



## Coaching Tool:

Real Men Don't Cry

God gave us emotions as gifts to help us process and respond appropriately to the people and events around us.	Vs.	The enemy wants to steal those gifts by having us shut down our emotions or having our emotions control us.
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## Examples Of What The Enemy Wants You To Think:

- Emotions mean you are broken and weak.
- I can't let my weakness show or they will know I am a fraud.
- I don't want my emotions to be a burden on anyone else so I will stuff them down.
- Emotions aren't safe so it's better not to feel anything.
- My emotions run my life because I have no say in them.
- Other people's actions control my emotions and ruin my life.
- I only feel pain, so I'll shut down all feelings.
- \_\_\_\_\_ is the only emotion I can feel safely.

## God's Truth Says:

"Cast your burden on the Lord, And He shall sustain you;" – Psalm 55:22a

### 1) Be Aware of the Pain:

- a) Pain is a gauge for brokenness. Pain is a warning system to help us know there is a problem (physically and emotionally)
- b) Every trauma trigger is an opportunity to heal because it lets us know there is a problem that we can get help and healing for.
- c) You have to be able to feel pain to be able to feel the other emotions as well.
- d) "A time to weep and a time to laugh, a time to mourn and a time to dance," – Ecclesiastes 3:4

### 2) Be Aware of the Joy:

- a) Joy is not dependent on circumstances. It is an internal attitude of the heart founded in Christ.



- b) Numbness is like general anesthesia, it causes you to lose the good emotions (Joy, peace, humor, excitement, hope, love) as well as the painful or negative ones (anger, fear, hate).
- c) "The joy of the Lord is your strength." – Nehemiah 8:10

**3) Aware of Hope:**

- a) Hope is the belief that your future holds good (to expect with confidence).
- b) Trust in God gives HOPE.
- c) Healing includes healthy processing of all emotions.
- d) Even baby steps show us there is hope & motivation.
- e) "And not only that, but we also glory in tribulations, knowing that tribulation produces perseverance; and perseverance, character; and character, hope." – Romans 5:3-4

**Listen To This Song:**

Healing Begins by Tenth Avenue North

**Questions To Help You Process This Concept:**

1. Have you shut down emotions or stuffed them? Why?
  
  
  
  
  
  
  
  
  
  
2. What emotions were you trying to avoid?
  
  
  
  
  
  
  
  
  
  
3. Do you struggle to celebrate, feel joy, feel love, or feel peace?



4. Have you tried to avoid people or situations that made you feel emotions?
  
  
  
  
  
  
  
  
  
  
5. Have you ever been able to process emotions in a healthy way? What would it be like to feel the range of emotions without them controlling you?

**Exercise:**

1. Write a list of emotions you are comfortable with.
2. Write a list of emotions you try to avoid at all costs.
3. Pray and ask God to help you identify and process the emotions you'd rather avoid.
4. Write down a few names of people who you've seen process positive and negative emotions in a healthy way.
5. What do you think of those people? Do you see them as weak and stupid or stable and strong?
6. How did their processing of emotions differ from yours?