

CLEARING OUT YOUR EMOTIONAL CLOSET

Shining a light on our emotional shadows holds a key to healing from all kinds of dysfunctional thoughts and behaviors. Unprocessed feelings, negative thoughts, beliefs, memories, or fear-based attitudes all serve to hold us back and keep us stuck. All emotions are not good nor bad...they just are. They must be experienced, processed and released or they will simply be embedded within manifesting themselves at some point in some way that may not be terribly healthy.

The body and mind must be allowed to process psychological waste or it will backup your emotional sewage system and keep you mired in unhealthy, compulsive thoughts, feelings and behaviors. Awareness alone is not enough. Your psychological waste must also be released to God for ultimate healing and wholeness. This process requires courage, honesty, and patience with yourself, as well as a willingness...to go there!

Get yourself a notebook and go through the following list, allowing yourself to identify any and all thoughts, situations or circumstances that each word connects to. Please be as thorough and detailed as possible. You may find some overlap in what you write for multiple items. Handwrite, if possible, anything that comes to mind pertaining to each word. At the end of your writing for each item, write and speak aloud:

“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”

NOTE: *This exercise can be used in one sitting or as a daily exercise addressing just one or two items per day (or week). It is also recommended that this process be revisited as often as needed to keep the emotional sewage cleared out.*

- 1. Stress:** *I am stressed by/about _____.* Perhaps the responsibilities you carry, the bills you need to pay, the needs of your family, the demands of work, etc. are a constant source of stress....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 2. Shame:** *I am ashamed of _____.* Perhaps you have acted foolishly, and cringe about something you’ve said or done....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 3. Anger:** *I am angry at _____.* Perhaps you feel unfairly treated, and have not released all your anger. Perhaps you are angry at yourself for self-sabotaging behaviors....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 4. Guilt:** *I feel guilty for _____.* Perhaps you feel guilty for something you’ve thought, said, or done....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 5. Resentment:** *I feel resentment about/toward _____.* Perhaps you feel resentment toward others for imposing their thoughts, beliefs, opinions on you. Perhaps you resent being asked to do things you don’t want to do....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 6. Fear:** *I am afraid of _____.* Perhaps you carry a secret fear of loss, of tragedy or other fear that you have not yet released to God....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 7. Sadness:** *I feel sad about _____.* Perhaps you carry hurt and pain that you have not yet fully acknowledged....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 8. Remorse:** *I feel remorse (self-pity/self-anger) for _____.* Perhaps you feel remorse for things you have said or done....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*
- 9. Helplessness:** *I feel helpless about _____.* Perhaps you feel helpless over certain circumstances in your life. Perhaps you feel helpless about changing certain things about yourself....
Write and speak out loud: *“Dear God, I surrender my _____ to Thee. Please take it from me. Amen.”*

10. **Despair:** *I feel despair about/over* _____. Perhaps you feel some despair about a loss you've experienced. Perhaps you feel some despair over something that's happened in your life....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
11. **Unforgiveness:** *I haven't forgiven* _____ *for* _____. Perhaps there is someone who betrayed your heart, whom you have not yet been able to forgive....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
12. **Judgment:** *I judge* _____ *for* _____. Perhaps you think others are behaving in ways they shouldn't, or you think and/or speak of them in negative ways....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
13. **Disdain:** *I feel disdain for* _____. Perhaps there are those who disagree with you, and/or you hold contempt for their beliefs or actions....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
14. **Anxious:** *I feel anxious about* _____. Perhaps you feel worried or nervous about some events or situations in your life. Perhaps you have a hard time not thinking about _____.
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
15. **Overwhelmed:** *I feel overwhelmed about* _____. Perhaps you have so many things on your plate you don't know where to start.
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
16. **Excess Responsibility:** *I feel responsible for* _____. Perhaps you carry the burden of thinking you're responsible for things that are out of your control....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
17. **Pressure:** *I feel a lot of pressure regarding* _____ *and/or I feel pressured about* _____. Perhaps you feel that at home, at work, as a spouse, as a friend, as an employee, or as a parent you're carrying more pressure than you can stand....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
18. **Exhaustion:** *I am exhausted because* _____. Perhaps you feel physically, mentally, and emotionally so tired that you can hardly stand to awaken some days....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
19. **Burden:** *I am burdened by* _____. Perhaps you are carrying a pain in your heart that lies heavy upon you and weighs you down....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
20. **Loneliness:** *I feel lonely when/because* _____. Perhaps you find yourself surrounded by people but yet feel alone....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
21. **Heartbreak:** *My heart is heavy because* _____. Perhaps someone you love is ill, or has left you, or has died....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
22. **Injustice:** *It isn't fair that* _____. Perhaps you were overlooked, or dissed, or thrown under the bus, or not treated fairly....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
23. **Protection:** *I feel I need protection from* _____. Perhaps you feel there is a person or a condition that is a threat to your well-being that frightens you....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."
24. **Pride:** *I am prideful about/when* _____. Perhaps you lack humility when dealing with others, failing to listen to them deeply or to admit when you've made a mistake....
Write and speak out loud: "Dear God, I surrender my _____ to Thee. Please take it from me. Amen."

25. **Selfishness:** *I am selfish when _____.* Perhaps you grab for what you want in life without thinking of the needs of others....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
26. **Jealousy:** *I get jealous when _____.* Perhaps you tear others down when you fear their success, not having learned that blessing others and what they have is a way of manifesting the same abundance in your own life....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
27. **Greed:** *I get greedy when _____.* Perhaps you accumulate more than you need, giving no deference to moderation, balance, or the needs of others....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
28. **Laziness:** *I am lazy when _____.* Perhaps you fail to take responsibility for generating energy in a positive, vital, and productive way....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
29. **Separation:** *I feel separate from _____.* Perhaps there is a friend or family member or organization or community from which you've been disconnected, leaving a pain in your heart....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
30. **Dishonesty:** *I don't feel that I can be honest about _____.* Perhaps you carry a secret, something you don't feel you can safely tell anyone. Perhaps it's a guilty secret, or something you fear others would judge you for....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
31. **Arrogance:** *I think I am better than _____.* Perhaps you think you are smarter, better, more qualified, or more worthy than someone else. Perhaps you feel your sensitivity, etc. makes you superior....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
32. **Entitlement:** *I feel that the world owes me _____ because of _____.* Perhaps you feel a sense of entitlement over/regarding an injustice in your life....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
33. **Inferiority:** *I don't think I'm as good as... or I feel "less than" in the following ways _____.* Perhaps you feel that others are smarter, better, more qualified, or more worthy than you. Perhaps you feel that your weight makes you inferior. Perhaps you feel "less than" in the following ways...
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
34. **Embarrassment:** *I feel embarrassed because _____.* Perhaps you have fallen down in some way in front of others. Perhaps your issues have increased this embarrassment. Perhaps your family is embarrassed by you. Perhaps you are embarrassed with yourself....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*
35. **Self-abnegation:** *I have built this wall so that others won't hate me for being successful, beautiful, and seeming to have it all _____.* Perhaps you have subconsciously chosen your particular struggle as a bargaining chip to win the approval of others, as though having one big thing you suffer from will keep you from being glorious and keep you from offending others....
Write and speak out loud: *"Dear God, I surrender my _____ to Thee. Please take it from me. Amen."*