

Feelings Inventory

Don't know how you're feeling? At best, you'd describe yourself as numb? Give this a try

Take a few deep breaths and close your eyes. Ask God to guide this time.

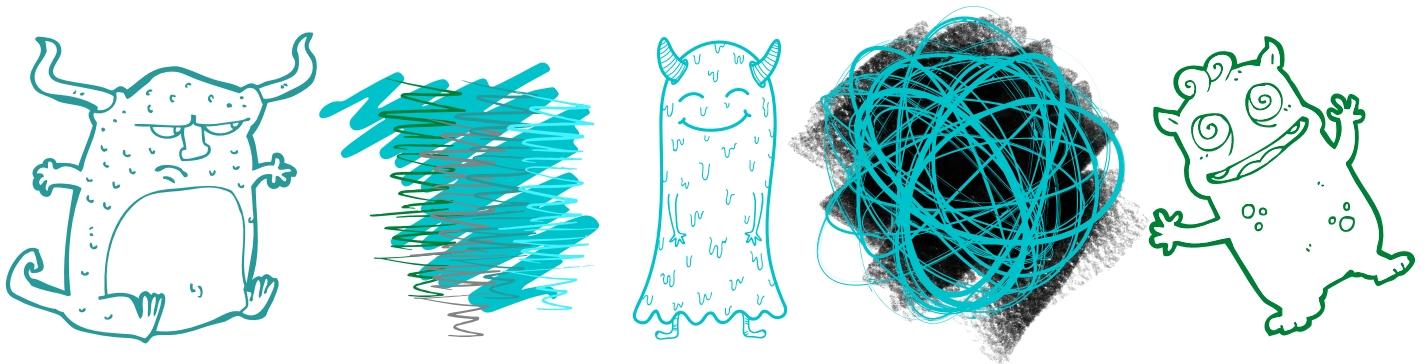
Imagine a table. You're hosting a small dinner party. What does the table look like? What room is it in, or is it outside? Set the scene for yourself.

Now for the guests. The guests today will be your emotions. It might take a minute for them to show up. Hear the knock at the door and go and answer it. Who's there? Maybe you're not even sure of their name, but you can see what they look like. That's fine. Invite them in and give them a seat at the table, saying a word of welcome to them.

Continue this process until all of your guests have arrived.

Sit in this scene in your imagination as long as you like. Is one guest louder than the others, demanding attention? Is there a guest you'd like to spend time with, but she's being a little elusive? Simply notice. As much as you may want to kick some guests out, allow them all to stay--accepting them as guests at your party.

Now take time to process. Journal about what emotions were there. Did any surprise you? What did they look like? Do you find any meaning behind that? What's it like to not reject any emotions, but to welcome them?



(potential dinner guests)