

## Processing Practice: Naming Our Emotions

God created us to be whole, fruitful and enjoy an intimate relationship with Him. However, the spiritual roots of addiction are often found in ways we avoid God and find relief from emotional pain on our own terms rather than Him. The path to sexual wholeness includes learning healthy ways to bring our emotions and needs to the Lord, to lament and grieve and find our comfort in Him. Begin a processing practice using the emotions chart below and asking ourselves the questions: How am I doing today? How am I feeling and why? With regular check-ins, we increase our self-awareness of the emotional threads that lie underneath much of our behavior while also giving us the chance to attend to this emotion and express it in healthy ways before God.<sup>1</sup>

<b>Angry</b>	<b>Sad</b>	<b>Anxious</b>	<b>Hurt</b>	<b>Embarrassed</b>
Grumpy	Disappointed	Afraid	Jealous	Isolated
Frustrated	Mournful	Stressed	Betrayed	Self-Conscious
Annoyed	Regretful	Vulnerable	Isolated	Lonely
Defensive	Depressed	Confused	Shocked	Inferior
Spiteful	Paralyzed	Bewildered	Deprived	Guilty
Impatient	Pessimistic	Skeptical	Victimized	Ashamed
Disgusted	Tearful	Worried	Aggrieved	Repugnant
Offended	Dismayed	Cautious	Tormented	Pathetic
Irritated	Disillusioned	Nervous	Abandoned	Confused

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