

TIP: Quick Actions to STOP JOYbusting

THANK. Turn to Jesus with thanksgiving. Recall something for which you are grateful and thank Jesus for it. Choose something related to or remotely related to your JOY Buster. Smile with JOY and thank Jesus.

IMAGINE. Picture Jesus with arms outstretched and you give Him your JOY Buster. (Use *holy imagination--He's there.*) Surrender the problem, the relationship, the insult, the conflict, etc. to HIM. Put it in his Sacred Heart and leave it there. Picture his arms taking the JOY Buster. He gives you His peace instead.

PERSIST. Persist in remembering the JOY or loving emotions of your thanksgiving. Take at least one full minute to relish the experience for which you are thankful. Savor the zest, the communication, or delight from the thanksgiving above. Stay in the JOY of that moment to reset your brain neurons to JOY. Close with a Praise to GOD. For example, you could read praises from Luke 1: 46-55 or Psalm 150, 145, 100 or 8.

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Action Plan

BE AWARE - Notice that you have lost your JOY or your heart is troubled. Especially pay attention to the stirrings of your heart and thoughts.

UNDERSTAND - Identify the JOY Buster & source. Is it something that has been bothering you for a few days? Reflect on the stirrings. Recognize what's of God and what's not.

TAKE ACTION - Take action & follow the 3 quick actions TIP--see backside. Accept and live according to what is of God. That means you call upon the Holy Spirit for help & reject from your life what you have recognized is not from God. You stop JOYbusting!

(Suggested steps are from *Discernment of Spirits* by Rev. Timothy Gallagher, O.M.V.)