

#### Volume 4, Day 21: Eliminating 'hurt' One Emotion at a Time

We are spiritual beings, driven purely by emotions. We cannot change our emotions, but we can change beliefs which affect them. Our anger or euphoria, madness or exuberance depend on the choices we make as to what we believe. And what we believe can be changed by choice. The ultimate in personal peace, pleasure and healthy relationships begins with a hot pursuit to understand what God believes and resonate with His heart. The pattern is obviated by our human relationship with our most significant other. When God becomes our most significant, we will have been fully redeemed and our selfishness will have been replaced with His unconditional and unselfish caring.

The chart below may help you to identify emotions which are easily 'hurt' so that you can process the anger with God and eliminate each 'hurt' emotion. You can test each new belief against the truth of scripture so as to insure healthy change.

ANGER is the natural EXPRESSION of the violation of one's sense of well-being		
anger is the <b>expletive expression</b> of a <b>negative</b> emotion		
love — <b>hate</b> .	joy — <b>sorrow</b>	tranquility — <b>anxiety</b>
confidence — <b>fear</b> .		wonder — <b>terror</b>
pride — <b>shame</b>		innocence — <b>guilt</b>
bliss — <b>misery</b>		delight — <b>disgust</b>
satisfaction — <b>disappointment</b>		happiness — <b>sadness</b>
acceptance — <b>rejection</b>		affirmation — <b>humiliation</b>
compassion — <b>apathy</b>		contentment — <b>envy</b>
euphoria — <b>despair</b>		ecstasy — <b>agony</b>
intimacy — <b>loneliness</b>		admiration — <b>contempt</b>
ANGER is how loudly or violently I express my displeasure about what feeling has been <b>hurt (emotional 'distress')</b>		
BLISS is how loudly or ecstatically I express my pleasure about what feeling has been <b>affirmed (emotional 'delight')</b>		

**My Confirming Scriptures:**

**My Aligning Experiences:**

DEEPER Every Day -- John Henry Alan