

The Emotional Naming and Reclaiming Guide

This guide is a Scripture-based tool created to help you identify, name, and process your emotions—especially the ones that feel hard to express or overwhelming to carry.

This resource guides you through three layers of emotions—from broad categories to highly specific feelings—and pairs each one with a Scripture to help you bring your emotions into alignment with God's truth.

■ How the Emotional Guide is Structured:

Emotions in this guide are organized into three layers to help you reflect more deeply:

1. Core Emotions

These are the broadest and most general emotional categories—like Sad, Angry, or Fearful. They serve as your starting point.

2. Primary Emotions

These help you narrow in further, adding more context and clarity. For example:

Sad may lead to lonely or depressed

Angry may lead to frustrated or bitter

3. Specific Emotions

This final layer helps you name what you're truly feeling with precision. These may include emotions like abandoned, ashamed, jealous, or overwhelmed.

Each of these specific emotions is paired with a Bible verse to help you reflect, reframe your thoughts, and respond in faith.

How to Use This Guide:

- Pause and notice what you're feeling.
- Scan the list and find the emotion that most closely fits.
- Read the Scripture associated with that emotion.
- Invite God to speak truth over your heart.
- Journal or pray your honest thoughts using the emotion and verse as a guide.





