

Emotionally Healthy Processing

Recognize

- Self-awareness.
 - What is going on inside me?

Pause

- Take a deep breath, literally.
 - Pay attention to my body.

Process

- Healthy engagement.
 - This is what happened...
 - I feel...
 - The truth about this situation is...
 - I need...

Pray

- Talk with Jesus about:
 - The situation
 - How I feel

Obey

- Ask Jesus:
 - What do you want me to do?
 - Then obey.

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