



Emotion Regulation

Faith Tools

Faith Tool 1: Envisioning God’s Strength

Read Luke 10: 1-21

1. Identify three typical situations where you have trouble with remaining in peace:

- a. _____

- b. _____

- c. _____

2. Set a timer for 3 minutes and imagine yourself strengthened by the Lord and remaining in peace in those situations.

3. Write down a reflection on what you experienced: _____

4. Write down one takeaway that you can apply to remain in God’s peace in these situations: _____

Psychology Tools

Psychology Tool 1: Emotion Words

1. Circle the emotion words you have felt this week.

Accepting

Open

Calm

Centered

Hearts Returning Home Stability

Week 4, Lesson 1



Content	Fulfilled	Patient	Peaceful
Present	Relaxed	Serene	Trusting
Aliveness	Joy	Amazed	Awe
Bliss	Delighted	Eager	Ecstatic
Enchanted	Energized	Engaged	Enthusiastic
Excited	Free	Happy	Inspired
Invigorated	Lively	Passionate	Playful
Radiant	Refreshed	Rejuvenated	Renewed
Satisfied	Thrilled	Vibrant	Angry
Annoyed	Agitated	Aggravated	Bitter
Contempt	Cynical	Disdain	Disgruntled
Disturbed	Edgy	Exasperated	Frustrated
Furious	Grouchy	Hostile	Impatient
Irritated	Irate	Moody	On edge
Outraged	Pissed	Resentful	Upset
Vindictive	Courageous	Powerful	Adventurous
Brave	Capable	Confident	Daring
Determined	Free	Grounded	Proud
Strong	Worthy	Valiant	Connected
Loving	Accepting	Affectionate	Caring
Compassion	Empathy	Fulfilled	Present
Safe	Warm	Worthy	Curious
Engaged	Exploring	Fascinated	Interested
Intrigued	Involved	Stimulated	Despair
Sad	Anguish	Depressed	Despondent
Disappointed	Discouraged	Forlorn	Gloomy
Grief	Heartbroken	Hopeless	Lonely
Longing	Melancholy	Sorrow	Teary
Unhappy	Upset	Weary	Yearning
Disconnected	Numb	Aloof	Bored
Confused	Distant	Empty	Indifferent
Isolated	Lethargic	Listless	Removed
Resistant	Shut Down	Uneasy	Withdrawn
Embarrassed	Shame	Ashamed	Humiliated
Inhibited	Mortified	Self-conscious	Useless
Weak	Worthless	Fear	Afraid
Anxious	Apprehensive	Frightened	Hesitant
Nervous	Panic	Paralyzed	Scared
Terrified	Worried	Fragile	Helpless
Sensitive	Grateful	Appreciative	Blessed
Delighted	Fortunate	Grace	Humbled
Lucky	Moved	Thankful	Touched
Guilt	Regret	Remorseful	Sorry
Hopeful	Encouraged	Expectant	Optimistic
Trusting	Powerless	Impotent	Incapable
Resigned	Trapped	Victim	Tender

Calm	Caring	Loving	Reflective
Self-loving	Serene	Vulnerable	Warm
Stressed	Tense	Anxious	Burned out
Cranky	Depleted	Edgy	Exhausted
Frazzled	Overwhelm	Rattled	Rejecting
Restless	Shaken	Tight	Weary
Worn out	Unsettled	Doubt	Apprehensive
Concerned	Dissatisfied	Disturbed	Grouchy
Hesitant	Inhibited	Perplexed	Questioning
Rejecting	Reluctant	Shocked	Skeptical
Suspicious	Ungrounded	Unsure	Worried

2. **Take a moment to validate the emotions you felt. Say out loud “I felt _____ and that is okay!”**

3. **Take a moment to imagine the Lord being with you in your emotion, like a loving comforting mother or father, validating you emotions, and helping to soothe “rough” emotional places.**

4. **Write a reflection on what you experienced with the Lord: _____**

Psychology Tool 2: Write a letter of commitment to yourself to be a better friend to you.

Psychology Tool 3: Write down 10 actions/behaviors that help you change your mood from negative valence to positive.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____



- 8. _____
- 9. _____
- 10. _____

Psychology Tool 4: Write down 10 topics of thought that help you change your mood from negative valence to positive.

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____