

<b>Emotional Health (Reality)</b>	<b>Spiritual Bypassing (Avoidance)</b>
A part of me feels sad today. I'm curious what that's about.	You don't need to be sad. God has given you so much!
I feel so angry at him. I don't want to act out of anger, but I do want to understand where it's coming from.	Ask God to take your anger away.
I want to forgive, but my heart is far from it. I'm going to talk to someone honestly about my struggle.	God forgave you, so you should forgive others. Just turn the other cheek!
I'm fearful of what they might think of me. I want to understand my fear, so it doesn't rule me.	Starve your fear! It's the enemy of your faith.