

MENTAL AND EMOTIONAL IMBALANCE RECOVERY GUIDE

It is estimated that nearly half of the global population will experience a mental health disorder by the age of 75. In truth, almost everyone will face emotional or psychological imbalance at some point in life. These challenges may begin in utero, at birth, during childhood, or emerge in adulthood. They can be temporary and situational, or long-term and chronic.

Mental and emotional imbalances are often the result of multiple contributing factors, including biological, environmental, genetic, psychological, socioeconomic, and life experiences. In many cases, more than one factor is involved. For example, a biological predisposition may increase vulnerability to anxiety or depression. A severe emotional shock or trauma may temporarily—or permanently—disrupt normal mental functioning. Substance abuse can alter brain chemistry, creating new imbalances or worsening existing ones. The human body and mind are deeply interconnected; what affects one system often impacts the whole.

Some individuals also believe that spiritual factors, including demonic interference, may play a role in certain cases. From a biblical perspective, there are accounts in which spiritual oppression is described as contributing to severe mental or physical distress, with restoration occurring after deliverance. In my experience, clients who perceive spiritual interference often identify unresolved emotional trauma as an “open door.” Secondary coping mechanisms—such as numbing emotional pain with alcohol or drugs—can further deepen the struggle.

It is my hope that the information in this article will provide clarity and insight into mental and emotional imbalances that may be affecting you or a loved one. You will find practical suggestions for healing, recovery, and healthy coping, as well as guidance for those who view their struggles through a spiritual lens. Additional tools and resources are available at the bottom of my website, theresacrabtree.com, to support you in restoring balance and living more fully.

“Beloved, I pray that all may go well with you and that you may be in good health, even as your soul is well.” ~ John 1:2

STEP ONE

Skim through the entire document to get a general overview of the contents. If demons are currently oppressing you, be sure to read the sections “Distinguishing Spiritual Oppression from Mental Illness” and “Ways to Weaken Demonic Interference”

STEP TWO

Either print out the three lists below or have paper and pen ready to create a list to work from. Then, take a few long, slow, deep breaths. Prayerfully and slowly, go through the lists of types, causes and symptoms of mental and emotional imbalance. Cross off any items that do not relate to you. Add anything else that you are currently grappling with. With some items such as addictions and trauma, you will find additional help in the “Open Doors” lessons on those specific topics.

If any emotions begin to surface, pause and let them release. Either stop at that time to process that emotion or make a note to come back to it later. Follow your intuition. Greater healing will come as pent-up emotions are released. Deeper healing will occur when one is able to discover and resolve any trauma that is the root cause. For many, biological or genetic factors may require medication or specific coping skills, such as for ADHD. For some, a perspective change may be in order, which includes forgiveness of self or others. Monitoring one’s thoughts, words and behaviors and a daily review of one’s choices is beneficial to increase mental, emotional and physical well-being.

TYPES OF MENTAL AND EMOTIONAL IMBALANCES

(Add any others that you have been diagnosed with.)

Bipolar Disorder	Clinical Depression Mania	Conduct Disorder
Delusional Disorder	Dementia	Eating Disorders
PTSD	Prolonged Grief Disorder	Dissociative Identity Disorder
Schizophrenia	Anxiety Disorders	Paranoid Personality Disorder
ADHD	Panic Disorders	Narcissistic Personality Disorder
Kleptomania	Body Dysmorphic Disorder	Illness Anxiety Disorder
Hypochondria	Phobias	Obsessive Compulsive Disorder
Factitious Disorder	Autism	Intermittent Explosive Disorder

SYMPTOMS OF MENTAL AND EMOTIONAL IMBALANCES

(Include any others that you are experiencing.)

Heartbreak	Dejection	Defeatism
Depression	Despair	Discouragement
Excessive Grief/Sorrow	False Responsibility	Easily Frustrated
Gloom	Loneliness	Hopelessness
Inadequacy	Inferiority	Inner Pain
Insecurity	Sleep Issues	Isolation
Unworthiness	Listless	Low Self-Esteem
Many Regrets	Melancholy	Self-Hatred
Procrastination	Self-Hatred	Self-Pity
Eating Disorders	Shame	Unworthiness
Doubt	Indecision	Embarrassment
Grief	Guilt	Heaviness
Helplessness	Humiliation	Risky Activities
Loneliness	Loss	Mistrust
Self-Accusation	Timidity	Anxiety
Fear	Substance Abuse	Flashbacks of the Past
Suicidal Ideation	Emotionally Numb	Obsessive/Compulsive
Chronic Pain	Negative Self-Image	Lack of Confidence
People-Pleasing	Become Co-Dependency	Relationship Addiction
Weight Loss of Gain	Nightmares	Loss of Individuality, Sense
Escapism	Confusion	Feeling Overwhelmed
Delusions	Difficulty Calming Down	Sudden Mood Swings
Disconnected Thoughts	Easily Angered	Verbal Outbursts
Foggy Mind	Gnashing of Teeth	Hallucinations
Hearing Voices	Impulsive	Inability to Conclude
Indecision	Interpersonal Problems	Fear to Start Re
Lack of focus	Memory Problems	Perception Problems
Perfectionism	Self-Condemnation	Self-Harm
Aggression/Violence	Mania / Hypomania	Uncontrolled Temper
Suppressed Emotions	Rejection Sensitivity	Unrealized Dreams and Goals
Social Disconnect	Trouble Maintaining Relationships	

CAUSES OF MENTAL AND EMOTIONAL IMBALANCES

(Include any others that have affected you.)

Poverty	Substance Abuse	Change of Job / School
Social Isolation	Stressful Events	Relationship Difficulties
Homelessness	Spells / Curses	Demonic Interference
Stroke	Delirium	Financial Problems
Brain Cancer	Prenatal Damage	Seizures / Epilepsy
Head Injuries	Traumatic Brain Injury	Degenerative Brain Diseases
Severe Abuse	Neurodivergence	Death of Loved One
Major Loss	Neglect	Genetics
Infections	Brain Defects	Toxin Exposure
Neglect	Poor Nutrition	Lack of Healthy Relationships
Divorce	Feeling Inadequate	Dysfunctional Family Life
Low Self-Esteem	Anxiety	Anger
Loneliness	Societal Expectation	Work or Career Stress
Unemployment	Debt	Living in War Zone
Family Conflicts	Social Isolation	Legal Problems
Assault	Heart Disease	Weak Immune System
Excessive Worry	Fear	Major Life Change
Natural Disasters	Accidents	Exposure to Violence
Chronic Stress	Military Combat	Caregiver Responsibilities
Sleep Issues	Hormonal Changes	Emotional Exhaustion
Fatigue	Lack of Exercise	Chronic Medical Condition
Unhappiness	Feel Stuck	Learning Disabilities
Chemical Imbalance	Domestic Violence	Pregnancy
Promotion at Work	Demotion at Work	Laid Off or Fired from Work

STEP THREE

SUGGESTIONS TO HEAL MENTAL AND EMOTIONAL IMBALANCES

Prayerfully and slowly consider the following suggestions. Note in the margins which ones you will consider trying. This will help you to formulate a plan of action. Be careful not to attempt too many things at one time so you don't get overwhelmed. Change takes time, so be patient with yourself.

While working through this lesson, each day that you are able to come to a greater understanding or let loose of stuck energy, follow up with the "Prayer for Healing, Protection, and Wholeness" in Step Four. This will bring you into closer union with the Creator, allowing you to heal deeper. Hopefully, as a result you will let loose of anything that has kept you stuck and close any doors to demonic interference.

The following suggestions are offered to help you increase self-love, get to the core root of any imbalance, and release the emotional pain so you can have a happy, fulfilling life. Healing, along with embracing healthy coping skills, is a lifetime process. Expect to make modifications along the way. Be sure to always balance your "inner work" with things that are fun and spiritually uplifting. Enjoy the journey to wholeness!

SELF-DISCOVERY

- * Do online research related to the specific type of imbalance you are experiencing.
- * Use the Inner Child Healing meditation to talk to your inner child. Assure “hurt you” that you are of value. If you have mind fragments or sub-personalities, let them know they are needed for you to be whole. Help the fragments to heal the trauma by seeing the reality of the current situation.
theresacrabtree.com/inner-child/
- * Use your traumatic experiences as a learning tool. As objectively as you can, notice if there were some “red flags” that you ignored. Ask others for constructive feedback.
- * Observe the behaviors of others, noting what they do that draws positive people to them, then mimic those behaviors.
- * Be responsible for any actions on your part that caused or exacerbated the imbalance. Healing the wounds is your responsibility, so take charge of your life.
- * Sometimes what causes the greatest pain can become one’s greatest blessing. Keep a positive outlook as you change your weaknesses into strengths.
- * Prayerfully ask to be shown any fears and false beliefs you have adopted. Face them to overcome them. Don’t be afraid to leave your comfort zone; there are better things waiting for you.
- * Mold yourself into the best version of yourself, plan to upgrade along the way.

EMOTIONAL HEALTH

- * Be patient with yourself. Handling mental and emotional imbalances are like layers of an onion. Peeling off the layers may cause tears. Allow your emotions to flow.
- * When you experience new trauma, allow yourself time to go through the grieving process, but don’t let it consume you. Know that this will pass and better things are on the way.
- * Avoid comparing yourself to others. Accept and love yourself as you are. Offer the same to others.
- * Acknowledge and own your limitations without minimizing or burying your emotions. Identify how you feel about it without identifying yourself with it. You are more than what your diagnosis defines.
- * Be authentic. Train yourself to not worry about what others think or say about you. Remember that other people’s opinion about you is just that, their opinion. Their opinion does not need to be part of your reality. Don’t let others’ behavior define who you are.
- * For many, the root cause of mental and emotional imbalance is the result of the actions of others. Holding onto anger and bitterness leads to anxiety, depression and host of other mental, emotional and physical dis-ease. Do your best to forgive others and yourself for past actions.
- * Open your heart and allow yourself to give love and to receive love without expectations.
- * Avoid movies, books, news, social media and activities that trigger undesirable emotions and behaviors.
- * When in the company of others, before an unwanted situation escalates, head to the bathroom and take several long, deep breaths until calm. This may be all that is needed to diffuse some situations.
- * Allow your emotions to surface. At your earliest opportunity, pray and ask to be shown the root cause of what knocked you off balance.
- * Journal your feelings. Express gratitude. Include insights and strategies that come into your mind.

- * Connect with healthy friends, old and new, especially if you have isolated yourself.
- * Exercise empathy for yourself and others. When appropriate, share your limitations, rather than trying to hide them.
- * Prepare for triggers and stress reactions such as muscle tension, anxiety, increased rate of breathing, breaking out in a sweat, heart racing, fear, etc. Train yourself to respond in a grounded, healthy manner. Here are a few ideas.
 - Take several long, slow, deep breaths in and out until you feel grounded.
 - Remind yourself that the event was in the past and that you have survived that trauma.
 - Tap or lightly pinch your arm to bring yourself to the current reality.
 - Use mindfulness meditation to observe your body sensations and emotions as a calming technique.
 - Pull yourself out of the past by looking around and note your current surroundings.
 - Talking out loud can be helpful such as state, "Right now, I am safe and this will pass."

MENTAL HEALTH

- * Keep your focus in the present. As soon as you notice you're dwelling on the past, immediately refocus on something that is more uplifting. At first this may be hard, but with practice, you will retrain your brain, and refocusing will become easier.
- * Humans are creative beings by nature. Expressing creativity increases one's interest in life and has many health benefits. Consider classes, meeting with like-minded groups in areas such as: writing, painting, drawing, creating music, arts and crafts or anything you find interesting.
- * When negative thoughts arise, practice self-compassion. Send yourself love and focus on your positive attributes. Ask yourself how you can respond with love in this situation.
- * When the old tapes start to play, counter them with positive affirmations. I have included several below for you to consider. Add more that fill your specific needs.
- * If you mess up, don't beat yourself up with guilt, shame or blame. Just admit that you don't like the choice you made and plan to do better.
- * Manage your time so that you don't create extra stress with self-imposed timelines.
- * Balance work and recreational time so that you don't exhaust yourself.
- * Identify and affirm your core values.
- * End relationships with abusive friends and partners.
- * Trust your intuition.
- * Set boundaries with toxic people. Then follow through as politely as possible.
- * Meditate on ways to release the past and improve the future.
- * Volunteer your time doing things that uplift you.

PHYSICAL HEALTH

- * Exercise at a gym or at home using online videos.
- * Take walks in nature by yourself, with friends or groups such as bird watchers.
- * Engage in activities that you enjoy.
- * Join dance or aerobic groups.
- * Get a massage or chiropractic care.
- * Get plenty of sleep.

- * Nurture your body with relaxing salt baths. Be sure to shower afterwards.
- * Eat nutritious meals. Join a cooking class.
- * Try to maintain a regular schedule.
- * Pay attention to your body's signals. Slow down and rest, as needed.
- * Keep your body limber with gentle stretches.
- * Avoid alcohol, cigarettes, cannabis and other toxic substances.
- * Consider rhythmic aerobic movement such as dancing, drumming, marching, walking or running.
- * If your days are too busy, simplify. Avoid unhealthy "people pleasing" activities. Exercise your right to say "no" to things that are not yours to do or that you have no interest in.

SPIRITUAL HEALTH

- * Start and end each day with prayers to the Creator. Express love to Him and Jesus, then be open to receiving love in return.
- * Each morning, *feel* gratitude for at least three things in your life. You can do this in your mind or in a gratitude journal. Your life is a gift, express gratitude for the opportunity of another day on earth, even if things are currently rough.
- * Ask God for guidance and how to align your will with His will for you.
- * Helping others in need can be very rewarding. Find ways to be of service that fits your lifestyle.
- * Read scriptures daily to understand God's love for YOU.
- * God and Jesus offer tremendous advice on how to live a good, moral life and avoid the traps of the demons. Consider studying the Bible on a daily basis.
- * Consider subscribing to a site that sends daily scriptures to your email address.
- * Embrace comforting messages from the Bible and other writings. I have included several below.
- * Make the Nightly Prayer and Review part of your bedtime routine. End each day with prayers of gratitude to God. Admit your shortcomings and plan to do better. Celebrate the things you did that increased your alignment with the Creator. Look at your unsatisfactory actions and reactions this day. Without adding guilt or shame, come up with ideas on how you can do better in the future.
- * Incorporate the "Daily Spiritual Practices" into your daily routine.

You can download the Nightly Prayer and Daily Spiritual Practices at the bottom of my website.

SEEK SUPPORT

There is no clinical diagnosis of emotional imbalance. Everyone experiences it at sometime during their life. It is normal to feel anger, anxiety, frustration and other emotions when there is a major setback in your life. Whether your feelings are a normal response to the situation or a sign of possible mental illness depends on many factors. This includes how disruptive, intense or persistent your feelings are. If your feelings last for a long time after an event and they keep you from moving forward, consider seeking professional medical assistance. Recognize that mental and emotional imbalance is not a weakness. Help is available, so reach out and get the support you need.

When you seek help from a medical professional, you can expect them to ask about you and your family's medical history. Lab tests and a physical exam may be included. You may be presented with a list of questions as part of a psychological exam. These will focus on your way of thinking, feelings and behavioral patterns.

A personalized treatment plan will likely be created. The suggested treatments will be tailored to your diagnosis and symptoms. The plan will usually involve some type of therapy and possibly medications. Social support and education to manage your condition may also be suggested.

If you are prescribed medications, be sure to keep the list of possible side effects. Don't put off alerting your doctor if you experience negative side effects. Consider requesting your family or close friends to alert you if they notice negative mental, emotional or physical changes.

If more than one drug is prescribed, do your own research to see which ones do not work well together. Do not rely solely on your doctor to do this. This is even more important if you have more than one doctor prescribing meds. Go online and search for yourself. Name two of the drugs and add the word "contraindicative." The results will show if they work well together or give warnings. Also do this for over-the-counter drugs and herbal supplements.

* A qualified therapist, especially one who specializes in your area of need can offer tips on how to regulate your emotions and manage your mental capabilities. They can help you uncover imbalanced coping mechanisms and false beliefs. They can also help you discover any underlying causes that is complicating your life and help you learn how to build healthy relationships and better communication skills.

* Reach out to others to create a safe support system. Talking about your experiences and feelings with someone who listens and validates your emotions can be incredibly healing.

* Join a local church that has a group in your age bracket to build healthy friendships and your relationship with Jesus and God.

* Join local or online support groups tailored to your needs.

* If you have family members or close friends you can trust, develop a stronger relationship with them. They may have some good advice or feedback for you.

* Join community groups that have like-minded interests. These can be found online, at your local community center and in the newspaper. The best place to make friends is by doing things you love with others who have the same interest.

* Consider seeking help from a priest or pastor. Many feel it is a weakness to seek help, yet sometimes a new perspective is what is needed to get past one's barriers. Request support from their prayer groups.

* Reach out for help. You deserve to have a life filled with joy and happiness!

STEP FOUR

PRAYER FOR HEALING, PROTECTION AND WHOLENESS

This prayer is meant to help you close spiritual and emotional doors that may have brought fear, confusion, or bondage into your life. Move through it slowly and thoughtfully. Include what applies to you, and skip what does not. Speak from your heart—there is no perfect formula. Your sincerity and willingness to heal are what matter most.

Dear Creator of Heaven and Earth,

I come before You with humility and reverence. You are my Maker, my Sustainer, and the One who knows every part of me—body, mind, and spirit. Nothing within me is hidden from You.

I confess that I have sinned and fallen short of Your will. I acknowledge before You the ways I have acted in rebellion, fear, or self-protection rather than trust. (Name any specific offenses here.) I know these actions are not aligned with Your design for me. I truly desire to turn away from them. Give me strength to change.

I choose to forgive—fully and sincerely—anyone who has caused me pain or harm, whether consciously or unconsciously. I release resentment, bitterness, and judgment into Your hands. I accept Your promise that as I forgive others, I too receive forgiveness. Cleanse me and restore me.

Creator, if I suffer from deep mental or emotional fragmentation—whether through dissociation, confusion, paranoia, or any disorder that divides my thoughts and sense of self—I ask for Your gentle restoration. You know when and why any fragmentation began. You understand every moment of trauma, rejection, fear, or rebellion that opened the door to inner division. Where parts of me feel separated or at war, bring unity. Where identities feel fractured, bring integration. Where early wounds created confusion, bring clarity and stability.

Help me to see new perspectives that will allow me to understand my experiences more clearly so that my healing may be complete. Shine Your light on every hidden root, every distorted belief, and every wound that still needs Your touch.

Spirit of Truth, guide me. Reveal anything else that must be surrendered, healed, or corrected so that I—and my children, if applicable—may be free from the consequences of unwise choices and generational burdens.

I pause now to listen. Speak, Creator. I am willing to hear and to obey.

If there are forces manifesting in my life that are not from You—anything violent, oppressive, or tormenting—I ask for Your divine protection. Surround me with Your presence and place trustworthy, godly support around me. Strengthen my courage. As I pray or fast before You, weaken anything that stands against Your will for my life and fortify me with Your peace and authority.

I ask for full healing from all mental and emotional imbalances that are affecting my life in a negative way. Renew my mind. Steady my emotions. Restore proper alignment within me.

Bring complete freedom where there has been bondage. Bring wholeness where there has been fragmentation. Bring peace where there has been turmoil.

I trust You as my Healer and Restorer.

Amen.

DISTINGUISHING SPIRITUAL OPPRESSION FROM MENTAL ILLNESS

Human beings are created with a physical body and a soul that includes emotions and a conscious mind capable of making willful choices. These areas—our thoughts, feelings, and decisions—are often where spiritual battles are believed to take place. From a biblical perspective, the enemy’s goal is to draw people away from the Creator. A lack of spiritual grounding can leave a person feeling vulnerable.

That said, experiencing mental or emotional struggles does **not** automatically mean demonic involvement. Many thoughts, beliefs, and behaviors are self-generated, and the brain is complex. Brain injuries, trauma, chemical imbalances, and psychiatric disorders can produce symptoms that may feel spiritual but have natural causes.

Some believe that spiritual vulnerability can increase through unresolved ancestral patterns, unforgiveness, or unhealthy relational bonds. Others point to fear, trauma, addiction, sexual sin, occult involvement, and chronic stress as contributing factors. Personal reflection, repentance, forgiveness, and intentional inner healing are often emphasized as ways to “close doors” that may have been opened through life experiences and choices.

It can be difficult to distinguish between mental illness, emotional distress, medication side effects, and perceived spiritual interference. Many medical professionals approach symptoms strictly from a psychological or neurological standpoint. At the same time, some individuals interpret their experiences primarily through a spiritual lens. Discernment is important. In some cases, what feels like a spiritual attack may have natural explanations. Careful evaluation, prayer, and wise counsel are essential.

Mental Imbalance and Spiritual Vulnerability

When someone is struggling with a mental imbalance, their symptoms may heighten feelings of fear, paranoia, low self-worth, codependency, or instability. These vulnerable areas can intensify negative thought patterns. Conditions such as dissociative identity disorder, bipolar disorder, or schizophrenia involve complex psychological and neurological factors, though some individuals interpret certain symptoms spiritually. Historically, biblical accounts describe instances in which spiritual oppression and restoration are linked (see Luke 8:27–36). Interpretations of these passages vary, and both spiritual and medical perspectives should be approached with care.

Emotional Imbalance and Thought Life

Many spiritual traditions teach that thoughts are a primary battleground. Fear-based thinking, addictive behaviors, destructive beliefs, and moral compromise can gradually shape a person’s reality. Whether understood spiritually or psychologically, dwelling on certain thoughts reinforces patterns that influence behavior and identity. Each choice can move a person toward truth, peace, and alignment with the Creator—or deeper into confusion and distress.

Medications, Substances, and Side Effects

Medications and drugs often carry side effects, some of which can include intrusive thoughts, unusual sensations, mood swings, paranoia, vivid dreams, or even hallucinations. These symptoms can sometimes be misinterpreted as spiritual phenomena. Additionally, the emotional consequences of addiction—guilt, shame, secrecy, and fear—can deepen distress and create a cycle that feels oppressive.

Wisdom requires balance: seek appropriate medical care, pursue emotional healing, and maintain spiritual grounding. These approaches are not mutually exclusive.

As Scripture reminds us: *“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”* Philippians 4:6-7

WAYS TO WEAKEN DEMONIC INTERFERENCE

As freedom increases, resistance may also intensify. Demons may attempt to hide or discourage you through intrusive thoughts, disturbing dreams, physical sensations, anxiety, heaviness, distraction, or unexplained fatigue. Avoid fixating on these experiences. Stay grounded and continue the inner work of healing wounds and closing any “open doors.”

A common tactic is excessive sleepiness or mental fog to slow your progress. When this happens, pause and pray, asking the Creator for strength, clarity, and protection. Maintain healthy balance—engage in activities that bring joy and peace. Do not let the struggle consume your focus. Be patient and discerning. Not every method works the same for everyone. Keep applying different strategies until you find what is most effective. Consistency, courage, and balance are essential.

1. **Renounce known sin** clearly and sincerely, without self-condemnation.
2. **Practice regular repentance**, keeping your conscience clear.
3. **Forgive yourself and others fully**, closing doors opened by shame and self-hatred.
4. **Break unhealthy soul ties** through prayer and conscious detachment.
5. **Reject lies immediately** when intrusive or condemning thoughts arise.
6. **Speak truth aloud**, using Scripture or affirmations aligned with God’s Word.
7. **Stay grounded in your body** (deep breathing, movement, rest) to reduce fear-based influence.
8. **Limit fixation on, stop communication with demons**; focus instead on God, healing, and growth.
9. **Establish consistent prayer time**, not just crisis prayer.
10. **Read Scripture regularly**, especially passages emphasizing identity as a child of God.
11. **Remove occult or spiritually compromising objects** from your environment.
12. **Guard what you watch, read, and listen to**, especially fear-based, sexual or violent content.
13. **Get adequate sleep**, as exhaustion lowers mental and spiritual resilience.
14. **Reduce fear-based thinking**, since fear amplifies perceived interference.
15. **Strengthen a relationship with the Creator**, focusing on love, trust and reliance.
16. **Stay connected to healthy community** and trusted spiritual support.
17. **Practice gratitude daily**, which shifts focus from oppression to abundance.
18. **Avoid isolation**, where intrusive thoughts gain strength.
19. **Sing and listen to songs of worship or praise, Gregorian chants** which redirects attention.
20. **Set clear boundaries** in thoughts, habits, and relationships.
21. **Ask for divine guidance**, not just deliverance—wisdom weakens interference.
22. **Discern patterns**, noticing what precedes interference (stress, triggers, beliefs).
23. **Refuse dialogue with intrusive thoughts**—do not argue or negotiate.
24. **Strengthen emotional regulation**, learning to sit with feelings without panic.
25. **Live a balanced life**, including joy, creativity, and rest.
26. **Affirm your free will**, reminding yourself you are not powerless.
27. **Persist patiently**, knowing resistance often weakens just before it breaks.

POSITIVE AFFIRMATIONS

As soon as you realize that your mind is replaying old negative thoughts, immediately refocus onto something more positive. Below are some positive affirmations to help retrain your brain and build a more solid foundation of positivity in your life. Add your own below.

I deserve happiness.

I am worthy of love.

Feelings matter.

I am loved by God.

I am balanced.

I am resilient.

I am enough, just as I am.

I deserve to be respected.

I am beautiful, inside and outside.

Every day is a new day.

I am grateful for my life.

I deserve respect, love, and care.

I deserve to be treated with kindness.

I am strong and capable.

I deserve all the blessings that life has to offer.

I am overcoming all my fears.

God knows the plan for my life. I have a purpose.

Healing is possible for me.

I allow my emotions to surface, to release, to heal.

I choose to think positively.

Others may hurt me, but I have enough self-love and respect to overcome.

I am kind to myself.

I am capable of reaching my goals.

I am capable of facing any challenges that come my way.

My well-being is a priority and I am committed to nurturing it.

I leave what no longer serves me in the past.

I am resilient; I can make it through a difficult time.

I am in charge of my life and my happiness.

Not everybody will understand my situation and it is okay.

COMFORT WHEN YOU'RE FEELING OFF BALANCE

2 Thessalonians 3:16 "Now may the Lord of peace himself give you peace at all times and in every way."

Isaiah 41:10 "So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand."

Psalms 23:1-6 "The Lord is my shepherd, I lack nothing. He makes me lie down in green pastures, he leads me beside quiet waters, he refreshes my soul. He guides me along the right paths for his name's sake. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows. Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever."

Matthew 11:28 "Come to Me, all you who labor and are heavily burdened, and I will give you rest."

Philippians 4:6-8 "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus."

Colossians 3:2 "Set your minds on things that are above, not on things that are on earth."

Hebrews 4:16 "Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need."

Psalms 9:9-10 "The Lord is a refuge for the oppressed, a stronghold in times of trouble. Those who know your name trust in you, for you, Lord, have never forsaken those who seek you."

Proverbs 3:5-6 "Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to Him, and He will make your paths straight."

Deuteronomy 31:8 "The Lord himself goes before you and will be with you; He will never leave you nor forsake you. Do not be afraid; do not be discouraged."

Psalms 34:4 "I sought the Lord, and He answered me; He delivered me from all my fears."

Psalms 4:8 "I will both lie down in peace and sleep; for You, Lord, make me dwell safely and securely."

John 14:27 From the mouth of Jesus... "Peace I leave with you. My peace I give to you. Not as the world gives do I give to you. Let not your heart be troubled, neither let it be afraid."

Psalms 73:26 "My health may fail, and my spirit may grow weak, but God remains the strength of my heart; He is mine forever."

Zephaniah 3:17 "For the Lord your God is living among you. He is a mighty savior. He will take delight in you with gladness. With His love, he will calm all your fears. He will rejoice over you with joyful songs."

Philippians 4:12-13 "I can do all things through Him who strengthens me."

Psalms 34:17-19 "The righteous cry, and the Lord hears and delivers them out of all their troubles. The Lord is near to the brokenhearted and saves those who are crushed in spirit. Many are the afflictions of the righteous, but the Lord delivers him out of them all."

Matthew 6:34 "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble."

Isaiah 40:31 "Those who hope in the LORD will renew their strength. They will soar on wings like eagles; they will run and not grow weary; they will walk and not be faint."