

## Redo

### I Would Have Pursued Emotional Health Sooner

#### 1. Choose to \_\_\_\_\_

**Compassion:** Matthew 9:36 - Jesus felt compassion for the crowds.

**Anger:** Mark 3:5 - Jesus looked around at them with anger, grieved at their hardness of heart.

**Joy:** Luke 10:21 - Jesus rejoiced in the Holy Spirit.

**Sorrow:** John 11:35 - "Jesus wept" at the tomb of Lazarus.

**Love:** John 11:5 - "Now Jesus loved Martha and her sister and Lazarus."

**Distress:** Mark 14:33-34 - In Gethsemane, Jesus "began to be greatly distressed and troubled."

**Amazement:** Matthew 8:10 - Jesus marveled at the centurion's faith.

**Indignation:** Mark 10:14 - Jesus was indignant when the disciples tried to keep children away from him.

**Grief:** Mark 3:5 - Jesus was grieved at the hardness of their hearts.

**Stressed:** Luke 12:50 - "I have a baptism to be baptized with, and how great is my distress until it is accomplished!"

**Alone:** Matthew 27:46 - "My God, my God, why have you forsaken me?"

**Truth:** \_\_\_\_\_ to join God in what  
He's doing in this world

#### 2. \_\_\_\_\_

a) \_\_\_\_\_ to your emotions

**Psalm 32: 3** *When I refused to confess my sin, my body wasted away, and I groaned all day long.*

b) \_\_\_\_\_

**Psalm 42:6** *My soul is downcast within me;*

c) \_\_\_\_\_

**Psalm 42:5** *Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.*

#### Physical Signs:

- **Frequent headaches, stomachaches, or other unexplained physical ailments.** Suppressed emotions can manifest in physical symptoms.
- **Changes in sleep patterns, like insomnia or excessive sleepiness.** Trouble sleeping is often linked to anxiety or worry.
- **Changes in appetite, either overeating or undereating.** Emotional stress can affect eating habits.
- **A weakened immune system, making you more susceptible to illness.** Chronic stress from suppressed emotions can take a toll on your physical health.
- **Substance abuse or addiction.** People sometimes turn to drugs or alcohol to numb their emotions.

#### Behavioral Signs:

- **Social isolation or withdrawal from activities you used to enjoy.** People might avoid situations that trigger difficult emotions.
- **Irritability or anger outbursts.** These can be a sign of underlying emotional issues that haven't been addressed.
- **Difficulty concentrating or making decisions.** When overwhelmed with emotions, clear thinking can become difficult.
- **Engaging in risky or self-destructive behaviors.** This could include reckless driving, gambling, or neglecting your safety.
- **Neglecting personal hygiene or appearance.** This can be a sign of someone feeling overwhelmed or emotionally numb.

#### Emotional Signs:

- **Feeling constantly numb or disconnected from your emotions.** This can be a way of coping with overwhelming feelings.
- **Difficulty identifying or expressing your emotions.** You might not know how you're feeling, or have trouble putting it into words.
- **Sudden emotional outbursts or crying spells.** These can be a release of pent-up emotions.
- **Constant worry or anxiety.** This can be a sign of fear or other negative emotions that haven't been addressed.
- **Feeling overwhelmed or hopeless.** This can be a sign of depression, which is often linked to suppressed emotions.