

UNTANGLE YOUR EMOTIONS

book club kit

Jennie Allen

WHAT YOU'LL NEED



Untangle Your Emotions,
available anywhere books are sold

“Made for This” podcast Season 16, available
on iTunes, Spotify or any other podcast app

This book club kit!

HOW TO USE

the book club kit

each week

BEFORE YOU GATHER...

- Read designated chapters of *Untangle Your Emotions*
- Listen to both weekly episodes of the "Made for This" podcast

TOGETHER...

- Discuss three questions
- Dig deeper with two verses

AFTERWARDS...

- Process the week through a journal prompt
- Take the challenge!

WEEK ONE

"Feelings were never meant to be fixed; feelings are meant to be felt."

BEFORE YOU GATHER...

- READ: Chapter 1 "Where Did That Come From?" and Chapter 2 "All Tangled Up"
- LISTEN: Made for This Season 16 Episode 1 and Episode 2

TOGETHER...

DISCUSS:

- Share a time recently when your emotional response to something was disproportionate to the situation. Why do you think you responded that way?
- What is your initial reaction to the statement, "Feelings were never meant to be fixed; feelings are meant to be felt?"
- Where do you fall on the spectrum of emotional expression (p. 24)? Is there a direction on the spectrum you would like to move toward?

DIG DEEPER:

- Ezekiel 36:26
- Philippians 1:6

AFTERWARDS...

- JOURNAL: What about your inner life right now feels a bit jumbled up like the illustration on p. 21? Do you want to free up those tangles? Do you believe emotional health is possible?
- TAKE THE CHALLENGE: Pay attention this week to your impulse to fix others' feelings. Stop yourself from giving advice or solving problems, and instead thank them for sharing their feelings with you.

WEEK TWO

"We were designed by God to feel."

BEFORE YOU GATHER...

- READ: Chapter 3 "Where Did the Mess Begin?" and Chapter 4 "The Truth About Your Feelings"
- LISTEN: Made for This Season 16 Episode 3 and Episode 4

TOGETHER...

DISCUSS:

- Were you ever told by a parent or family member not to feel something that you really and truly felt? Share a story that comes to mind.
- The church has often denied emotions ("Don't trust your feelings; just trust God.") while the world often chooses to be led by them ("Follow your heart!"). Which message is most comfortable to you? Why?
- What is your response to the idea that God feels all the emotions?

DIG DEEPER:

- Hebrews 4:15-16
- Ephesians 4:26

AFTERWARDS...

- JOURNAL: How do you think God feels about your feelings? Do you ever feel like He is judging them? Why might that be?
- TAKE THE CHALLENGE: Print out The Emotions of God Scriptures on the next page and put them somewhere you can see regularly. Choose one to memorize or meditate on to remind you that you have emotions because you are made in His image!

THE EMOTIONS OF GOD

God feels! He feels big feelings, from Genesis to Revelation, and He made us to feel, created it all inside us. Our emotions are not evil; they are good gifts if God feels them and built them for us!

HEBREWS 4:15

We have not a high priest which cannot be touched with the **feeling** of our infirmities; but was in all points tempted like as we are, yet without sin."

PSALM 145:8-9

The Lord is gracious and compassionate, **slow to anger** and rich in love. The Lord is good to all; he has compassion on all he has made.

MATTHEW 9:35-36

And Jesus went throughout all the cities and villages, teaching in their synagogues and proclaiming the gospel of the kingdom and healing every disease and every affliction. When he saw the crowds, he had **compassion** for them, because they were harassed and helpless, like sheep without a shepherd.

GENESIS 1:31

And God saw everything that he had made, and behold, it was **very good**.

ZEPHANIAH 3:17

The Lord your God is with you, the Mighty Warrior who saves. He will take great **delight** in you; in his love he will no longer rebuke you, but will rejoice over you with singing.

JOHN 15:11

These things I have spoken to you, that **my joy** may be in you, and that your joy may be full." Isaiah 53:3: "He was despised and rejected by men, a man of sorrows and acquainted with grief.

ISAIAH 53:3

He was despised and rejected by men, a **man of sorrows** and acquainted with grief.

JOHN 11:33-35

When Jesus saw her weeping, and the Jews who had come with her also weeping, he was deeply moved in his spirit and **greatly troubled**. And he said, 'Where have you laid him?' They said to him, 'Lord, come and see.' Jesus wept.

LUKE 22:41-44

And he withdrew from them about a stone's throw, and knelt down and prayed, saying, 'Father, if you are willing, remove this cup from me. Nevertheless, not my will, but yours, be done.' And there appeared to him an angel from heaven, strengthening him. And being in **agony** he prayed more earnestly; and his sweat became like great drops of blood falling down to the ground.

ISAIAH 63:10

But they rebelled and **grieved** his Holy Spirit.

ROMANS 8:26

Likewise the Spirit helps us in our weakness. For we do not know what to pray for as we ought, but the Spirit himself intercedes for us with **groanings too deep for words**.

WEEK THREE

"Controlling our emotions is not the goal. Healing them and expressing them in a healthy way is."

BEFORE YOU GATHER...

- READ: Chapter 5 "Experts in Evasive Measures"
- LISTEN: Made for This Season 16 Episode 5 and Episode 6

TOGETHER...

DISCUSS:

- As you read the statements on pp. 56-58, which one stood out to you as a flag for an area where you tend to try to control your emotions?
- What coping mechanisms are most enticing to you when you want to drown out how you really feel?
- Share a time when you attempted to stuff an emotion in a box. Did it eventually come out anyway? What happened?

DIG DEEPER:

- Psalm 38:9
- John 8:32

AFTERWARDS...

- JOURNAL: Jennie shared, "You don't have to tell everyone; you have to tell someone." What emotion are you concealing from the people in your life? Who can you talk with about it - a friend, a family member, a therapist?
- TAKE THE CHALLENGE: Take the 'Are You Facing Emotions or Hiding Them Away?' quiz at JennieAllen.com/emotions-quiz to learn more about your emotional default.

WEEK FOUR

"Our emotions have a purpose, and that purpose is to connect us to God and one another."

BEFORE YOU GATHER...

- READ: Chapter 6 "Created to Connect"
- LISTEN: Made for This Season I6 Episode 7 and Episode 8

TOGETHER...

DISCUSS:

- Do you feel safe with God to wrestle out your authentic emotions with Him? Why or why not might that be?
- Is it hard for you to be vulnerable with others? What has helped you take a first step of honesty in the past?
- Share about a time when you were honest with your feelings and you felt seen and comforted in return.

DIG DEEPER:

- Psalm 51:6
- Matthew 5:4

AFTERWARDS...

- JOURNAL: Do you ever struggle with fear that if you feel your feelings and share them, the people you entrust them to will try to leave? Who are the people in your life who, like Dr. C., *are not leaving the room?*
- TAKE THE CHALLENGE: As you're talking with friends and family this week - on the phone, at lunch, over Voxer - try using one of our conversation starters on the next page to grow your connection.

CONVERSATION

WHAT IS A SMALL THING BRINGING YOU JOY RIGHT NOW?

HOW DO YOU KEEP YOUR OWN SCREEN TIME IN CHECK?

HOW DO YOU TYPICALLY UNWIND AFTER A STRESSFUL DAY?

**DO YOUR PARENTS TEND TO EXPRESS THEIR
EMOTIONS OR STUFF THEM DOWN?**

WHEN WAS THE LAST TIME YOU CRIED?

**WHAT IS ONE OF THE HEALTHIEST HABITS
YOU HAVE THAT YOU DO EVERY DAY?**

**WHAT ARE YOU ANXIOUS ABOUT WHEN
YOU LIE DOWN TO GO TO SLEEP?**

DO YOU EVER FEEL PRESSURE TO ALWAYS SEEM HAPPY?

WHAT ARE THE BIGGEST TRIGGERS FOR LOSING YOUR TEMPER?

**IS THERE ANYTHING COMING UP
IN YOUR LIFE THAT YOU'RE DREADING?**

WHAT ARE YOU LEARNING RIGHT NOW?

IS THERE A PERSON OR SITUATION YOU ARE TRYING TO CONTROL?

STARTERS

WEEK FIVE

"We can untangle our emotions and chart a path out of our pain."

BEFORE YOU GATHER...

- READ: Chapter 7 "A Vision for Something Better"
- LISTEN: Made for This Season I6 Episode 9 and Episode 10

TOGETHER...

DISCUSS:

- Discuss the question on p. 83 - When you consider your emotional life, what is it that you want?
- In week one, you journaled about your beliefs around emotional health. Revisit the question together - Do you believe that you can be emotionally free and healthy?
- Have a group discussion about the journey you're about to go on for the second half of this book. Is everyone in to be each other's people in the boat, to stretch and encourage one another? This week, take the challenge below together as a group!

DIG DEEPER:

- John 1:38 NIV
- Deuteronomy 31:8

AFTERWARDS...

- JOURNAL: What are you wrestling with right now? Is there anything you wish you could walk *around* but you know you just have to walk *through*?
- TAKE THE CHALLENGE: Complete the In It Together worksheet on the next page as a group to mark your commitment to one another on the journey toward emotional health and freedom.

IN IT TOGETHER

We believe emotional health and freedom is possible for each one of us. We also believe in community, and we know that we need each other to get there.

We are committing to be here for each other for the next six weeks. We will show up with vulnerability and honesty, even when it's hard. We will listen to, encourage, comfort, and stretch one another, and we will not leave the room.

We may not get it perfect, but we will work to see one another and be a safe space. We will be fueled by the love and compassion of Jesus through the help of the Holy Spirit.

We will not fix each other. We will feel, and we will do it together.

NAMES:

DATE:

WEEK SIX

"Our bodies are constantly feeding us information about how we're doing, but we have to pay attention to learn."

BEFORE YOU GATHER...

- READ: Chapter 8 "Getting Past Fine (Notice)"
- LISTEN: Made for This Season I6 Episode II and Episode I2

TOGETHER...

DISCUSS:

- Share a time this week when you were heading toward a big emotion and chose connection over controlling, coping or concealing. If you can't think of one, that's okay! Share about an emotional response you would re-do if you could.
- Is it easy or hard for you to notice how you're feeling? Why might that be?
- What is a way you have experienced your emotions in your body (see list on p. I09)?

DIG DEEPER:

- Mark 5:30-34
- Psalm I39:23-24

AFTERWARDS...

- JOURNAL: Ask yourself the three questions on p. I08:
 1. What do I sense in myself emotionally? Am I Okay or Not Okay?
 2. Can I sit with either reality for a bit?
 3. How long have I been feeling this way? For an hour? A day? A year? Since age ten?
- TAKE THE CHALLENGE: Track your emotions for a week. Begin to notice patterns and triggers.

[illegible]

WEEK SEVEN

"Naming what we are feeling is essential to untangling our insides."

BEFORE YOU GATHER...

- READ: Chapter 9 "The Vocabulary of Emotion (Name)"
- LISTEN: Made for This Season I6 Episode I3 and Episode I4

TOGETHER...

DISCUSS:

- When was the last time you felt really happy? What led to the feeling, and is there a way you could add more of those things to your life?
- What is the difference between being angry and sinning in our anger?
- When was the last time you cried? What triggers your sadness most often?

DIG DEEPER:

- John I0:I0
- Psalm I03:I3-I4

AFTERWARDS...

- JOURNAL: When was the last time you felt worried or afraid? Choose a verse on p. I29-30 and meditate on it, imagining God responding to your fear as a loving, safe father speaking to his child.
- TAKE THE CHALLENGE: Return to your Emotion Tracker from last week, this time with a Feelings Wheel in hand. Add an additional, more granular emotion to each feeling you felt.

FEELINGS WHEEL



WEEK EIGHT

"We waste so much energy scrutinizing our feelings rather than just feeling what we need to feel."

BEFORE YOU GATHER...

- READ: Chapter 10 "Give Yourself Some Space (Feel)?"
- LISTEN: Made for This Season 16 Episode 15 and Episode 16

TOGETHER...

DISCUSS:

- What is the emotion that you just need to feel? Share the journey you've been on so far with this feeling to notice and name it. Are you ready to feel it now?
- How have you responded to this emotion in the past with one of the three Cs? What are the ways that this response is actually perpetuating the emotion rather than getting rid of it?
- Why do you think we sometimes feel guilt over feeling certain emotions?

DIG DEEPER:

- James 1:2-4
- Luke 22:41-44

AFTERWARDS...

- JOURNAL: Go deeper with the emotion you discussed with your group this week. Work through the four steps on pp. 136-140 - pause, give yourself permission, look back, and persist.
- TAKE THE CHALLENGE: Get out in nature and go on a quiet walk - just you and God, enjoying His creation with no music or podcasts in your ear.

WEEK NINE

"Feelings don't heal when we ignore them; they heal when we are wrapped up by the people we love in the middle of them."

BEFORE YOU GATHER...

- READ: Chapter II "You Are Not Alone in This (Share)?"
- LISTEN: Made for This Season I6 Episode I7 and Episode I8

TOGETHER...

DISCUSS:

- Practice sharing your feelings! Have each person start your gathering with the simple words, "I feel _____."
- Were you aware that sharing our story in safe, connected relationships can scientifically heal the brain? How does that make you feel?
- Why do you think it's easier to share our thoughts and ideas with people than our emotions?

DIG DEEPER:

- Galatians 6:2
- Romans 5:3-5

AFTERWARDS...

- JOURNAL: In week three, you journaled about an emotion that you were struggling to share with the people in your life. Have you taken steps toward sharing this emotion with anyone? If you have, reflect on the experience of opening up. If not, consider why not and ask God to help you take the next step.
- TAKE THE CHALLENGE: Invite a friend to coffee and try this conversation: "Hey, can I tell you something and you tell me how it makes you feel?" Remember to start with "I feel..." and ask for an "I feel..." statement in response. It may be clunky - that's okay!

WEEK TEN

"Even if you think you aren't doing anything with your feelings, you are."

BEFORE YOU GATHER...

- READ: Chapter 12 "What to Do with What You Feel (Choose)?"
- LISTEN: Made for This Season 16 Episode 19 and Episode 20

TOGETHER...

DISCUSS:

- How have you seen emotional health affect other areas of your life (work, marriage, parenting, friendship, faith, etc.)?
- How has your relationship with God changed your emotional life?
- Revisit the train on p. 51. What is an area in your life where you are being faced with a choice about what to do with your feelings? (See the list of questions on p. 172 for some thought-starters!)

DIG DEEPER:

- Matthew 5:4
- John 16:33

AFTERWARDS...

- JOURNAL: Ask God the two questions on p. 174:
 1. God, what do you want me to know?
 2. God, what do you want me to do?
- TAKE THE CHALLENGE: Take time this week to work through an emotion using the five steps worksheet.

JENNIE'S FIVE-STEP PROCESS

1. NOTICE

- What do you sense in yourself emotionally?
- Are you Okay or Not Okay?
- What's happening in your body?
- How long have you been feeling this way?

2. NAME

- What are you feeling?
- Is there a more specific word you could use to describe this feeling?

FOR CONNECTION THROUGH FEELINGS

JENNIE'S FIVE-STEP PROCESS

3. FEEL

- Pause - Take a quiet moment and pay attention to what you're feeling.
- Give yourself permission - Accept the feeling, exactly as it is.
- Look back - When is the first time you remember feeling this feeling?
- Persist - Don't fight it; let it be what it already is.

4. SHARE

- Who is a safe person you can share this emotion with?
- Practice saying, "I feel ____."
- Ask for an "I feel ____" statement in response.

FOR CONNECTION THROUGH FEELINGS

JENNIE'S FIVE-STEP PROCESS

5. CHOOSE

- Invite Jesus into your emotion. Ask Him, "What do You want me to know?"
- Be honest about where you are and your desperate need for Him.
- Ask God, "What do You want me to do?" What is one decision or change you can make today?

FOR CONNECTION THROUGH FEELINGS

WEEK ELEVEN

"What I know to be true is this: We can be healthier than we are today. By God's grace, we can be transformed."

BEFORE YOU GATHER...

- READ: Chapter 13 "Dealing with Stubborn Knots"
- LISTEN: Made for This Season 16 Episode 21 and Episode 22

TOGETHER...

DISCUSS:

- How have you seen a connection between your physical health and your emotional health?
- Jennie suggested making adjustments in five areas if you're feeling emotionally stuck: limiting screen time, sitting in silence, eating healthy and drinking water, moving and getting outside, and resting. Which one of these could you choose to implement this week? (Check back in with one another next week!)
- How did you feel when you read, "Marvelous change will come at a cost (p. 191)?" Do you feel ready to do the hard work that emotional health demands?

DIG DEEPER:

- Galatians 5:22-23
- Psalm 46:10

AFTERWARDS...

- JOURNAL: Answer Jennie's doctor's five questions on pp. 180-181. Is there one of these areas that could be impacting your emotional health more than you've realized?
 1. Are you moving your body every day?
 2. Are you sharing what is difficult with friends and family?
 3. How much alcohol are you drinking?
 4. Are you eating a balanced diet?
 5. Are you spending time with Jesus?
- TAKE THE CHALLENGE: Therapy is wonderful. Therapy in its best form, though, often comes from doing life with the people we love. Text the people in your circle the Therapy with Friends activity and ask that each of you share your answers next time you are together.

THERAPY WITH FRIENDS

a healing activity (that's totally free)

The biggest emotion I felt this week was

_____.

The reason I felt _____ was

_____. That feeling makes

me feel _____, so I wanted

to _____ the feeling.

I remember first feeling _____

when I was _____ years old. When I think about myself

back then, it makes me feel

_____.

I wish I could tell myself back then

_____.

WEEK TWELVE

"God longs to use our emotions to help us become better at living this thing called life."

BEFORE YOU GATHER...

- READ: Chapter 14 "Free to Feel" and Chapter 15 "Your Feelings Are Worth Fighting For"
- LISTEN: Made for This Season 16 Episode 23 and Episode 24

TOGETHER...

DISCUSS:

- How has the journey over the last twelve weeks impacted you? How have you experienced growth in emotional health?
- Where do you feel hopeful where you may have previously felt hopeless?
- As you grow in emotional health, where is energy being freed up to create, serve, give or care?

DIG DEEPER:

- Psalm 91:1-4
- Ecclesiastes 3:1-8

AFTERWARDS...

- JOURNAL: Read through your journals and challenges from the last three months. How has this experience changed you? How do you need God to show up for you in the next three months?
- TAKE THE CHALLENGE: You've been on quite a journey! Pick a day, time and place to get together as a group in the next few weeks. Celebrate what God has done and keep the conversations going!