

Coping with Uncomfortable Feelings

Preparation: Write, on about 15 small pieces of paper, varying feeling words (click [here](#) for a list of feelings). Then, put the feeling words in a container, bowl, or small decorated box. Next, each family member should take turns picking one feeling word from the box. Then, each participant should take turns telling the group the last time they felt the chosen emotions. Or, one can choose to act out the emotion and allow the group to guess the emotion. After the correct emotion is named, each person must identify one coping technique that will help to process or overcome the emotion.

Ask: Does God have emotions? What emotions do you think God feels?

Say: In the person of Jesus, God feels what we feel.

Jesus felt compassion; He was angry, indignant, and consumed with zeal. He was troubled, greatly distressed, very sorrowful, depressed, deeply moved, and grieved. He sighed; he wept and sobbed; He groaned; He was in agony; He was surprised and amazed. He rejoiced very greatly and was full of joy; He greatly desired, and He loved.

- The above emotions were observed by onlookers (eyewitnesses) of Jesus. Knowing that Jesus did not write an account of His life and ministry, every emotion ascribed to Jesus was seen and observed by bystanders.
- Simply put, Jesus was emotionally expressive and feels what we feel.

Our emotions can overwhelm us. Therefore, we need some tools ready to use when our emotions are intense. All emotions are permissible, accept them don't reject them but process them. Below is a list of things you can do to manage your uncomfortable feelings better.

Useful coping skills include...

1. **Deep breathing** - Take a 4-count inhale (inflating your stomach). Then, take a 4-count exhale, for 1-3 minutes.
2. **Challenge negative thoughts** – Ask, how can I think differently (more positively) about the situation so that I'm not so depressed, angry, sad, jealous, or frustrated?
3. **Make a list of 5 of your strengths.**
4. **Make a Gratitude List** - Make a list of things for which you are thankful.
5. **Write down what you would tell a friend** to encourage them if they were in the same situation. Then, apply those same words of encouragement to your current situation.
6. **Be Active** - Take 15-20 minutes being active (walking, jogging, or yoga [which can be found on YouTube]).
7. **Talk to someone about your problem or feelings.** Be sure it is someone who handles your feelings with gentleness.