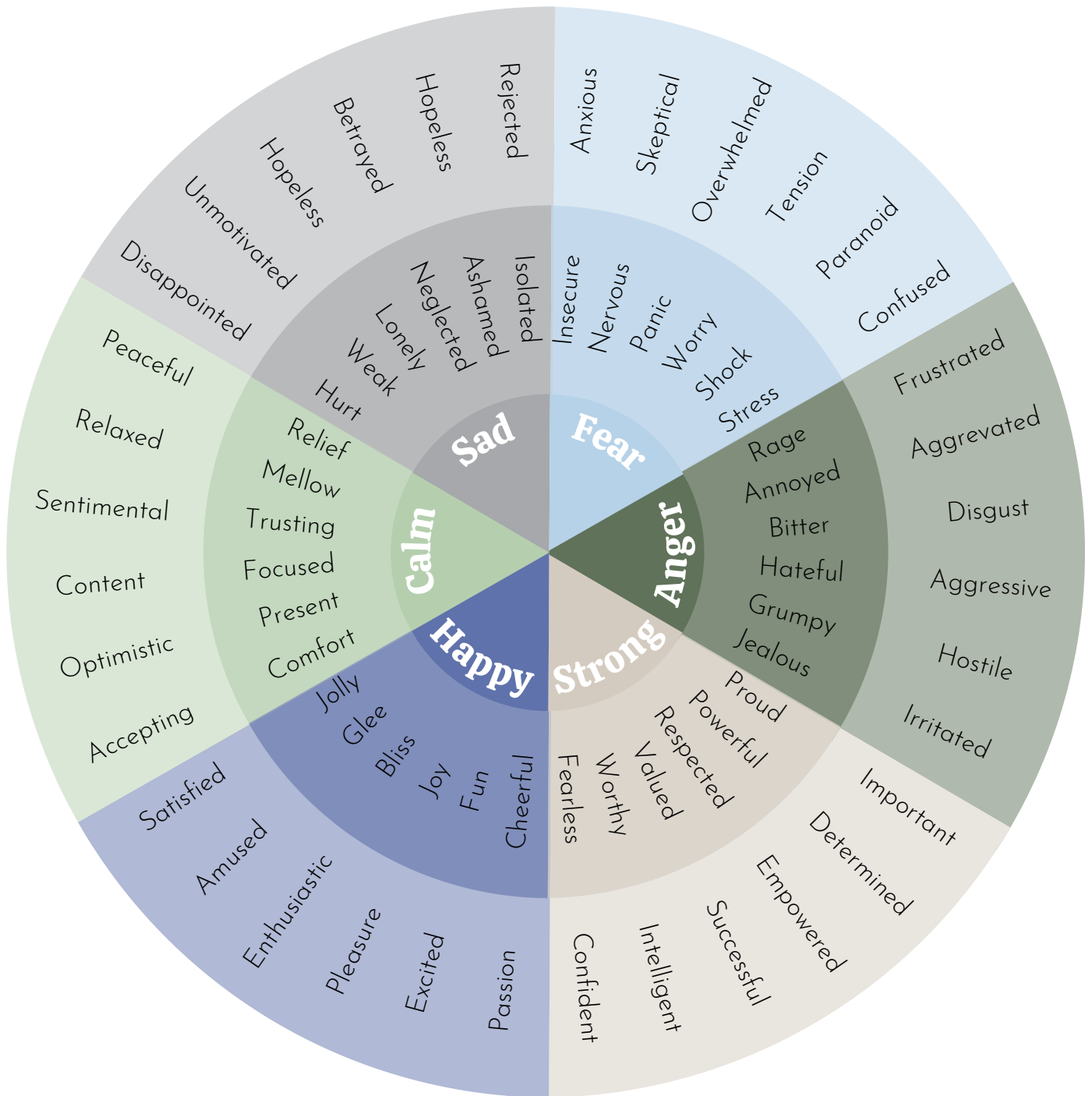


# Feeling is Healing



LEARNING TO RECOGNIZE OUR FEELINGS IS CRITICAL TO HAVING EMPATHY FOR OURSELVES AND OTHERS.



**Many individuals in their early years learn to ignore, hide, or neglect feelings. Being aware of our feelings and where they are coming from is critical to a joyful and happy life.**

PHYSICALLY, I feel \_\_\_\_\_

SOCIALLY, I feel \_\_\_\_\_

SPIRITUALLY, I feel \_\_\_\_\_

EMOTIONALLY / MENTALLY, I feel \_\_\_\_\_

**OUR FEELINGS AFFECT OUR BEHAVIORS AND IMPACT OUR CHOICES.**

**If we were raised in a home where feelings were seen as dramatic, unwanted, or even wrong, then it is likely that we, at best, learned how to distract from feeling, and at worst, turned our feelings off completely, not understanding how greatly this would impact us as adults.**

What feelings am I having? Or, what am I doing to distract from feeling something?

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What might have happened to cause this feeling?

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What usually makes me feel this way?

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What was I doing just before I started feeling this way? Who was I with? What was I thinking about?

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Choosing to learn to feel again is the only way to heal from past and present pain. God has given us this incredible ability to feel through pain so that we don't have to carry it with us forever. We get to decide if we want to learn to feel again.

What feelings am I having? Or, what am I doing to distract from feeling something?

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What might have happened to cause this feeling?

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What usually makes me feel this way?

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What was I doing just before I started feeling this way? Who was I with? What was I thinking about?

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What do I need right now? Is there someone who could support me?

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