

Healthy Emotions

Actions Steps

Read the Following Scriptures:

- Romans 12:2
- 2 Corinthians 10:5
- Matthew 21:12-13

Journal about these questions:

1. Are you able to feel your emotions?
2. Do your emotions scare you?
3. How can you have healthy emotions without going to food?
4. What does that word “manage” mean to you in referring to your emotions?

Do you feel Jesus’ emotions were healthy when He drove the moneychangers from the temple? What if He had masked His emotions with food or something else instead of feeling and acting on them?

What is the emotion that you feel is most unhealthy? How can you manage it without food? Note: manage is different from stuffing or ignoring or making it go away.

What part do emotions play in making you healthy body, soul and spirit?

Make an Emotional Eating Chart. Below are some suggestions. Change and add your own. This is just to get you started thinking. This definitely not an exhaustive list. It is a way of understanding things you need to stop and things to start in their place.

Emotion	Food	Alternative
Overwhelmed	Drive through	Water Exercise
Sad		
Lonely		
Tired		
Happy		
Scared		
Frustrated		
Bored		
Inadequate		
Guilt		
Failure		
Depressed		