

How To Create An Emotion Adjustment

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Are you a positive person? If you are, is it possible to still have negative thoughts or emotions? You may be surprised by the answer. Today's topic is about how to create an emotion adjustment.

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Welcome to the Christian Coaching School Podcast. I'm your host, Dr. Leelo Bush. I'm a master coach, author, curriculum creator, and the number one authority on spirit-led Christian Coaching. I've trained 10s of 1000s worldwide since 2003. If you're ready to uplevel your skills, find greater fulfillment, and employ the most powerful coaching available to mankind, let's go!

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Welcome to this episode of the Christian Coaching School Podcast. I am so excited that you have joined me because this is going to be a terrific episode. Thank you so much for taking the time to invest in yourself. I'm Dr. Leelo Bush, and if you're a returning listener, welcome back. And please stay till the end because I will share a special invitation with you. Best of all, there is no cost. So stay with me.

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Most of us don't savor our negative emotions. But they still come up at times, especially in tough times. Why should we care about negative emotions? Most importantly, because they don't lead to God's best for us. Negative emotions rob us of the quality of life we are capable of and they don't lead to the abundance God has in mind for us. 2nd Timothy 1:7 tells us, For God has not given us a spirit of fear, but of power and of love and of a sound mind. Funny thing is if you talk to someone who believes in personal growth, and you bring up the topic of negative emotions, many people will say, "I don't have negative emotions." But the truth is, we all have them, to one degree or another. And the reason we don't recognize them is we have gotten comfortable with the discomfort of our negative emotions. We just attribute these emotions and attitudes to what's going on in our lives and confess what we see in the natural. Nothing wrong with that, right? Wrong! And here's why. When we claim what's happening, we are speaking that into our future, and our words have power. I used to wonder why things didn't get better in my life no matter what I did. The reason is, I kept speaking about my circumstances, when I should have been confessing God's love and grace. But it's really is not as easy as I made that just sound. The truth is that if this is not our default mindset, it can be very difficult to transition out of these habits. So let's begin by identifying the various types of negative emotions and maybe some of them will sound familiar to you.

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There are actually many types of negative emotions ranging from mild to severe, and they fall into four general categories. And they include fear, anxiety, disgust, and anger. Negative emotions include the following. Now this is certainly not a complete list, but this will give us something to start with. Frustration, being obstinate or stubborn, some people may say, bitterness, how about if we're infuriated, or irritated? Maybe we're hurt or vengeful. Have you ever felt you wanted to get revenge over a miscarriage of justice? How about insulted or offended? I tell you, I think Satan is having a heyday in our society with people who get insulted or offended at everything. Okay, then we have worry. We have insecurity. There's doubt, dislike, revulsion, disapproval, and that's worse than just disliking something. But disapproval is a type of judgment. Annoyed, unworthy, how about nervous, anxious, grieved, terrified, judgmental, panic, horrified, desperate, guilty. You know a lot of people feel guilty even if there is no justifiable reason to feel guilty because that's kind of a default setting. If something goes wrong, they automatically think, oh, I must have done something and they feel guilty, when that may not even be the case. There's confusion and we know that God is not the author of confusion, right? There's loathing, hatred. There's stress and loneliness. There's heartbreak, gloominess, or depression. And I'm not talking about clinical, chemically-related depression; I'm just talking about feeling sad and gloomy for some period of time that is generally related to a situation. How about shame, hopelessness, unhappiness, feeling lost, troubled, resigned, or miserable.

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Until I looked at this list, I didn't know there were that many different ways I could feel a negative emotion. And you know, there's more. But this is just a list to start with. And you can probably think of some emotions that aren't even listed. It might be helpful to think of a negative emotion as a warning light on your car dashboard. If you choose to ignore it, your car could develop a much bigger problem later on. But, if you take it to a mechanic, you'll find out the extent of the problem and then you can take care of it while it's still a minor matter. Now, this is very similar to noticing any negative emotions. Once you are aware of their existence, you can do what's necessary to defuse them so that things don't get worse. And emotions don't just stay in our mind. If negative emotions are allowed to continue and expand unchecked, they can become toxic. And toxic emotions can create very serious physiological consequences. So regaining your inner peace has to be a top priority. And this is why God's word tells us above all, to seek and maintain our peace. Seek peace and pursue it, we are reminded in first Peter 3:11.

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To help you further understand how to manage thoughts and emotions, we are going to be adding additional training files to our updated coach training. That's the 3.0 Coach Certification Course. You'll soon find new training on how to control thoughts so that they create manageable emotions, better behaviors, actions, and amazing results.

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Where do emotions come from anyway? Well, here's the process: a situation occurs or a circumstance exists, and we have a thought about it, based on the filter created by our personal values. This then creates an emotion which causes us to have a reaction or a particular

behavior. God wants us to be healthy physically and emotionally. When we have emotional pain, it's like a warning light to indicate that there could be any combination of unresolved matters, an imbalance or a lack of alignment with God honoring thoughts.

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So let's take a look at three ways we can dispel the effect of negative emotions. The first way is to challenge their validity. Now emotions are just feelings you arrive at because of what you were thinking. They are not necessarily the truth. So ask yourself, is this always true? Are there any times this is not true? Your goal is to consider any evidence pointing to this not being true. Consider all exceptions. Additionally, you won't find scripture telling you to act on your emotions. If anything, God's word shows us that things can go very wrong when we act based on our emotions, we are to be in the world but not of it. If human emotions are holding us captive, we will find it extremely difficult to respond in a God honoring way. And if that happens, that will reduce the fruit of the Spirit.

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The second is to own our emotions. And what I mean by this is we need to take responsibility for our thoughts. What you and I think is leading to the way that we feel. Each of our thoughts are our responsibility. And the choice to believe them or not, is entirely ours. No one can change our thoughts, but ourselves. So when you accept responsibility for your thoughts, you don't blame anyone else. When you accept them, then they can begin to dissolve because you realize they might not be entirely rational or even true. Ask yourself, how else can I think about this, and consider at least three to four other options.

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The third way is to adjust our focus. Remember that we will always move in the direction of our focus. If you want to drown out a negative narrative, you need to change your focus. Begin by asking yourself to identify your goal in the situation. What outcome do you want? Will your negative emotions take you closer to your goal or push you in a less desirable direction? What is at stake if I remain in my current path. When you change your focus, you will change your life's direction. That's how important this is. And sometimes negative thoughts are a little more than a habit. The good news is that habits can be broken. And this means that by changing your thoughts, you can change your emotions as well as then your behaviors and the results that you get. Our goal should be to have the mind of Christ. In our prayers, we can ask God to show us how Jesus would look at a situation and how he would respond in our place. Philippians 4:8 reminds us, finally brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable. If anything is excellent or praiseworthy, think about such things. Then check out my dual certification Christian Professional Life Coach Training. The program will coach you to your own personal life transformation. It'll teach you professional skills, and give you the exact steps to set up your own coaching ministry or business.

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Now at the end of this podcast, you will learn exactly how you can join my free introductory masterclass where I'll coach you and you'll discover how you can get certified and the use of the most powerful coaching available to mankind. Please let me know in the comments if you've experienced negative emotions. I'd love to hear your thoughts, and I'm thankful for your prayers because we have evidence that prayers move the hands of God. Now I have a special invitation for you. I want to pray for you and your needs. And to do this, we need to get to know each other better. I want to invite you to join my new private Facebook group called Courageous Christian Coaching Tribe. To find the link to my group, visit pccca.org/tribe. You'll find this URL in our show notes as well. I can't wait to meet you and welcome you to our tribe, where you'll meet some of our old guard coaches who have been with me for over a decade. Well, perhaps nearly two decades, as well as some newbies and aspiring coaches. And hey, if you see the value of coaching God's way, and you want to add these coaching skills to your skill set, this group is for you. And I can't wait to meet you there. If you've enjoyed this podcast please leave us a review on Apple podcasts. This will benefit us in the search engine algorithms and help other coaches and aspiring Christian coaches like you to find us. Now, go out and make this a great day. I'm Dr. Leelo Bush, and I'll meet you again on our next episode of the Christian Coaching School Podcast.

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