

MANAGING EMOTIONS (IP)

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- I. Among the several things we can do to manage our emotions, we can tap into vertical interpersonal resources through prayer and Bible reading.
- II. Secondly, we can put ourselves around positive people who affirm us as persons. Talking about the problem to other people gets feelings into words and concepts, so they feel more objective, more manageable, and clearer. We get them “off our chest.”

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