

Natural Healing Express Weekly

Column 297 A Fresh Start – Managing Emotions

I have had so much feedback regarding our Feelings Buried Alive Never Die segment that I have promised a few folks that I would re-run my segment on Managing Emotions. So, without, further ado, here it is. I hope this is helpful to those who inquired and even to those who did not.

It seems like every time I believe I have my program together and we are set to begin the second round of our Longevity Series, some other need/holiday/squirrel pops up. And it happened again THIS WEEK.

We are going to get to the Longevity series soon...I promise....But first..... Well, maybe it's the aftermath of too much family and friend time or perhaps opening those big ole Christmas bills, but have you noticed that several folks have been a little bit more, well, uh, "moody?"

This season, I have witnessed some pretty out of control behavior where people are saying and doing things they cannot take back. Reminds me of the old saying, "Hurt People Hurt". And ridiculously, this is seemingly happening for the smallest of reasons—mostly because "I didn't get what I wanted."

Although not directed at me personally, I can't help but be affected by the nastiness of folks who know better; especially when the bad behavior and selfishness is directed at children and young adults. I mean really? It's ok to have a bad day and it's ok to have the occasional "I don't like this or it's all about me" moment but when it becomes a lifestyle, Well, then maybe you are just choosing to be a ---something that rhymes with stich, which, snitch and ditch.

Well, it's high time to suck it up cupcake, get reasonable and Manage Your Emotions. Stop hurting your spouse, your parents, your children and friends. And, since I already know you are selfish, may be this will hit home. Stop hurting yourself. Yes, you acting in such a way does end up coming back to hurt you. Don't believe me? Wait, just wait. It doesn't take long for bad behavior to circle back. Karma's a....well, you know. And one day you'll find yourself alone – Bitter – Party of One.

So, to help, or possibly because I just don't want to watch this any longer without comment for my own sanity, for this column, I am offering some non-judgmental education on learning how to manage emotions such as those mentioned above. This includes some tidbits from one of my favorite Christian writers, Joyce Meyer. In my world and practice, I soundly believe people break down into either one of two categories. One is either primarily an analytical thinker or an emotional reactor. I know there are several variations to my theory and people can be a mix of both at various times of their life. I also know stress is a huge factor but honestly, it usually comes down to one or the other.

Emotional people are those easily affected or stirred by emotions. If you fall into the category, it helps to be aware of your emotions and learn to MANAGE them. As we have preached since our opening, it is always a great idea to learn your BIO-INDIVIDUALITY. One segment is to learn your personality type. Joyce Meyer differs with me and does an excellent job of describing her version of the four basic personality types: choleric, phlegmatic, sanguine and melancholy.

Cholerics are born leaders, have a strong personality and want to be in control. They are typically goal oriented and are motivated by new ideas and challenges.

Phlegmatic show little emotion. They always look at the practical and responsible side. They are fairly bland and can sometimes be pretty boring.

Sanguine are perhaps the most emotional of all. They are bubbly and seem to bounce right through life. They are typically full of energy and want to have a good time. As Joyce so eloquently puts it, sanguines have a tendency to get on the nerves of choleric as they have a tendency to interrupt sanguines' plans.

Melancholies are deep people. They are deep thinkers and organizers. Everything has its place and everything should be in its place. They also have the most trouble with depression.

By now you might be starting to key into your type and probably your mates. I could go on and on about the various dynamics of marriages/relationships between these types, but alas, this column is dedicated

to managing emotions. And just like receiving a blood transfusion, it is much better received with a lot less shock to your system when you know what type you are.

So considering your type with the intent of managing your emotions, it becomes clear there is no need to fight your emotions when felt. Our ability to feel them is a gift. It is more a process of recognizing the “undisciplined” emotions and managing them under the will of God. This is evidenced in Galatians 2:21.

“Therefore I do not treat God’s gracious gift as something of minor importance and defeat its very purpose; I do not set aside and invalidate and frustrate and nullify the grace .

Managing emotions is done by utilizing your own discernment to put your feelings to the test of whether or not they are aligned with the word of God. If they are not, you need to resist.

Managing emotion means being honest with yourself and owning your bad habits. Are you an emotional eater? Do you have a tendency to project your emotion onto others, such as a spouse or your children?

Are you a blamer, where you NEVER at fault? Whatever your emotional “habit”, recognizing the emotion from which it stems is imperative to management. And then, it’s a simple question. Is my emotion aligned with the Word of God? Let the Holy Spirit do the rest.

Lots of wonderful things happening at Natural Healing Express! And the Silver Fox café is the place to be!

Come try some healthy gourmet food –delicious and fast! We are now open Tuesday, Thursday and Friday 6:30am – 2:00pm, Wednesday 6:30am-7:00pm and Saturdays 8:00am- 1:00pm.

Dr. Susan is available on Wednesdays and Saturdays and by appointment!

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

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