

# The Path To Follow – *Listen to Every Negative Emotion*

The following are common questions people have expressed about their healing walk:

- How can I truly make peace with myself and come to love myself?
- How can I hear the voice of God so He can lead me in my healing?
- How can I take down The Wall inside me? (Chapter 9 of "I Will Give You Rest.")
- This healing thing is so complicated. How can I possibly get it right?
- How can I keep from losing the healing I have already attained?
- How can I know that the Lord has healed a bitter root?
- How do I know when there is a deeper root behind what just happened that triggered me?
- How can I know when I should be done praying?
- How can I possibly "count it all joy when I encounter various trials?"

**Listening to every negative emotion** is a very powerful practice that can provide the answers to these questions, and bring peace for the anxiety that results when emotions are stirred up.

Your negative emotions are a powerful tool that the Lord can use to direct your healing. He is in charge of your healing, truly wants you healed, and knows the path you need to follow to get healed. Therefore He puts you into situations that are divinely ordained to bring up the next issue He wants to work on. He will tell you about it by the negative feeling that comes up. It is like a dentist poking around in your mouth. When he touches a sore spot, you know it.

## **Your negative emotions are in fact God talking to you!**

Therefore, your negative emotions are a powerful way that the Lord can lead you, all day every day. Then, you can truly "count it all joy," because the pain is going to lead to healing.

# THE ASSIGNMENT

## **Pay Attention**

Keep a pad of paper with you to write down every incident of a negative emotion, no matter how small. Your response can be a short note or a long journal. It is your choice. If it is more convenient, you might use your cell phone to note for yourself the incident.

A major purpose of keeping a written list is so that if at the end of the day your paper is blank, you will know you haven't been listening. We all judge (and therefore have a negative emotion) many times every day. It is very easy to fall back into the old pattern of not listening if we aren't careful.

## **Pray over each item on your list**

Be diligent to set aside time to get quiet and comfortable where there is a minimum of distractions. Look at each item on the list. Close your eyes and remember the recent incident that triggered the negative emotion.

Choose a **feeling word** to describe the feeling. Most negative emotions are signals that you have judged. If you need help choosing a feeling word, **see the attached list** of emotions. “**I feel like** she betrayed me,” or “**I feel like** hitting him,” are conclusions, not emotions. “I feel betrayed,” or “I feel angry” are descriptions of the emotions. If you have not been used to paying attention to your emotions, naming them may take practice. The idea is to identify the signal coming up from inside, and to label it; so that you know what went wrong, and thus will know how to pray.

Then forgive whomever/whatever you have judged.

If your Treasure Inside is the one you have judged, ask him/her to forgive you.

- Ask the Lord to forgive you for the judgment,
- To remove the bitter root
- To cleanse that place with His blood
- To fill that place with His spirit.

## **Sample Prayers**

I always hesitate to give sample prayers, because we need to be praying as Jesus leads, not in a rote prayer. You will find some suggestions in “How To Forgive” in the previous section (Chapter 3, pages 36-39) of this workbook.

## **After you pray**

Review the incident and see if there is peace. If there is peace, you are done. If not, there is more praying to be done. The further praying may have to do with the current event, or there may be an older, deeper root to be prayed about.

When you have peace, you are done. Peace means that the work the Lord wanted you to do right now is done. It does not necessarily mean that every bitter root with respect

to that person or type of situation is gone. If there is more in there, in due season the Lord will bring it up.

Once you have prayed and have peace, then just go on and enjoy the day.

### **Continue Paying Attention**

If at the end of any given day you have an almost blank piece of paper, this always means you haven't been listening. We all judge many times a day.

### **Making Friends With Yourself**

If you have a history of judging yourself, once you begin to listen to your negative emotions, you may be astonished at how awful you are to yourself. In fact, you may find that almost every time that you experience a negative emotion, you have also judged yourself. Watch out for this.

A key to healing is to make friends with your Treasure Inside. This friendship, built on a growing trust, comes about by listening every time your Treasure Inside sends up a negative feeling. This is a bit like a parent with a child. If the child cries, a good parent will ask the child what is wrong, with the idea of correcting whatever is the problem.

When a parent does this consistently, the child grows to trust the parent, knowing the parent has their best interest at heart.

## **The Role Of Positive Emotions**

Also listen to your positive emotions, because they are also directional. They point you towards things that are good for you. Following them can lead to you having your legitimate needs met in legitimate ways ("I Will Give You Rest" pages 51, 175, 182).

It is not selfish to listen to your positive emotions. Of course, since the positive emotion was not pointing out sin, no prayer of forgiveness is necessary. Just enjoy the positive emotion, and perhaps thank the Lord for the good thing it is telling you about!

## **The Questions**

What about the common questions posed at the beginning of this chapter? By letting the Lord lead you through your negative emotions, and forgiving and being forgiven (applying the blood of Jesus), you will find all these questions being answered.

You can't do it, but Jesus can - and wants to! Through this process you will be changed into the image of Jesus, step by step.

## **An Extra Bonus Of This Practice:**

Listening to every negative emotion, recognizing I have judged, forgiving and being forgiven, is in fact the giving up the Lordship of my life, moment by moment, to the Lord Jesus. It causes me to become aware of my need for a Savior many times a day. This is a very good thing, and draws me closer to Him.

# List Of Negative Emotions

If you have difficulty naming your negative emotions, I am providing a list that may help you to identify them.

Anger is a very common negative emotion. When you feel anger, you need to go deeper. Look below the anger, and you will find another emotion that is being expressed as anger. It is important to find the underlying emotion, because it is a clue as to what went wrong when you judged; and therefore helps you to know how to pray. Below is a list of emotions that often express themselves as anger.

Belittled  
Betrayed  
Controlled  
Cross  
Disvalued  
Exasperated  
Fear

Fearful  
Frustrated  
Furious  
Grouchy  
Ignored  
Indignant  
Insecure

Mad  
Not heard  
Powerless  
Small  
Threatened  
Unimportant

# Other Negative Emotions

Abhorrence  
Agitated  
Aggravated;  
Alarmed  
Aloof  
Annoyed  
Anxious  
Apathetic  
Apprehensive  
Ashamed  
Attacked  
Aversion  
Baffled  
Bewildered  
Bitter  
Blah  
Boastful  
Bored  
Callous  
Cautious  
Confused  
Conniving  
Contempt  
Cranky  
Defeated

Defensive  
Defiled  
Depressed  
Desolate  
Desperate  
Despondent  
Different  
Dirty  
Disappointed  
Discontented  
Disgusted  
Dislike  
Disdain  
Domineering  
Doomed  
Dull  
Edgy  
Egotistical  
Embarrassed  
Envious  
Exhausted  
Fiendish  
Foolish  
Forlorn  
Forgetful

Friendless  
Fussy  
Gloomy  
Gossipy  
Grasping  
Greedy  
Grieved  
Grim  
Half-hearted  
Hate  
Helpless  
Hesitant  
Homesick  
Hopeless  
Hurt  
Impatient  
Inadequate  
Incapable  
Incompetent  
Indifferent  
Inferior  
Inflexible  
Inhibited  
Insecure  
Insignificant

Intimidated  
Intolerant  
Irritable  
Isolated  
Jealous  
Lazy  
Lethargic  
Listless  
Lonely  
Lustful  
Mangy  
Martyred  
Mean  
Mediocre  
Melancholy  
Merciless  
Meticulous  
Miserly  
Misjudged  
Misunderstood  
Morose  
Mournful  
Muddled  
Mystified  
Naked  
Nauseated  
Neglected  
Nervous  
Obstinate

Out of control  
Out of place  
Overcome  
Overworked  
Panicky  
Paralyzed  
Passive  
Perplexed  
Pooped  
Pressured  
Reluctant  
Repulsed  
Resentful  
Resigned  
Restless  
Restrained  
Ridiculous  
Sad  
Sarcastic  
Scheming  
Seductive  
Self-conscious  
Shabby  
Shaky  
Shy  
Sick  
Skeptical  
Stubborn  
Sulky

Suspicious  
Tearful  
Tempted  
Tense  
Terrified  
Threatened  
Timid  
Tired  
Traumatized  
Troubled  
Two-faced  
Undone  
Uncaring  
Uncertain  
Unconcerned  
Uneasy  
Un-loveable  
Upset  
Unglued  
Unstable  
Unsure  
Unwanted  
Uptight  
Vulnerable  
Weary  
Wilted  
Worried  
Worthless

# Positive Emotions

|               |               |             |
|---------------|---------------|-------------|
| Admired       | Grateful      | Thankful    |
| Affirmed      | Happy         | Thrilled    |
| Alive         | Helpful       | Tranquil    |
| Ambitious     | Hopeful       | Transparent |
| Amused        | Hospitable    | Triumphant  |
| Appreciated   | Important     | Unbiased    |
| Approved      | Impressed     | Under-      |
| Astonished    | Independent   | standing    |
| Awed          | Inspired      | Understood  |
| Belonging     | Interested    | Validated   |
| Blessed       | Irresistible  | Valued      |
| Bold          | Joyful        | Vibrant     |
| Brave         | Kind          | Yearning    |
| Calm          | Liked         |             |
| Carefree      | Longing       |             |
| Cheerful      | Love          |             |
| Comfortable   | Loveable      |             |
| Compassionate | Mellow        |             |
| Confident     | Merciful      |             |
| Considerate   | Merry         |             |
| Contented     | Met           |             |
| Cooperative   | Open          |             |
| Courageous    | Optimistic    |             |
| Creative      | Overjoyed     |             |
| Curious       | Patient       |             |
| Delighted     | Peaceful      |             |
| Desire        | Pleasure      |             |
| Determined    | Reasonable    |             |
| Eager         | Relaxed       |             |
| Ecstasy       | Romantic      |             |
| Efficient     | Safe          |             |
| Elated        | Satisfaction  |             |
| Empowered     | Secure        |             |
| Encouraged    | Self-assured  |             |
| Energetic     | Sensible      |             |
| Enjoyment     | Sensitive     |             |
| Enthusiastic  | Sensual       |             |
| Euphoric      | Sentimental   |             |
| Excited       | Serene        |             |
| Expectant     | Serious       |             |
| Exuberant     | Soft          |             |
| Free          | Sophisticated |             |
| Friendly      | Sure          |             |
| Generous      | Sympathetic   |             |
| Gentle        | Talkative     |             |
| Glad          | Tender        |             |
| Gracious      | Tenacious     |             |



