

Emotional Health Worksheet

Emotion: Sadness

Other Side: Joy

Way Out/Affirmation: "I see the humor in the situation"

Oil: Lemon

Alarm Point: CNS/Lymph

Chart: A, B,C- Under the Chin

Bible Verse: For I will turn their mourning into joy and will comfort them and give them joy for their sorrow. Jeremiah 31:13

Emotion: Left Behind

Other Side: Move

Way Out/Affirmation: "I am free to move forward"

Oil: Lemon

Alarm Point: Lymph

Chart: C- Arm pit to Arm Pit

Bible Verse: Deuteronomy 31:8

The LORD himself goes before you and will be with you; he will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Emotional Health Worksheet

Emotion: Depletion

Other Side: Rejuvenated

Way Out/Affirmation: “ I take care of myself”

Oil: RC

Alarm Point: Lymphatic Congestion

Chart: C- Under Breast

Bible Verse: Isaiah 40:29- “He gives strength to the weary and increases the power of the weak.”

Emotion: Competitiveness

Other Side: Growth

Way Out/Affirmation: “I excel”

Oil: Dream Catcher

Alarm Point: Lymph Valves

Chart: C- 3” above belly button

Bible Verse: 2 Corinthians 8:7 But as you excel in everything—in faith, in speech, in knowledge, in all earnestness, and in our love for you see that you excel in this act of grace also.