



# > hooked on a feeling <

how to live in emotional health

**Part 2: Overcoming Negative Emotions**



# How to overcome negative emotions:

**1. Evaluate your emotional state.**

**Watch your thoughts**

**Proverbs 23:7**

**Watch your words**

**Luke 6:45**



**How to overcome negative emotions:**

**2. Own your feelings.**

**Romans 14:12**



**How to overcome negative emotions:**

**3. Take care of yourself.**

**1 Kings 19:1-8**



# How to overcome negative emotions:

4. Deal with your wounds.

**Hebrews 12:15**



# How to overcome negative emotions:

**5. Practice intentional thinking.**

**Romans 12:2**

**Determine – Delay – Distract – Declare**

**Are you overcoming  
negative emotions?**

