

SUPPRESSED EMOTIONS

Emotions are neither good nor bad, they are a response to what you believe to be true.

Suppressed emotions can lead to low emotional intelligence and maturity. Emotional intelligence is measured by the ability to identify one's own emotions and the emotions of others. Emotional maturity describes a person who is able to feel and respond to their emotions rather than be controlled by them.

REASONS AND SOLUTIONS

- **Culture**
 - Identity issues – Value Systems
 - Rational vs Emotional
 - Controlled vs Reactionary
 - Accept permission to feel
 - Practice feeling and processing emotions to gain confidence
- **Family of Origin**
 - Training and Conditioning
 - Isolation: keep it to yourself, fix it yourself, don't be a pain
 - Forgive – practice loving and sharing in community
- **Fear**
 - Unsafe to express emotions
 - Judgment, Vulnerability, Reprisal (bullying), Rejection
 - Create a safe environment
 - Discover the root cause (trauma), forgive, trust God
- **Hopelessness**
 - Unresolved emotions, Chemical interference, Depression
 - I can't take it anymore. It'll never change.
 - Stir up the emotions with prayer
 - Interrogate the underlying belief, receive mind renewal
- **Legalism**
 - Moralistic view of unpleasant emotions
 - Hypocrisy, Fear of man (opinion), Critical spirit
 - Forgiveness received and extended
 - Opens the door to honesty with self and others

CONSEQUENCES

- Unexpressed emotions are **not** unfeelt emotions.
- Stifling unpleasant emotions limits the full range of emotions.
- Conflicts and pain go unrecognized, untreated.

PROCESSING EMOTIONS

- It is said: "You cannot heal from what you cannot feel."
- Identify an emotion by assigning a name to the feeling (see chart).
- Interrogate what you believe to be true that causes you to feel what you feel.

The Feelings Wheel
originally created by Dr. Gloria Willcox

