



WHAT DOES GOD SAY?

PROCESSING TRIGGER EMOTIONS WITH TRUTH

>Write out the verse for your negative emotion in your own handwriting.

>Ask God...how am I doing living this truth in light of this emotion of _____.

>What does God want me to remember?

>How is God taking this word to touch and change your deepest self?

>Is God asking you to grow, endure, or triumph in an area relating to this emotion? (Circle answer)

Write a prayer in light of God's word(s) to you.

Dear Lord, (finish the prayer)

Help me to be aware of this emotion of _____. Holy Spirit well up inside of me to bring this Word of God to my mind to overcome this negative emotion.

COLLARBONE TRUTH STATEMENT: "I can handle the change God is offering me. It's good for me in every way." Say 3 times while tapping collarbone points.