

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, and/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?
What does it want me to 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.

“Emotions
buried alive,
never die...”

Emotions and what they feel like:¹

Test KEY

A feeling of power in the gut is followed by a surge of muscle tension in the lower, middle, and upper back and shoulders, followed by a rush of adrenaline and blood flow throughout the body.

What am I?

(Anger)

A little empty feeling begins to localize in the throat and head and finally builds until we begin to cry. Also, a hallow feeling in the upper chest and gut is experienced, especially when deep loss has been experienced or re-experienced.

What am I?

(Sad)

An overall sense of exhilaration based on a specific accomplishment or favorable environmental circumstance in the moment. A feeling of lightness, power and energy is felt. A surge of adrenaline seems to enhance our sense of self and our connectedness with the universe. We feel warm all over.

What am I?

(Happy)

A pit in the stomach, as if we've been kicked, is felt - plus a feeling of violation, betrayal, or pain.

What am I?

(Hurt)

At its deepest level, this emotion is experienced in the lower abdomen and genital area. It is a feeling of being broken, defective, unworthy, unlovable, stupid, ugly, dirty, awful, bad, evil, crazy or worthless. The stronger the experience of this emotion, the more likely it is that we are carrying it for someone else or for the family system from which it came.

What am I?

(Shame).

Felt in the upper chest and breathing passages. It is a sense that somehow our life and survival are being threatened. It is felt as a sense of dread and anxiety that eventually spreads throughout the entire body.

What am I?

(Fear)

A feeling of being separate, disconnected, empty, devoid of human contact and companionship.

What am I?

(Lonely)

A heavy burden or responsibility urges us to act to correct some real or imagined wrong.

What am I?

(Guilt)

An overall warm, comfortable feeling of "completeness," "okay-ness," and connectedness not necessarily connected to the moment or environmental circumstances. A healthy sense of power and relatedness with self and others while at the same time feeling of confidence in self to face and address what happens next.

What am I?

(Safe / Joy)

¹ From Emotions work-packet, Meier Clinics