

EMOTIONS PROCESSING WORKSHEET (REVISED)

**"The LORD is close to the brokenhearted and saves those who are crushed in spirit."
- Psalm 34:18**

STEP 1: REVEAL - IDENTIFYING & EXPLORING THE EMOTION

"The beginning of healing is revealing your feelings"

"He reveals deep and hidden things; he knows what lies in darkness." - Daniel 2:22

IDENTIFYING THE EMOTION

What emotion(s) am I experiencing right now?

Where do I feel this in my body?

Rate the intensity (1-10):

EXPLORING THE EMOTION

What situation or thought triggered this emotion?

What does this emotion tell me about what I need or value?

Is this emotion trying to protect me from something?

BRINGING IT TO GOD

"Cast all your anxiety on him because he cares for you." - 1 Peter 5:7

Prayer: Lord, I reveal to you what I'm feeling...

What might God want me to know about this emotion?

SPIRITUAL COPING MECHANISMS

"God is our refuge and strength, an ever-present help in trouble." - Psalm 46:1

Check the spiritual practices that might help you process this emotion:

Prayer - Honest conversation with God about what I'm feeling

"The LORD is near to all who call on him" - Psalm 145:18

Scripture Reading - Finding comfort and guidance in God's Word

Suggested passages: Psalms 23, 34, 42, 46, 91, 121, 139; Isaiah 41:10; Matthew 11:28-30

Worship - Singing or listening to worship music

"Sing and make music from your heart to the Lord" - Ephesians 5:19

Meditation on Truth - Dwelling on God's character and promises

What truth about God do I need to remember right now?

Christian Community - Reaching out to trusted believers

"Carry each other's burdens" - Galatians 6:2

Who can I talk to?

Journaling - Writing out my prayers and thoughts to God

"I pour out my complaint before him; before him I tell my trouble" - Psalm 142:2

Breath Prayer - Combining deep breathing with short prayers

Example: Inhale: "Lord Jesus," Exhale: "Grant me peace"

Nature Walk - Experiencing God's creation

"The heavens declare the glory of God" - Psalm 19:1

Fasting - Setting aside time for focused prayer (if appropriate)

"When you fast, put oil on your head and wash your face" - Matthew 6:17

Service - Helping others as a way to shift perspective

"Serve one another humbly in love" - Galatians 5:13

Confession - Admitting sin or struggles to God and trusted others

"Confess your sins to each other and pray for each other so that you may be healed" - James 5:16

Gratitude Practice - Finding what I can thank God for even in difficulty

"Give thanks in all circumstances" - 1 Thessalonians 5:18

WHICH PRACTICE WILL I USE TODAY?

STEP 2: RELEASE - THE GIFT OF FORGIVENESS

"Release the gift of forgiveness"

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you." - Colossians 3:13

Unforgiveness keeps us bound to our pain. Forgiveness is a gift we give ourselves and others, releasing the burden we were never meant to carry.

WHO DO I NEED TO FORGIVE?

Someone else who hurt me:

What happened:

How it made me feel:

Myself for:

What I'm holding against myself:

God (for circumstances I don't understand):

What I've been angry with God about:

UNDERSTANDING FORGIVENESS

"Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." - Ephesians 4:31-32

Forgiveness does NOT mean:

- What happened was okay
- I must trust this person again immediately
- I have to forget what happened
- There are no consequences for harmful actions

Forgiveness DOES mean:

- I release my right to revenge
- I choose not to hold this against them anymore
- I free myself from the prison of bitterness
- I trust God to be the judge

PRAYER OF RELEASE

"Lord, I choose to forgive ___ **for** _____. I release my anger, hurt, and desire for revenge. I acknowledge that you are the judge, not me. Free me from the bondage of unforgiveness. Heal the wounds this has caused. Help me to forgive as you have forgiven me. Amen."

"For if you forgive other people when they sin against you, your heavenly Father will also forgive you." - Matthew 6:14

Date of my decision to forgive: _____

NOTE: Forgiveness is often a process, not a one-time event. You may need to choose forgiveness daily until your heart catches up with your decision.

STEP 3: RECEIVE - RESTORATION FROM GOD

"Receive restoration from God"

"The God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast." - 1 Peter 5:10

OPENING MY HANDS TO RECEIVE

Now that I have revealed my feelings and released forgiveness, I am ready to receive what God wants to give me.

WHAT IS GOD RESTORING IN ME?

Peace - "Peace I leave with you; my peace I give you" - John 14:27

Where I need peace:

Joy - "Restore to me the joy of your salvation" - Psalm 51:12

What joy has been stolen that I'm ready to receive back:

Hope - "May the God of hope fill you with all joy and peace as you trust in him" - Romans 15:13

What I'm choosing to hope for:

Identity - "I will restore you to health and heal your wounds" - Jeremiah 30:17

The truth about who I am in Christ:

Strength - "He gives strength to the weary and increases the power of the weak" - Isaiah 40:29

Where I need God's strength:

Purpose - "For I know the plans I have for you, declares the LORD, plans to prosper you and not to harm you, plans to give you hope and a future" - Jeremiah 29:11

What purpose am I rediscovering:

DECLARATION OF RESTORATION

I receive your restoration, Lord. I am not defined by my pain, my past, or my failures. I am your beloved child, redeemed and made new. You are restoring what was broken, healing what was wounded, and renewing what was lost.

"He restores my soul." - Psalm 23:3

PRAYER OF RECEIVING

"Heavenly Father, I open my heart to receive all that you want to restore in me. Thank you for your healing, your grace, and your love. I trust that you are making all things new in my life. Fill me with your peace, your joy, and your hope. I receive your restoration today. In Jesus' name, Amen."

RESPONDING WISELY

"In your anger do not sin. Do not let the sun go down while you are still angry." - Ephesians 4:26

What healthy action can I take in response to this emotion?

Who can I reach out to for support?

How can I extend grace to myself as I process this?

SCRIPTURE FOR REFLECTION

- Peace: "Peace I leave with you; my peace I give you." - John 14:27

- Fear: "For God has not given us a spirit of fear, but of power and of love and of a sound

mind." - 2 Timothy 1:7

- Sadness: "He heals the brokenhearted and binds up their wounds." - Psalm 147:3

- Anger: "Be angry and do not sin; do not let the sun go down on your anger." - Ephesians 4:26

- Anxiety: "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." - Philippians 4:6-7

- Loneliness: "Never will I leave you; never will I forsake you." - Hebrews 13:5