

## Mastering Your Emotions Developing Emotional Self-Awareness

*“Self-Awareness is your ability to accurately perceive your emotions and stay aware of them as they happen.” Author unknown*

### 1. Get the right view \_\_\_\_\_

**Ecclesiastes 3:1,4** *There is a time for everything...a time to weep and a time to laugh, a time to mourn and a time to dance...*

*...did you know the Bible describes more than 20 different emotions that Jesus felt? And they weren't all happy feelings either! Among others, Jesus felt affection, anguish, anger, compassion, distress, grief, gladness, indignation, joy, love, peace, sadness, sympathy, troubled and weary. If Christ is our model of perfect spiritual and emotional maturity, perhaps we can learn by taking a look at a few of Jesus' emotions! Bruce Narramore, PH.D.*

### 2. Pay attention to \_\_\_\_\_

**Luke 8:37** *Then all the people of the region of the Gerasenes asked Jesus to leave them, because they were overcome with fear. So he got into the boat and left.*

### 3. Pay attention to \_\_\_\_\_

**Job 4:14** *Fear gripped me, and my bones trembled.*

**Proverbs 17:22-23** *A joyful heart is good medicine, but a crushed spirit dries up the bones.*

### 4. Pay attention to \_\_\_\_\_

**Psalms 4:4** *Don't sin by letting anger control you. Think about it overnight and remain silent.*

**Proverbs 14:29** *People with understanding control their anger; a hot temper shows great foolishness.*

**Proverbs 22:24-25** *Do not make friends with a hot-tempered person, do not associate with one easily angered, or you may learn their ways and get yourself ensnared.*

## Becoming More Self-Aware

**R: Recognize your emotions:** Acknowledge that you feel something even if you don't have a name for it.

**U: Understand what causes them:** What were you doing or what happened when you felt that way?

**L: Label them.** Name your emotions as specifically as possible. Use an online chart if needed.

**E: Express them:** Talk about your feelings instead of denying or bottling them up. You can journal about them.

**R: Regulate them:**

### How Self-aware Am I?

- Do I accurately identify my emotions in all situations while I am having them?
- Do I understand what situations are going to be more emotional for me?
- Can I accurately assess my own abilities?
- How self-confident and self-motivated am I?
- Are your emotions accompanied by physical sensations that you can feel? Can you feel intense feelings?

Could your emotions be turned down or turned off?

### How To Process Your Intense Emotions

Step #1: Stop and think about what happened

Step #2: Identify all the emotions you felt when it was happening: (Remember, you may have MANY different emotions for the same situation.)

Step #3: Uncover what thoughts are in your mind because of this

Step #4: Consider what you did right in the situation

Step #5: Rehearse what you should have done or said