

Handling OTHERS EMOTIONS

ANCHOR VERSES

DO ONE OR MORE OF THE FOLLOWING:

a

ATTACH TO AN EVENT. PICK A VERSE THAT CORRECTS THE TRIGGERS ATTACHED TO CERTAIN EVENTS.

n

NAME THE FEELING. SOME FEELINGS ARE PERPETUATED FROM OLD SITUATIONS. CHOOSE A VERSE TO REMIND YOURSELF THAT THESE FEELINGS AREN'T YOUR CURRENT TRUTH.

c

CREATE SPACE WHEN WE FEEL BLIND SIDED BY AN EMOTION. THIS VERSE HELPS YOU CHANGE YOUR PERSPECTIVE TO CREATE SAFETY AND DISTANCE

h

HIGHLIGHT THE REAL PROBLEM. SOMETIMES OUR CURRENT ISSUE ISN'T THE REAL PROBLEM. LET GOD SPEAK TRUTH INTO YOUR SITUATION WITH THIS KIND OF A VERSE.

a

OPEN YOUR HEART. CHOOSE A VERSE THAT RESETS YOUR FOCUS AND HEART ON GOD AND NOT THE SITUATION OR EMOTION. WHERE WE PUT OUR FOCUS IS IMPERATIVE...FOR BETTER OR WORSE.

r

REDEFINE THE MOMENT. FEELINGS CAN OVERWHELM US IN THE MOMENT, BUT GOD'S PERSPECTIVE ON WHO WE ARE CAN HELP US SEE THINGS FROM A MORE HELPFUL PERSPECTIVE.

**ANCHOR YOURSELF IN
GOD'S TRUTH**

Choosing Personal ANCHORS

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**I'M ANCHORED IN
GOD'S TRUTH**

