



Telling your Feelings to Shut Up

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Our FEELINGS are on a continuum from NEGATIVE to POSITIVE Emotion; it's an internal assessment of the emotional climate of our heart - it's how you experiencing life - good or bad.

NEGATIVE FEELINGS are the recognition of anything that brings us discomfort.

Can't base your decisions on your feelings.

Understand How Feelings are Controlled by Your Addiction

In your adolescent years, you were still developing as a person in all ways biologically, physically, emotionally, relationally and sexually. The dangerous combination of life immaturity, neurological susceptibility, and sexual unawareness makes a young teen very vulnerable addictive behaviour. When you add any outside pressures, family strains and personal hurts, the discovery of PORN and MASTURBATION and with it, the amazingly wonderful sense of exhilaration and relief that ORGASM brought, you have all things needed for a dysfunctional pattern of dependency.

You found that most any emotional pain could be silenced (at least for a while) with a strong hit from your new adolescent drug of choice - the PMO Cycle. It was also very private and virtually undetectable. The PMO reward cycle started and with it, unbeknownst to you, a growing and deepening addiction. Sexual release became your life - your secret fantasy world.

This repeated behaviour and your young susceptible mind created a deep addiction. Your sexual addiction brought instant biological gratification and instant emotional relief. Your PMO addiction has fueled the pain avoidance path - as a well-trained addict, you AVOID DISCOMFORT AT ALL COSTS!

Addiction makes you a slave to your feelings. All negative feelings - emotions - sensations - moods or whims become solvable by acting out. So, with the biological addition and the emotional strains, you don't learn perseverance; you only learn "find relief".

The young addicts mind operates on pain avoidance. PMO to sooth all my pain, to feel better and feel powerful and have the physiological high. I don't deserve pain. I don't like pain. Whatever the source - IT HURTS! It could be REJECTION - DISAPPROVAL - LONELINESS - FAILURE - whatever. Lack of a learned ability to HANDLE EMOTIONAL STRAINS combined with no ability for SEXUAL SELF-DENIAL and EMOTIONAL ADOLESCENCE is Established.

Quick review of Emotional Adolescence: Sexual preoccupation during the teen years and with it the learned behaviour of pain avoidance through the PMO cycle, and the youth stops growing emotionally. The remain immature and don't develop the life skills and attitudes of a mature adult. They stop growing in life maturity and become more self-absorbed and unable to handle stresses in a

healthy way. AS a result, they could be 50 years old but are acting and reacting like a 14-year-old. Part of growing up in life is learning that effort is needed to succeed at most everything. No pain - No gain.

Rather with Emotional Adolescence, the teen doesn't develop any ABILITY FOR DEFERRED GRATIFICATION. They are often Impatient. Complaining. Self-absorbed. Blaming. Excuse-making. Minimizing. Hiding, Lying. The "Poor me" attitude. This is "Too Hard" approach to life. NOTE: None of these dispositions are signs a maturity in life.

Immature people will AVOID Discomfort of any kind.

WHAT SHOULD GUIDE OUR FEELINGS

The Bible Doesn't give a lot of sympathy or credence to FEELINGS! The Bible calls us to THINK CLEAR and ACT RIGHT and doesn't discuss how you feel about it. SOLUTION: Be anchored by the truth and do what is right. Tell your feelings to get in line!

"It is fine to be zealous, provided the purpose is good, and to be so always, not just when I am with you." Galatians 4:18

Zealous is an emotional word. It means passionate, eager, enthusiastic, obsessive - even fanatical. Let's break down what the Scripture is saying about these driving emotions:

- FINE to be Zealous
- FINE if the Purpose is GOOD
- FINE if you are CONSISTENT
- FINE if you are the same PRIVATELY not just PUBLICALLY

6 Reasons Why You Can't Trust Your Feelings- Especially Negative Ones

1. Feelings have been hijacked by your sexual addiction. The correlation between the two is strong.
2. Your sexual addiction - started in your adolescence - has made you an emotional cripple. You likely haven't matured emotionally and don't fully know it and even know what you are missing.
3. Feelings change. The ups and downs of a person's emotions are almost limitless. Emotional decisions are dangerous ones.
4. Feelings are rarely anchored by truth. Feelings are often skewed by foolish or erroneous thinking.
5. Feelings acted on lead to far more poorer choices than good ones.
6. A person who is run by their emotions is a dangerous and unstable entity.

ANCHORING TRUTH ABOUT CONTROLLING FEELINGS AND NOT FEELINGS CONTROLLING YOU

- Dr. Steven Stosny - Base your decisions on what you VALUE not on what you FEEL!

- Dr. Hobart Mowrer - It is easier to ACT your way into the correct FEELING - than to FEEL your way into the correct ACTION.
- You haven't begun living your life until you start living your life for other people.
- Sometimes Your HEAD has to tell your HEART to Shut Up.
- The Right Thing to DO is Usually the Hardest Thing but it's one you can LIVE WITH for Life!
- The Right Thing to DO is Usually the Hardest Thing but it carries NO REGRETS!
- The Right Thing to DO is Rarely about putting your needs first.

WHERE TO GO FROM HERE

1. Learn to live with YOUR OWN Pain and Discomfort. Overcome your need for relief.
2. Work through the sources of your emotional or life baggage. Past hurts and trauma often are triggers that repeatedly cripple us.
3. Do an honest assessment of your Emotional Maturity. Are you acting like an emotional adolescent?
4. Learn the maturity of Others-Centeredness. EMPATHIZE with what you have put your wife through.
5. Saying Sorry doesn't remove the damage done. Rebuilding trust takes time.
6. Get in the WORD daily to renew your mind and rebuild your life on MATURE THINKING.
7. Put in the WORK of RECOVERY. Quick with the excuses. No Pain - No Gain.
8. TELL YOUR FEELINGS TO SHUT UP OR BE AN **EMOTIONAL CRIPPLE** THE REST OF YOUR LIFE!