

# "Dancing with Emotions"

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Emotions are something we all have—they are ever-present, closely connected to us, yet often hard to fully understand or control. Emotions can fuel our dreams and deepen our relationships with others, but they can also control us, affecting our mental and physical well-being, and even our relationships. Sometimes, to escape the torment of emotions, people may turn to unhealthy coping mechanisms, such as gambling. In this way, emotions can be both a force for good and a source of destruction, just like the saying, "Emotions can either help us sail or sink our ship."

I'd like to share a story about a snake and a saw, which can teach us all how to better understand our emotions and learn to "dance" with them.

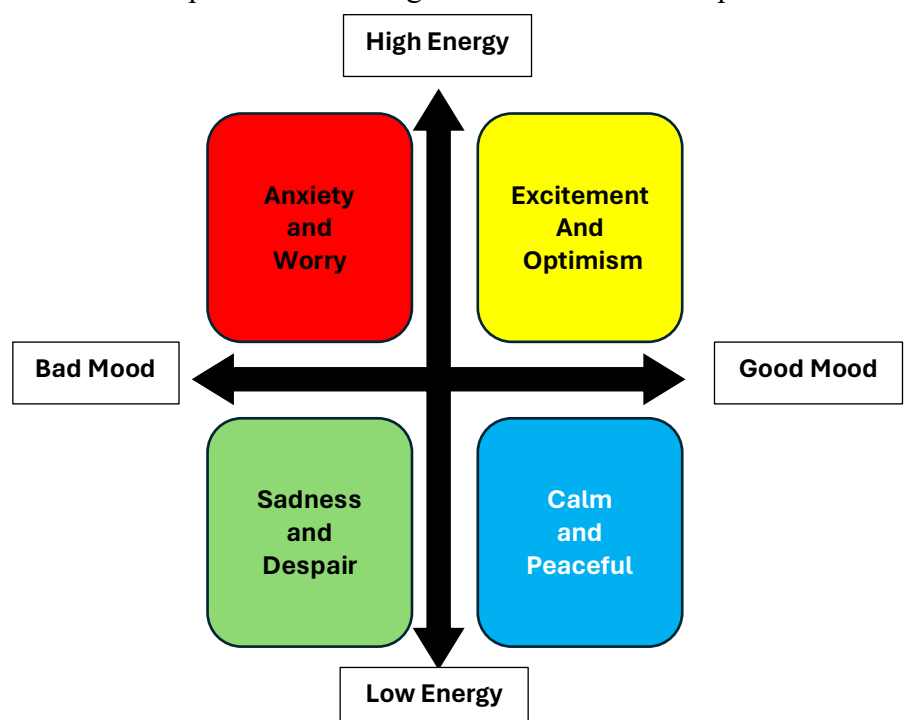
One day, a snake slithered into a carpenter's workshop. As it crawled quietly toward the corner, it accidentally passed over a saw, lightly cutting itself. Startled and in pain, the snake immediately turned around in anger and bit the saw. This action only made the saw cut deeper into the snake's mouth.

Thinking the saw was attacking it, the snake decided to wrap its entire body around the saw, trying to crush it with all its strength. But the more pressure the snake applied, the deeper the saw's blades cut into it. As its wounds deepened, the snake became even more furious and tightened its grip until, tragically, it died from the injuries it had caused itself.

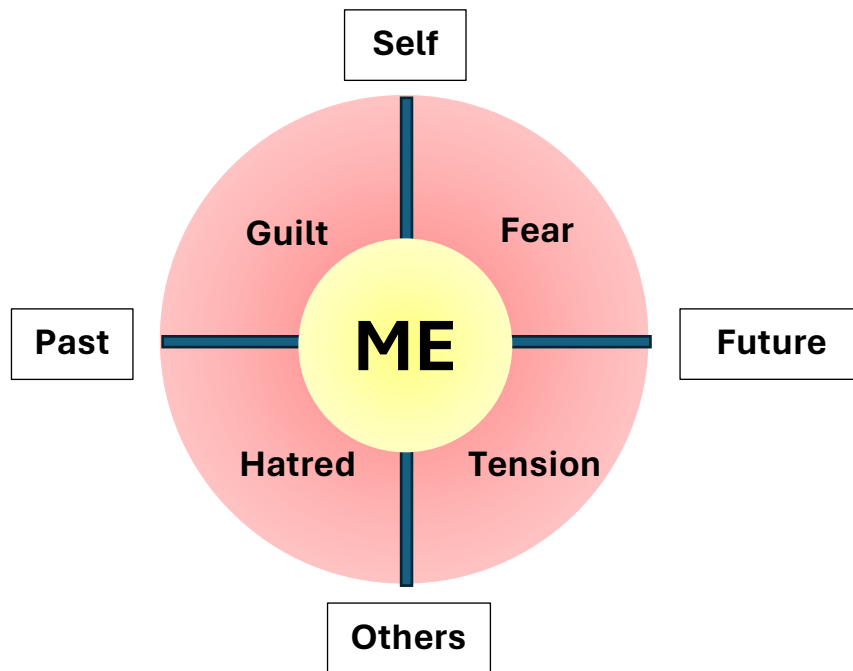
In a similar way, when we are ignorant about our emotions and don't know how to handle them, we can end up causing ourselves harm. That's why it's important to approach emotions with humility, learning to understand and regulate them. With the help of faith and healthy coping mechanisms, we can transform our negative emotions.

As the saying goes, "Know yourself, know your enemy." We can begin by self-reflecting on our emotions every day. At the very least, we should take time to check in with ourselves and recognize our emotional state. Self-awareness is the first step in emotional regulation. The second step is to

reflect in a quiet moment: who or what caused our positive or negative feelings? What thoughts triggered these emotions? The third step is to express these emotions in healthy ways. Relieving emotional tension can be as simple as connecting with nature—flowers, trees, and sunlight are some of the best forms of healing. Sharing your thoughts with a close friend can also help to release inner stress. Even a simple walk in the park can stimulate your brain to release dopamine, which helps you feel happy and relaxed.



If you choose to believe in Jesus, you will have even more resources to help you face various negative emotions. This diagram illustrates how we often feel guilty about past mistakes or hold grudges against others who have hurt us. But through Jesus' sacrifice and immense love, we can learn to let go of resentment and embrace forgiveness. When we face an uncertain future, it's easy to feel fear and anxiety, but through experiencing God's protection and provision, we can find peace and hope. God has also given us the Bible, which offers comfort and support in times of need.



When you say, "I'm so tired," God says, "I'll give you rest." (Matthew 11:28)

When you say, "No one really cares about me," God says, "I love you." (John 3:16; John 13:34)

When you say, "I cannot forgive myself," God says, "I forgive you." (1 John 1:9; Romans 8:1)

When you say, "I can't handle it," God says, "I will provide what you need." (Philippians 4:9)

When you say, "I am afraid," God says, "I have not given you a spirit of timidity." (2 Timothy 1:7)

When you say, "I am often worried and depressed," God says, "Cast all your anxiety on me." (1 Peter 5:7)

When you say, "I feel lonely," God says, "I will never leave you or forsake you." (Hebrews 13:5)