





CHUCKLE

GIGGLE

GRIN

HOWL

ROAR

SCREAM

SHRIEK

SNICKER

SNORT

WHOOOP

BURST

CHORTLE

CROW

GUFFAW

TITTER

CRACK UP

DIE LAUGHING

ROLL IN THE

AISLES

SPLIT ONE'S SIDES

BE IN STITCHES





**ANGER**

#INSIDEOUT



**SADNESS**

#INSIDEOUT



**FEAR**

#INSIDEOUT



# ANGER

#INSIDEOUT

- ANNOYANCE
- IMPATIENCE
- ANTAGONISM
- RESENTMENT
- ANIMOSITY
- DISPLEASURE
- IRRITATION
- OUTRAGE
- EXASPERATION
- INDIGNATION
- TIFF
- UMBRAGE
- IRRITABILITY
- MIFF
- SORENESS
- VEXATION
- INFURIATION
- SLOW BURN

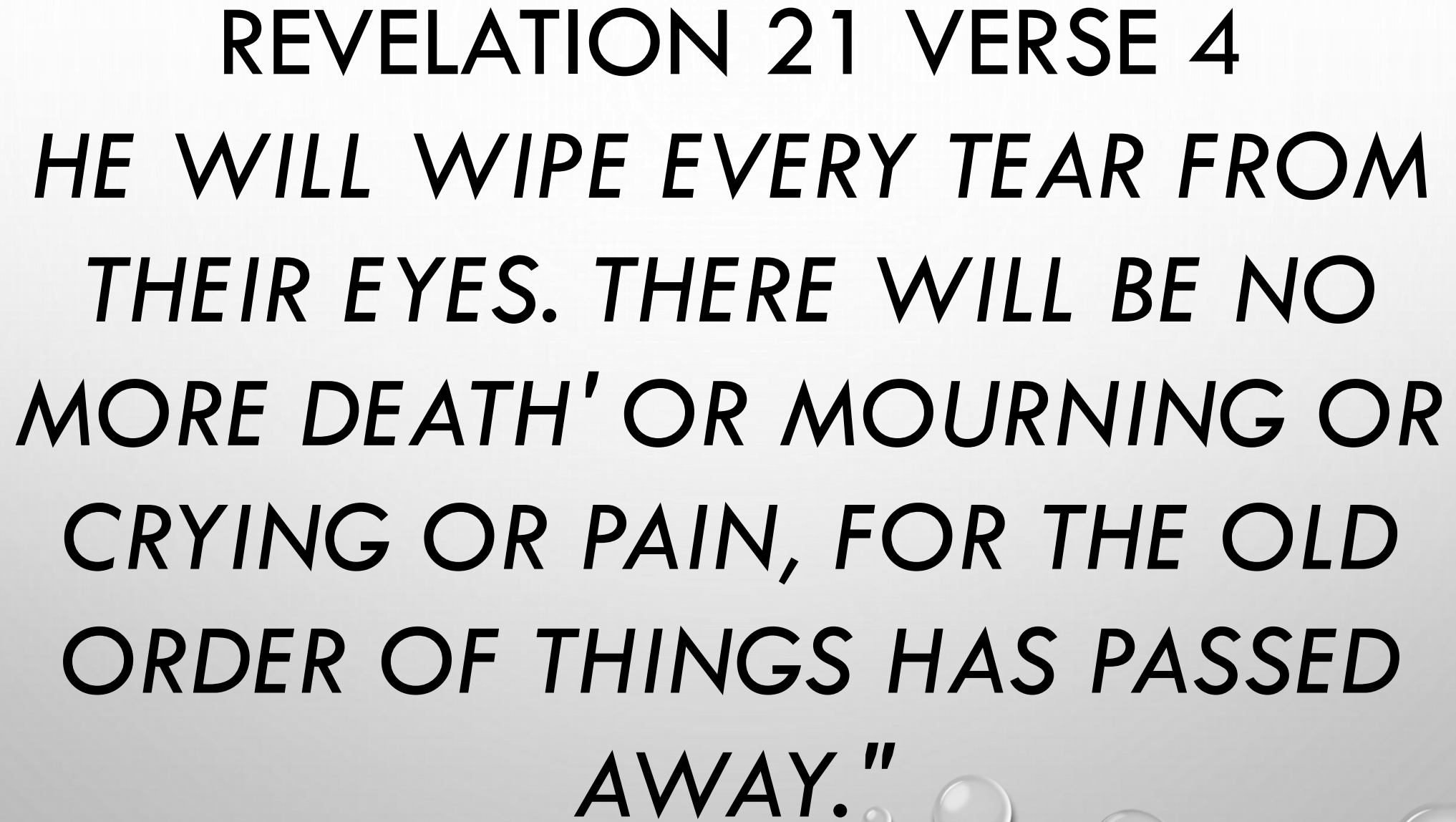
SINCE ANGER IS SUCH A COMPLEX EMOTION, I HAVE FOUND IT HELPFUL TO ASK THE FOLLOWING QUESTIONS TO HELP ME PROCESS IT BEFORE TAKING ANY ACTION STEPS: IS THIS MISPLACED BLAME FOR WHAT I NEED TO TAKE RESPONSIBILITY? IS MY ANGER JUSTIFIABLE OR IS IT COMING FROM THE WORST IN ME? IS THERE ANYONE FROM WHOM I NEED TO ASK FORGIVENESS FOR WOUNDING WITH MY ANGER?

ARISTOTLE RIGHTLY SAID, "ANYONE CAN BE ANGRY, THAT IS EASY.... BUT TO BE ANGRY WITH THE RIGHT PERSON, TO THE RIGHT DEGREE, AT THE RIGHT TIME, FOR THE RIGHT PURPOSE, AND IN THE RIGHT WAY.... THIS IS NOT EASY."



# SADNESS

#INSIDEOUT

The image features a light gray background with several realistic water droplets of varying sizes in the corners. The text is centered and reads:

REVELATION 21 VERSE 4  
*HE WILL WIPE EVERY TEAR FROM  
THEIR EYES. THERE WILL BE NO  
MORE DEATH' OR MOURNING OR  
CRYING OR PAIN, FOR THE OLD  
ORDER OF THINGS HAS PASSED  
AWAY."*

# 2 CORINTHIANS <sup>1</sup>

<sup>3</sup> PRAISE BE TO THE GOD AND FATHER OF OUR LORD JESUS CHRIST, THE FATHER OF COMPASSION AND THE GOD OF ALL COMFORT, <sup>4</sup> WHO COMFORTS US IN ALL OUR TROUBLES, SO THAT WE CAN COMFORT THOSE IN ANY TROUBLE WITH THE COMFORT WE OURSELVES RECEIVE FROM GOD.

PAUSE FOR A MOMENT. 'BE STILL BEFORE THE LORD' (PSALM 37:7). LET ANY THOUGHTS OR FEELINGS RISE TO THE SURFACE AS YOU CONSIDER THE FOLLOWING QUESTIONS; WHAT ARE SOME THINGS YOU ARE SAD ABOUT? WHAT ARE A FEW OF THE LOSSES YOU ARE CARRYING FROM THIS PAST YEAR? WHAT SETBACKS OR DISAPPOINTMENTS ARE IMPACTING YOU? HOW MIGHT GOD BE SPEAKING AND SHAPING YOU THROUGH THESE THINGS? OFFER THEM ONE BY ONE.



# FEAR

#INSIDEOUT

