

# Neutralize an unpleasant emotion



**Spiritual Self Defense basic technique #2 of 6.** All of us sometimes experience unpleasant emotions such as fear, isolation, shame, feeling like garbage, confusion, hopelessness, invalidation, helplessness. Jesus wants to replace those emotions with peace and joy. Here's how.

Instructions:

1. Write as much as you want, or
2. Write as little as you want, or
3. Draw pictures instead of writing, or
4. Don't put anything in the blanks, or
5. Do whatever you want. This is here to help you keep track of where you are in the process.

**IMPORTANT NOTE:** Does this work every time for every person? No. But it might work right now for you. While this is safe for most people, if you are a survivor of trauma, have P.T.S.D. symptoms or other mental health concerns, DO NOT do this without the help and guidance of a trained counselor.

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Focus on what you're feeling... (Let yourself feel it.)	
Where comes into your mind as you focus on these feelings?	
Beliefs	Memories
What feels true? (Different than what you <u>know</u> to be true. If this feeling could talk, what would it be saying? Or, if you're in a memory (see right column) what feels true in that memory?)	What (if any) memories come to mind when you focus on this feeling?
Are you willing to receive whatever Jesus has for you in this painful place? (If yes, just say yes to Jesus.) (Feel free to write down what Jesus shares with you.)	
What has changed? What feels true now? (Thank You, Jesus!)	
<p><b>Too scary?</b> Overwhelmed? Too intense? You probably need to work with a trained counselor or highly skilled transformational prayer minister. They can help create a safe place for you to process your feelings.</p>	
<p><b>Stuck?</b> No problem. Happens to all of us sometimes. You'll find ways to get unstuck in Chapter 5 of Dwight Clough's <i>Spiritual Self Defense</i>. See <a href="http://kim51.com/books">kim51.com/books</a></p>	
Other notes	