much as it did the last time. Or, at the very least, we will be better able to not act on our emotions.

There is a pain. Your pain is real. Your pain is valid. You do not need to carry that pain with you everywhere you go. When you give God your pain He will give you *love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control* in its place.

“But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.”

-Galatians 5:22-23 (NIV)

I called today's worksheet, "No Pain, No Gain" because although I don't want to make light of what you've been through or ask you to see the world through rose-colored glasses, I do want you to be able to move past the pain of the past.

This is doable. This is a step you can begin to take- today. Download your worksheet and let's get started!