

IT'S FINE.

PART 1: EMOTIONAL HYGIENE

INTRODUCTION

Many of us learned from an early age to hide what we were feeling from other people. We got the message that showing our emotions made us look weak. In time, we became so skilled at hiding what we feel, we even learned to hide our emotions from ourselves. But hiding isn't a sign of courage or strength. If we want to grow, we have to stop saying, "It's fine," and start being honest—with ourselves and others—about what's going on inside.

DISCUSSION QUESTIONS

1. How were you taught to handle your emotions growing up? Were you encouraged to express them or suppress them? How has that influenced the way you deal with your feelings as an adult?
2. Sometimes we're not content with an aspect of ourselves, and we want to change. But we don't like the process of change, so we stick with the status quo because that feels easier. When have you embraced change in order to grow personally? How difficult was the process of change? Was it worth it in the end?
3. **Read Matthew 7:3–5.**
These verses are often interpreted as Jesus telling us not to judge others. But he was also saying that refusing to deal with our own problems and negative emotions undermines our ability to help others. Why is going through the process of "taking the plank out of your own eye" so essential to equipping you to help others "remove the speck" from theirs?
4. We all need to work on our emotional hygiene. What negative emotion are you struggling with in some aspect of your life right now? Use the Feelings Wheel on the next page to identify the emotion. Start with a general feeling in the center of the wheel, and move outward until you're able to identify the specific emotion you're feeling.

Write the emotion in the space below. Share it with the group if you feel comfortable doing so. We'll talk more about what to do with what you're feeling as this series continues.

5. Being curious about what is going on inside of you is essential to good emotional hygiene. What kinds of questions can you ask yourself to help you understand and begin to process what you're feeling?
6. What can you do this week to ask for help from your heavenly Father? How can we encourage you and hold you accountable?

MOVING FORWARD

Facing your emotions creates a better, healthier you. The thing that stands between you and a better you, may be your feelings. Be courageous. You have a heavenly Father that loves you and wants great things for you. But whether you experience what he wants for you depends on whether you're willing to trust him and deal with your emotional hygiene.

