

How Feeling Your Feelings Helps Your Mental Health

Narcissistic parents teach their children that they are to have no wants, needs & even feelings. As a result, those children grow up out of touch with their emotions, with anger issues, their emotions can manifest in dysfunctional ways such as in picking abusive romantic partners, or they even can have physical ailments such as high blood pressure, heart disease, inflammatory disorders, diabetes, kidney or digestive problems.

Add in that dysfunctional & cruel people tell adult children of narcissistic parents things like, "Get over it." "Forgive & forget." "You aren't honoring your parents by talking about such things. After all, the Bible says love covers a multitude of sins!" & it's pretty much a guarantee that the adult child of a narcissist will suffer with mental & physical illness.

A person who hasn't felt their feelings needs to learn that there is nothing wrong with emotions! They're from God, & the Bible says in James 1:17 that all good things are from God. I know, many Christians say negative emotions are sinful, but I disagree. Even negative emotions have their place. Anger & sadness show you that something is wrong. If you're going to fix something, you need to know it's wrong, which tells me these negative emotions serve a very good purpose. How can that possibly be bad?

My best friend has a saying. "You gotta feel your feels." Obviously, she's very wise. It's so true! If you want to be mentally, emotionally & even physically healthy, you need to feel your feelings. As hard as it can be at first to feel painful emotions, it is much easier than working to keep your feelings stuffed down. One thing I've noticed is the older I get, the more my feelings demand to be acknowledged. If I'm going to control my emotions rather than them control me, I find it best to deal with them as soon as possible.

Dealing with a lifetime of emotions for the first time can sound overwhelming, but it isn't. When I first began my healing journey, I naively thought I would forgive my parents for everything they ever did to me at once, & all would be right in my world. That isn't even close, & thank God because that was truly overwhelming!

Instead, I have found that God helps me to deal with only what I can handle at a time, nothing more. I think about an incident & focus on that, then another & another. Rather than focusing on everything at once, it's easier to focus on incidents one at a time.

When something comes to mind I must deal with, I try to remember every detail about it. My surroundings, scents, sounds, & every awful thing that was said or done to me. Doing that stirs up emotions & from there I can pray, journal, cry, yell.. whatever helps me to cope. If the incident was especially painful, it may take a long time or I may need to repeat this process a few times but the pain associated with that incident will subside. I can promise you that!

This process really helps you to heal. It benefits your mental health greatly! You're validating yourself by feeling your emotions. Basically, you're saying, "That was wrong! That person shouldn't have done that to me! I deserve better than to be treated that way!"

You're also releasing emotions that have been stuffed inside you for years or even decades. That helps your physical health by releasing the stress & effort of stuffing down those emotions.

You also gain a great deal of peace, because you're no longer haunted by the terrible experiences. They lose their power over you. You won't feel such intense pain or devastation when you think of those things. You'll know you're healing when that no longer happens & instead you feel more like you're remembering a bad dream. Yes, it's unpleasant but nothing you can't handle.

Also, your self esteem will improve which will benefit you in so many ways! You'll have no more trouble setting boundaries & you'll know yourself much better.

I want to encourage you today to "feel your feels." It truly will help you!