



Afi Pittman

Author of My Faith

Afi's

Let's Talk About Self-Care Video Series

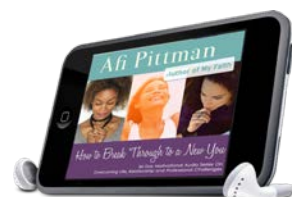
For women who are ready to have the life, love and career they've always wanted

The Key to Managing Emotions

The name of the game to successfully managing emotions is to allow them to serve you. Emotions are God-given and they give us insight that logic, knowledge and reasoning cannot. Think of them as an internal GPS system that help you to locate where you are right now in your life, and the starting point to help you get to where you're trying to go.

Many of us make the mistake of allowing our emotions to rule over us. We sometimes make important and permanent decisions based off how we feel, without thinking about the facts of our circumstances. But you absolutely can learn how to put your emotions in their proper place and have them serve you.

In this mini-guide, I'm going to share with you steps and resources for you to use in order to have your emotions work for you!





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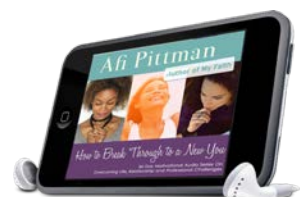
These are the steps we're going to take to manage our emotions:

- 1: Learn to identify and name how you really feel
- 2: Allow yourself to feel how you feel
- 3: Balance your emotions with knowledge and reasoning
- 4: Express your emotions in a safe place, and then express them in a safe way to others

Let's get started by walking through each step.

Learn to identify and name how you really feel

Self-awareness is crucial in being able to identify and name how you feel. But what I've found is that it's difficult to do this when you don't have a strong enough emotional vocabulary. Vocabulary.com has a list of [100 ways to describe how you feel](#). It's for writers, but anyone can use it and I've been through the list and I think it's a wonderful way to learn words that describe how you feel. I read an article by Lisa Murray on [why emotional vocabulary is important](#). This will also help you understand the concept and how to actually identify your emotions.





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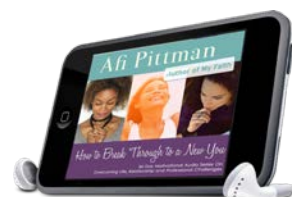
Allow yourself to feel how you feel

This step is simply but it's not easy if you've been taught that having emotions such as disgust, anger or contempt is unacceptable. No emotion is unacceptable. Acting in destructive ways in those emotions is what is unacceptable. The Bible tells us "In your anger do not sin: Do not let the sun go down while you are still angry, and do not give the devil a foothold." What this means is that the anger itself is not the problem. Allowing the anger to go unresolved is the problem. Unresolved anger leads to issues that allow the devil to devil to wreak havoc on our lives.

I've found that the best way to feel your emotions is to do it in a safe place by yourself first. Give yourself 30 minutes to an hour to feel your emotions without judging yourself. Keep your journal handy. Write down everything you think and feel. Journaling is key in training yourself to get in touch with your emotions and to express them. Journaling is the only opportunity you'll have in life to say whatever you think and feel unfiltered without the possibility of being judged. And once you go back and read what you've written, it trains you to better identify how you feel in response to certain circumstances in life. This then helps you to better identify how you feel in the moment. And when you become good at identifying how you feel in the moment, you become skilled at managing those emotions real-time.

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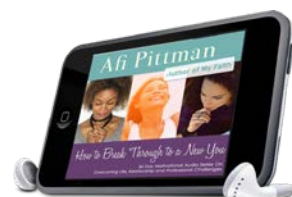
The most important thing that embracing your emotions does is that it gives you the opportunity to glean insight and intel that only they can give you. I explained in the message that your emotions are an internal GPS that show you where you are in relation to what's going on around you. That means they can give you insight that facts can't give you about your situation. So embracing them and allowing them to help you discover WHY you feel the way you do is wise.

I hate it when people say that you're telling "your truth". I feel it implies that you're not living in reality because you're all in your emotions. I feel like it also implies that you're wrong and they're right. I feel a better way to describe this is that you are having your experience of life or certain situations and circumstances in life. Two people can go through the same experience and have two totally different experiences. Even if a person has faulty belief systems which drive certain emotions as a result of that experience, their emotions are still valid because anyone helping that person can get them to see that their emotions are driven by faulty beliefs – which can be replaced by healthy beliefs and thoughts.

Never let someone tell you that you're crazy. You can definitely overreact or act in a way that is crazy. But you're not crazy for having emotions. God hardwired you with emotions to give you the insight you need to navigate your life.

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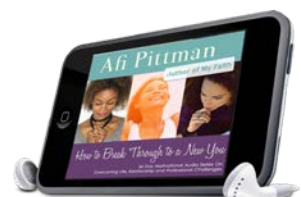
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Balance your emotions with knowledge and reasoning

Journaling also helps with this. I love these [journals on Amazon](#). They're pretty, they come in different sizes and you can put your name on the front before you order them. I'm more apt to write in a journal that I love. What I've found is that when I journal during times of great emotional turmoil and go back and read my entries after those emotions have passed, I'm able to process my emotions through the lens of knowledge and reasoning. Learning to balance your emotions comes in a 2-phase process. First, do the journal exercise I just taught you. Re-reading your old journal entries will teach you how to use emotions, reasoning and knowledge together instead of relying on just one of them. It also sets the stage for you to do this real-time, which is phase 2 of this. In phase 2, you start to use emotions, reasoning and knowledge together real-time. You may still need time to process the emotions after certain situations, but you'll become far more adept at not letting your emotions lead in tough situations, make-or-break moments, or in situations where permanent decisions have to be made.





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Express your emotions in a safe place, and then express them in a safe way to others

I touched on expressing your emotions in a safe place earlier, but I want to make sure you know what that is. A safe place to express your emotions is in a quiet, comfortable room in your house when you're by yourself. It's with a trust friend or confidant who will not judge you, redirect the conversation to themselves, or try to give you premature advice. It's with someone who will listen and allow you to fully process the weight of what you feel.

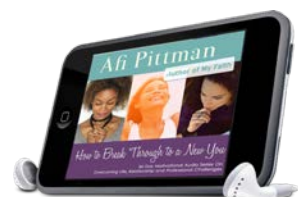
Expressing your emotions in a safe way to others includes:

- 1: Making your emotions about you (for example: When you didn't call I was worried)
- 2: Remaining calm and open to feedback from the person you're talking to (The person may tell you that you have a tendency to overreact)
- 3: Being able to state what you need or desire in the future (for example: I can see where I may have overreacted. But in the future, can we agree that you will call me to let me know when you've arrived home after a long trip?)

Jimmy and Karen Evans have a great marriage ministry that I follow. They have an awesome teaching on [how to express your thoughts and feelings](#) in a relationship or marriage.

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Have the Life and Love you Desire



Resources with Afi's signature process for overcoming life, relationship and professional challenges



Afi Shares

WHAT'S NEXT & HOW AFI CAN HELP

Our 4-week journey has come to an end...

You will always be connected to the Let's Talk About It Community. Just make sure that you are in the private Facebook Group and that you stay on our e-mail list.

But if you feel like you need more guidance on what to do when you're faced with life's challenges...

Join the Let's Talk Circle or Let's Talk 1-On-1

Join our Let's Talk Circle for monthly sessions just like these. There are a variety of topics that cover how to overcome life, relationship and professional challenges.

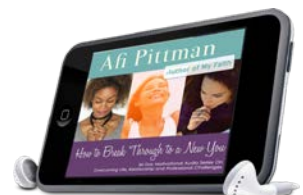
circle.authorofmyfaith.com

If you need to talk to someone about dating, relationships and your current life challenges, I offer 1-on-1 Let's Talk Mentorship sessions.

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