

DEFINITION OF EMOTIONS

AND

SCRIPTURE FOR EMOTIONS

ABANDONMENT

Left alone without support. On my own.

“The Lord your God in our your midst ,the Mighty One, will save. He will rejoice over you with gladness He will quiet you with His love, he will rejoice over you with singing.” Zeph 3:17 (NKJV)

ANGER

A strong grievance/passionate negative emotion

“I will walk humbly all my years because of this anguish of my soul.” Isaiah 38:15 (NIV)

ANGUISH

Extreme emotional torment

“So do not worry about tomorrow; for tomorrow will care for itself. Each day has enough trouble of it’s own.” (NASB)

ANXIETY

A state of apprehension uncertainty or fear resulting from the anticipation of a realistic imagined threatening event or situation.

“Do not fear, for I am with you; do not anxiously look about you, for I am your God. I will strengthen you surely I will help you, surely I will uphold you with My righteous right hand. Isaiah 41:10(NASB)

BELITTLED

Disparage, to cause a person to feel little or less

“No weapon formed against you shall prosper.” Isaiah 54:17

BETRAYAL

To break a promise/disloyalty

“You keep track of all my sorrows. You have collected all my tears in your bottle. You have recorded each one in Your book.” Psalm 56:8(NLT)

BITTERNESS

Intense animosity for an event or a person, distressed mind, galled

Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead be kind to each other, tenderhearted, forgiving one another just as God through Christ has forgiven you.“ Eph 4:31-32 (NLT)

BLAMED

To find fault with; to place responsibility

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.” Eph 4:31 (NLT)

CONFUSION

Chaos, disarrangement, disorder, muddled, “hell”

“For God is not the author of confusion.” 1 Corinthians 14:33KJV

DEFENSIVENESS

Self-defense/Unable to receive influence from others

“For where there is selfish ambition (defending and protecting self constantly), there you will find disorder and evil of every kind.” James 3:16 (NLT)

DEJECTION

Lowness in spirit/Disappointed by a person or a situation

...”declaring the end from the beginning and from ancient times things not yet done, saying, ‘My counsel shall stand, and I will accomplish all my purpose.’” Isaiah 46:10(ESV)

DENIAL

Refusal to admit the truth or the reality of something or someone
“nothing happened and it didn’t hurt.”

“The you will know the truth and the truth will set you free.” John 8:32

DEPRESSED

Sad, unhappy, hopeless, emotionally flat

“You are my place of refuge. You are all I really want in life. Hear my cry, for I am very low. Rescue me from my persecutors, for they are too strong for me. Bring me out of prison so I can thank you.” Psalm 142:1-6

DEPRIVED

Not even basic needs met
Describe this as a little plant in the desert that doesn’t get water or nutrients. It’s barely surviving but still alive.

“And my God will supply all your needs according to His riches in glory in Christ Jesus.” Isaiah 41:13 (NIV)

DESIRES REJECTED

I didn’t get what my heart wanted. Not heard.

“Delight thyself also in the Lord; and he shall give thee the desires of thine heart.” Psalm 37:4 (NKJV)

DESPAIR

Utter loss of hope

“Why are you in despair O my soul? And why are you disturbed within me? Hope in God, for I shall again praise Him, the help of my countenance and my God.” Psalm 43:4 (NASB)

DISCOURAGEMENT

Despair, despondency,
disheartenment, dismay

“I cry out to the Lord; I plead for
the Lord’s mercy. I pour out my
complaints before him and tell
him all my trouble.” Psalm
142:1(NLT)

DISGUST

Strong disapproval or revulsion

“Therefore, if anyone is in Christ
he is a new creation.” 2 Corinthians 5:17

DOWNCAST

Dejected, heartbroken, heavy
hearted, forlorn

“Why are you downcast, O my
soul? Why the unease within
me? Put your hope in God, for I
shall yet praise Him, my Savior
and my God.” Psalm 43:5

DREAD

Not looking forward to the future. “

“Remind me each morning of
your constant love, for I put my
trust in you. My prayers go up to
you; show me the way I should
go.” Psalm 143:8-10 (GNT)

EGOTISM

Inflated sense of self importance;
superiority to others. God desires to have first place in
our lives. Could denote an early age injury.
All toddlers have egotism!

“Love the Lord your God with all
your heart, with all your soul, and
with all your mind.” This is the
greatest and the most important
commandment.” Matt
22:37-38(GNT)

FAILURE

Lack of success, falling short,
giving away under stress

“Being confident of this very
thing, that he which hath begun a
good work in you will perform it
until the day of Jesus Christ.”
Phil 1:6 (KJV)

FAINT

Lack of motivation; energy,
lethargic, spiritually low

“When my spirit grows faint within me, it
is you who watch over my way.” Psalm 142:3 (NIV)

FEAR

Intense feeling of anxiety or
apprehension

“Be strong and of good courage,
do not fear nor be afraid of them;
for the Lord your God. He is the
One who goes with you. He will
not leave you nor forsake you.”
Deut 31:6 (NKJV)

FORSAKEN

Abandoned, given up on purposely-
Jesus on the cross felt like God had purposely
abandoned him. Stronger than abandonment.

“I will never leave you nor
forsake you.” Hey 13:5b(NIV)

FRUSTRATION

Feeling exasperation, weariness;
unsatisfied desires; unfulfilled
dreams

“Better a patient person than a
warrior, one with self-control than
one who takes a city.” Prov 16:32
(NIV)

GUILT

False feeling of shame or right feeling of Godly sorrow
Many clients feel shame and mistake it for guilt.

“This I recall to my mind, therefore I have hope. The Lord’s loving kindnesses indeed never cease, for His compassions never fail. They are new every morning; great is your faithfulness.” Lam 3:21-23

GRIEF

Reaction to a major loss; inability to bounce back—staying stuck in grief. God understands our tears and give strength.

“For the Lord has heard the sound of my weeping.” Psalm 6:8

HATRED

Extreme dislike or disgust, ill-will

“Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior.” Eph 4:31

HEAVY

A weight; carrying a large burden that isn’t yours to carry or have the maturity to handle.

“Come unto me all ye who are weary and burdened, and I will give you rest. Take MY YOKE upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.” Matthew 11:28-30 (NIV)

”Strengthen me according to Your word.” Psalm 119:28b9(NASB)

HELPLESS

Without power to influence people or life situations;

“Give justice to the weak and the fatherless; maintain the right of the afflicted and the destitute. Rescue the weak and the needy;” Psalm 82:3

HOPELESS

Without hope; void of vision

Help client understand God at times send trials to develop patience in us and teach us endurance.

“Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance.” James 1:2-3(NASB)

HUMILIATION

To be embarrassed; to lower position in other’s eyes

"The Lord God is in your midst, The Mighty One, will save; He will rejoice over you with gladness, He will quiet you with His love, he will rejoice over you with singing," Zeph 3:17 (NKJV)

INDECISIVENESS

Prone to indecision

“My grace is sufficient for you, for my power is made perfect in weakness.” 2 Corinthians 19:9

INSECURITY

Unsure of self, others, God or future, vulnerable ,exposed

“Therefore let us draw near with confidence to the throne of grace, so that we may receive help in time of need.” Hebrews 4:16

LOSS OF CONTROL

Feeling like you have no control
or your world is out of control/
chaotic

“Come to me, all you who are
weary and burdened, and I will
give you rest. Take my yoke
upon you and learn from me, for
I am gentle and humble in heart,
and you will find rest for your
souls. For my yoke is easy and
my burden is light.” Matt
11:28-30 (NIV)

LOWLY

Feeling invisible, not heard;

“But you, God, see the trouble of the afflicted;
you consider their grief and take it in hand.”
Psalm 10:14 (NIV)

LOW SELF-ESTEEM

Negative appraisal of a person’s
own worth. Usually based on the opinion of
those close to them.

“Our significance is based on our
relationship with God, not on any
personal qualities or
achievements.”

“For we are God’s workmanship
(Masterpiece, one of a kind, unique), created in
Christ to do good works...” Eph 2:10 (NIV)

LOST AND VULNERABLE

Picture a little child separated
from its parents in while
shopping in a large store.
Panic and vulnerable and unsafe

“Have I not commanded you; Be
strong and courageous. Do not
be frightened, and do not be
dismayed, for the Lord your God
is with you wherever you go.” Deuteronomy 31:6 (NIV)

LOVE UNRECEIVED

Trying hard to be loved; Trying to please to get love but that effort is not returned.

“Whom have I in heaven but You? And besides You, I desire nothing on earth. My flesh and my heart may fail, but God is the strength of my heart and my portion forever.” Psalm 73:25-26 (NASB)

LUST

Intense longing; unbridled sexual desire
Could also mean jealousy - Hostility toward another's success. Being afraid of losing what you already have.

“I am the Lord, there is no other;
part from me there is no God.”
Isaiah 45:5-7 (Do not have idols)

NARCISISM

selfishness, involving a sense of entitlement, a lack of empathy, and a need for admiration

USUALLY denotes a very young stuck age of injury (TODDLER) or a teenage injury; TYPICALLY this means there was some sort of deep attachment wound that the client has not recovered from and is now living in self-protection to prevent being vulnerable.

“You were taught, with regard to your former way of life, to put off your old self, which is being corrupted by its deceitful desires; to be made new in the attitude of your minds; and to put on the new self, created to be like God in true righteousness and holiness.” (NIV)

OVER RESPONSIBILITY

Taking too much on,
relationships and tasks
Many times the Aramean Curse is attached:
“I get my legitimacy from fixing problems.”

"The end of the matter; all has been heard fear God and keep his commandments, for this is the whole duty of man. For God will bring every deed into judgment, with every secret thing, whether good or evil."Ecc 12:13-14

OVERWHELMED

Overpowered in thought or feeling; sense of inadequacy
Typically denotes a stuck young age

"The Lord is my shepherd, I shall not want." Psalm 23:1

PARANOIA

Obsessively anxious; not trusting

"He shall cover you with His feathers, and under His wings you shall take refuge; his truth shall be your shield and buckler."
Psalm 91:4

**PARALYSIS -TEST FOR:
IS THIS REALLY "I PARALYZED" OR IS IT HIDING
ANOTHER EMOTION? IS YES, TEST FOR
ANOTHER EMOTION**

Emotional paralysis; unable to move forward, advance; make a decision—freeze response in the face of trauma—usually denotes a person who freezes when emotionally overwhelmed

"There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love." 1 John 4:18(NASB)

POWERLESSNESS

Helpless, no power, totally ineffectual

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you. I will uphold you with my righteous right hand." Isaiah 41:10 (NIV)

PERFECTIONISM

Rejecting anything that isn't perfect. Depending on self only. and self-hatred or shame can be attached to perfectionism."I have to be perfect to be loved."

"He who trusts in his own heart is a fool, but whoever walks wisely will be delivered." Proverbs 28:26 (NKJV)28:26(NKJV)

PRIDE

Lack of humility; thinking of self better than others; don't consider others point of view.

"Don't be selfish; don't try to impress others. Be humble, thinking of others as better than yourselves. Don't look out only for your own interest, but take an interest in others, too." Phil 2:3-4

REJECTION

Not being known and received. Having to hide the "real self" because of deep lack of acceptance, from an early age.

"You will keep in perfect peace all who trust in you, all whose thoughts are fixed on you! Trust in the Lord always, for the Lord God is the eternal Rock." (NLT)

RESENTMENT

Feelings caused by a sense of having been badly treated.

"But you are a tower of refuge to the poor, O Lord, a tower of refuge to the needy in distress.:
Isaiah 25:4

SHAME I have to try twice as hard to be half as good; Fundamentally flawed. Basic core sense of flawedness; Points to undeveloped sense of core self because of lack of healthy parenting.

"But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness."

2 Corinthians 12:9 (NIV)

SHUT DOWN

Closed down; completely locked down; inability to give or receive love in order to “”

“Guard me as you would guard your own eyes. hide me in the shadow of your wings. Protect me from wicked people who attack me, from murderous enemies who surround me.”
Psalm 17:809 (NLT)

SORROW

Deep distress, unhappy, deep grief

“My soul weeps because of grief; strengthen me according to your word.” Psalm 119:28 (NASB)

SHOCK

Sudden or violent mental or emotional disturbance

When this is brought to the light it usually means something “big” happened.

You ask...is this a shocking event or is it a compound trauma emotion? If it is a compound trauma emotion you then test for TWO emotions that happened at once,

“My peace I leave with you, not as the world gives you Do not let your hearts be troubled and do not be afraid.” John 14:27

TAKEN FOR GRANTED

Not noticed or known; treated as nothing special, Assumptions made that the client has no needs

“I prayed to the Lord, and he answered me. He freed me from all my fear. Those who look to him for help will be radiant with joy; no shadow of shame will darken their faces.” Psalm 34:4-5

TAINTED

Polluted/contaminated

Many times has a sexual connotation

Shameful sexual event (abuse or shameful sexual action)

“Because the sovereign Lord helps me, I will not be disgraced. Therefore, I have set my face like a stone, determined to do his will. And I know that I will not be put to shame.” Isaiah 507 (NLT)

TERROR

Terror is larger than fear. It is fear to the 10th power. Think of a terrorizing dream or nightmare. If terror tests you will ask another question: “is this fear to the 10th power” or “is this a compound trauma emotion?” If it is just fear, this means something about this event was VERY fearful. If it’s a compound trauma emotion it probably means there was a fragmentation that happened that requires the person to have extra security to stay safe. You will test for TWO emotions.

“For I, the Lord your God, hold your right hand; it is I who say to you, “Fear not, I am the one who helps you.” Isaiah 41:13 (NIV)

TIMID

Shy, afraid to reveal emotion

“Have I not commanded you?
Be strong and of good courage;
do not be afraid, nor be
dismayed, for the Lord your God
is with you wherever you go.”
Joshua 1:9 (NKJV)

TRAPPED

No escape from a person or a situation

“You whom I took from the ends of the earth, and called from its farthest corners saying to you, “you are my servant, I have chosen you and not cast you off.” fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.” Isaiah 41:9-10

UNGRACIOUS SCRUTINY

Constant critical and unloving judgment

“The Lord appeared to us in the past, saying: I have loved you with an everlasting love; I have drawn you with unfailing kindness.” Jeremiah 31:3 (NIV)

UNSUPPORTED

Needing help and never getting it

“I have loved you with an everlasting love; I have drawn you with unfailing kindness.” Jeremiah 31:3

UNWORTHY THOUGHTS

in kidney/bladder =

THINKING

Client struggles with many thoughts of unworthiness

“Remember not the former things, nor consider the things of old. Behold, I am doing new thing; now it springs forth, do you not perceive it?”

UNWORTHY/UNWORTHINESS

in sexual organs = sexual

identity or roles

unworthiness-goes to core of
ones being and identity

Not meaning “I think I’m the wrong
sex...Means in my roles I’m unworthy:

Unworthy son, daughter

Unworthy husband, wife

Unworthy friend

Unworthy brother or sister

Not deserving attention, effort,
respect

“Now we see things imperfectly, like puzzling reflections
in a mirror, but then we will see everything with perfect clarity.

All that I know now is partial and incomplete, but then I will know
everything completely, just as God now knows me completely.”

1 Corinthians 13:12

VICTIM No power, voice; disconnected

At the mercy of people or life.

Our significance is based on our
relationship with God, not on any
personal qualities or
achievements.

“Do not cling to events of the
past or dwell on what happened
long ago. Watch for the new
thing I am going to do. It is
happening already—you can see
it now! I will make a road
through the wilderness and give
you streams of water there.”

Isaiah 43:18-19(GNT)

WORRY Focusing on a negative future

Automatic negative thoughts that are
catastrophic

“Don’t worry about anything;

instead pray about everything.
Tell God what you need and thin
him for all he has done. Then
you will experience God's peace,
which exceeds anything we can
understand. His peace will
guard your hearts and minds as
you live in Christ Jesus."

Phil 4:6-7(NLT)

WORTHLESS Having no value as a human
This is one of the "lowest" emotions on the chart
Zero value or worth

"A father of the fatherless and
a judge for the widows, is God in
His holy habitation. God makes
a home for the lonely; He leads
out the prisoners in prosperity."
Psalm 68:5-6

YEARNING

Deep and strong longing. Never getting what
is longed for.

"Oh Lord, all my longing is before you; my sighing is not hidden from you.
My heart throbs; my strength fails me, and the light of my eyes —it also has
gone from me." Psalm 38:9 (NIV)