

I have a college degree, but my low self-confidence led to low-paying jobs I hated. It hurt to see my co-workers in meetings, sharing ideas and brainstorming, and my job was to keep the coffee coming. I took everything personal.

If a group went to lunch and didn't ask me along, I'd cry in the restroom. If someone was rude, I was rude back. I think back to the jobs I had years ago, and realize that if those people remember me, it will be for the way I acted. I wish I could take it all back.

I know now that there will always be rude people around; I can't control what they say but I can control what I say. I've always wanted to be a writer. Maybe I still can.

My Story

I have three college degrees now but entering recovery and remembering problems with my career in the past and what a lousy person I was, my self-confidence was pretty low. It led to low-paying jobs, which I loved for the lower stress. When I did get a job after finishing my masters I did great until being upgraded to a team leader. But the stress and some of the difficult people I worked with made it difficult. My self-destruct kicked in and I lost that job.

Later, in research, I found it boring and got stressed out, then developed nausea every time I went to work. Before long, I was leaving work early. Eventually, I realized this was not for me; it was not where God wanted me. So I quit the job. Now I put it in Gods hands. Whether I have clients and do well with them or not, I know God gives me no more than I can bear, and helps me with what I cannot manage.

Over time, I've become more relaxed in my counseling and don't stress out if a client stops coming or I don't get new clients for a week or so. I know it's all in God's hands. Knowing He's in control relieves the stress in my life. There's always some I manage to hold onto, of course. It's long journey to completion.

COPING WITH MUSIC

Using music to cope is quick, fairly easy, and inexpensive and a great way to praise God. Yet there are a few ground rules to ensure that this strategy doesn't backfire.

What are Your Favorite Songs for Helping? Most of us have those "go-to" songs that help us manage tough times. What are your favorite songs to help you cope?

Reduce Stress for Better Emotional Stability

Are you looking for ways to reduce stress and improve your emotional stability? Certain stressors are controllable, and with planning we can keep these at bay. Here are some tips for reducing controllable stressors.

REDUCE STRESS IN YOUR SCHEDULE

One big way to reduce stress is to organize your schedule. Many of us live day-to-day, to stay on top of obligations, make appointments on time, and remembering errands. But a fly-by-the-seat-of-your-pants approach to scheduling can lead quickly to becoming very chaotic.

For me, a fly-by-the-seat-of-your-pants approach lead to my doing nothing but read fiction books and watching one TV series after another on Netflix. I set time aside now to write and even paint sometimes. I also have a calender for scheduling project, clients, and meetings with friends for prayer, outings and so forth.

An alternative is to get organized with your schedule. You don't need fancy technology or an expensive planner; just a simple daily calendar you keep in your pocket will do.

At least once a week, write down all of the appointments you have scheduled or deadlines you face. Then, jot down tasks you'd like to complete for each day.

I have framed glass hanging on a wall. I write my to-do's on it with a wipe-off marker. Then, I see it during the day, and am reminded. I erase them as they get done.

STRESS REDUCTION AT HOME

We may barely notice daily hassles at home because these small hassles often seem like “no big deal.” However ...

The more small hassles you experience, the more they can contribute to your stress level. My youngest son always use to say his bottle (of emotions) would get full and he'd pop.

Getting organized and planning more of your home life can make things run more smoothly so your bottle doesn't get too full to handle safely or surely.

One way is clean and organize your living space. Depending on your space, this can be a small or very big task. If your space is in a total disarray, take it slow, and vow to organize just one area a week. Buy inexpensive bins to hold items that are scattered around your home. Develop a system to make sure that your mail doesn't pile up.

Consider ways you can simplify routine tasks you have to do repeatedly. For example, make meal lists for the week so you don't have to scour the fridge to throw something together for dinner. Make a space for an waste basket near your entryway so junk mail doesn't get into your home.

REDUCE STRESS BY SAYING “NO”

A final way to reduce stress is practicing assertiveness skills and saying “no” more often. You may notice you go through periods of struggling to say “no” to people, followed by a building up of tension.

This can lead to saying “no” in strong ways (e.g., screaming and yelling.)

When saying “yes” to every request, you set yourself up for resentment, frustration, and more stress.

Practice saying “no” to small requests.

Example: if someone asks you to run an errand for them, try saying, “I'm so sorry; I am swamped right now. I'll have to pass this time.” This goes for social obligations that you'd rather not fulfill, meetings, etc.

Don't say "no" to everything (this can be just as unhealthy as saying "yes" to everything), but practice cutting out a few small hassles from your life. This will come in handy when bigger stressors come up.

REMEMBER - NOT ALL STRESS IS BAD

A final and important point is, not *all* stress is bad. In fact, some stress in our lives keeps us happy and engaged. So don't let this advice push you too far to the opposite extreme -- don't attempt to reduce stress to the point of isolation and boredom. Practice reducing daily hassles and find balance.

WHAT ARE YOUR STRATEGIES FOR REDUCING STRESS

If you have BPD, you've probably noticed all of your symptoms get worse during times of stress. Do you have strategies you use for reducing stress? What works for you? Any advice for others who struggle with severe stress?

BUILDING A COPING SKILLS TOOLBOX

If you struggle with intense emotions, impulsive behavior, self harm, or suicidal ideation, you need to find ways to cope when your emotions start taking over. Building a coping skills toolbox is a great way to keep yourself from doing something destructive in the heat of the moment.

Do you have a list of coping skills to use when in trouble?

When you are having an intense emotion, it can be hard to know what to do. Unfortunately, many people with BPD turn to unhealthy behaviors in an attempt to cope with emotional pain (e.g., self-harm, substance use, or aggression). Want to replace unhealthy habits with new, healthier skills? Try some of the coping skills listed below.

1. Play Music

Play music that creates an emotion that is the opposite of the one you are struggling with.

For example, if you feel sad, play happy, upbeat music. If you feel anxious, play slow, relaxing music.

2. Do Something Helpful

Engage in a highly engaging activity. Television or computer does not count; these are too passive. Instead, take a walk, dance, clean your house, or some activity that engages and distracts you from your current emotions.

3. Call Someone

Reaching out to other people can really help when you are struggling with strong emotions. Call your counselor, or a supportive friend or family member. If you don't have someone in mind for support, call a helpline (In the U.S. call the National Suicide Hotline at 1-800-273-TALK).

Early in recovery, I use to call my sister and talk for hours. Nowadays, I don't do that very often and our calls only last about 20 minutes except on rare occasions.

4. Pray

Are you a religious or spiritual person? If you are (or if not but have considered trying), praying not only works it can be hugely helpful in times of extreme stress.

5. Ride It Out

The peak of most strong emotional reactions (and the urges to engage in harmful activities, like self-harming or drinking, that can go along with these reactions) last for a few minutes and then begin to subside.

Grab an egg timer and set it for 10 minutes. Wait 10 minutes, and practice riding out the emotion.

6. Be Alert and Aware

Practice being Aware of your emotion. Notice your emotion and let yourself experience it as a wave, without trying to block, suppress, or hold on to it. Accept it as it is.

7. Breathe Deeply

Sit or lie somewhere quiet and bring your attention to your breathing. Breathe evenly, slowly, and deeply. Watch your stomach rise and fall with each breath.

8. Take a Warm Bath or Shower

Try to lose yourself in the sensations of the warm water, the smell of the soap, water pounding on your skin, etc. Let the sensations to distract you from the upsetting situation.

9. Cope with Your Symptoms Through Expressive Writing

Some of my best poems and stories came from my writing when under extreme stress and I couldn't think straight, so I wrote some crooked poems.

Expressive writing has a positive impact on both physical and psychological health in anyone suffering from a variety of conditions: chronic pain, depression, emotional trauma, cancer, and/or asthma.

It's no wonder people used expressive writing for centuries for personal discovery, catharsis, and meaning-making. If you've never tried expressive writing, this is one great skill to add to your coping skills toolbox even if you think you can't write. Grab a paper and pencil and write whatever comes to mind. Don't worry about spelling or grammar.

Share Your Expressive Writing with Others

There are poetry and writing websites where you can share your poems and stories, get feedback or not, but mostly share them. I use Poetry.com and several writers sites to upload stories and to read what others have written.

DO YOU STRUGGLE WITH ABANDONMENT

Many people struggle with abandonment sensitivity - the intense fear of others leaving. However, people with BPD also tend to experience more conflict in relationships, which can lead to more break-ups.

Do you struggle with abandonment sensitivity?

What do you do when afraid someone might leave you?

Rejection and fear of abandonment is very real and not just a symptom of BPD. For instance, we moved a lot when I was growing up and I went to seventeen different schools. The idea of being new in a classroom became terrifying, with all those strangers eyes staring at me. Because of all the moving, I never learned to make lasting friendships and to this day, have few lasting friendships. And the one I do have I don't honestly trust it. The fear of abandonment is great. It wasn't just from all the moving either.

After mom divorced dad for his drinking, we moved from the mid-west to the pacific northwest. Taking brothers back and forth on the bus to relatives when things got to be too much for mom, made it especially hard. But once when I was sent back to live with relatives, it was a nightmare. They didn't want me there and made that very clear. Then I ran away, and when they found me, my uncle reminded me of that fact and said my mother didn't want me either and neither did they.

As a result of my past, I became clingy in relationships and that often pushed men away, which made me more clingy. Then when things did get close, I didn't know what to do, so I would leave before they could leave me.

CREATE MORE STRUCTURE

Mental health experts have long known that one of the keys to good psychological health is having structure in your daily life. But what exactly is structure, and how can you create more of it? Here are some simple steps.

Get a blank sheet of paper or print out a weekly calendar.

Plan out tomorrow. Write the day of the week on the top. Below, list waking hours in 1-hour intervals. If you wake up at 7:00 a.m., example, start with seven and list all of the hours of the day until your bed time.

- Fill in planned activities or scheduled appointments
- Fill in meal times (breakfast, lunch and dinner)
- Fill in one space with a self-care activity (go for a walk, go to the gym, or take a relaxing bath)
- Fill in a blank space with activity, such as cleaning house, going to the store, or paying your bills
- Fill another with activity and others, like calling a friend, getting together with someone for dinner, or going to a support meeting
- Fill in a remaining blank space with an activity that brings your life more meaning. For example, attend church service, volunteer, or help a friend

Repeat for each day of the week. Some days you may be busier than others, and you won't be able to add all of the activities described above. Remember the goal is to create structure, not overburden yourself.

Tips:

Remember the activities you choose don't have to be huge. Perhaps all you can do for your "meaningful" activity is buy a pack of gum and give the cashier a smile and greeting. Every little bit counts. Not every moment of every day needs to be scheduled. We all need some down time, too. Make sure down time isn't happening too often.

This exercise doesn't work unless you follow through with a majority of the activities you've written down. To help motivate yourself, keep this list with you and check off each activity as you complete it.

If you complete all the activities you planned for the day, give yourself a little reward (an activity you like, some TV or Internet time, or a small treat).

ACTIVE PROBLEM SOLVING

Too often we focus on trying to deal with difficult emotions we face in our day-to-day lives. Yet, it's more effective to

focus on the problem at hand and not focus on trying to control your emotions. Tackling problems head on can help you feel life is more manageable and less stressful.

GROUNDING EXERCISES

Grounding exercises help to deal with dissociation, panic, impulsive urges, and intense emotional distress. Learn more about grounding exercises and how they can help you.

Grounding Tools

Most people with BPD can benefit from having one or two grounding tools in their toolbox.

VISUAL AND AUDITORY GROUNDING EXERCISES

Visual and auditory exercises rely on your senses of sight and hearing to ground you in the present moment.

These exercises are suitable for any environment – you don't need to be able to see or hear anything special to be able to practice these. They are particularly useful for times when you are in public and need to practice grounding, because you can do these without anyone else knowing what you are doing. You can stop the exercise whenever you are feeling reconnected to the present moment reality.

To conduct a visual grounding exercise, take a deep breath, and then start to mentally catalog the things you see around you. Notice even the mundane details (e.g., that electrical outlet is white, and is a little bit crooked).

For an auditory grounding exercise, listen to all the sounds around you. Don't notice only obvious sounds, but notice the layers of sound (e.g., the sounds behind the sounds). Notice how sounds rise and fall, their pitch and timbre.

TACTILE GROUNDING EXERCISES

Tactile exercises use your sense of touch to ground you in the present moment. These exercises can be used when you experience particularly intense distress or dissociation.

One tactile exercise uses an ice cube. Grab an ice cube and hold it in your hand until it starts to cause mild discomfort (don't hold it so long as to cause pain). Many people find the discomfort helps them reconnect with the present.

Other tactile ground exercises include a cool shower, using a rubber band on your wrist to quickly "snap" yourself back gently to the present moment.

OTHER GROUNDING EXERCISES

If none of the above work for you, be creative and make up your own grounding exercise.

Which are your most powerful senses? Smell? Taste? Touch?

Perhaps a strong smell (like peppermint from strong mints) can bring you back into the present moment.

STIGMA AND BORDERLINE PERSONALITY DISORDER

BPD is circled by a phenomenon termed "surplus stigma."

Issues that promote stigma and further misunderstanding include: 1) theories on the development of the disorder, with a suspect position placed on parents; 2) refusal by mental health professionals to treat BPD; 3) negative and at times derogatory information suggesting hopelessness; and 4) controversies as to whether diagnosis is legitimate, one that leads insurance companies to refuse to accept BPD treatment for reimbursement consideration.

Many people with BPD have experienced this stigma.

How has stigma affected you?

What would you like other people to know about the ways that stigma has impacted your life?

DISCLOSING YOUR DIAGNOSIS

Have you told others about personality disorder diagnosis? How did they react? Share your experiences in a support group or among understanding friends.

DISTRESS TOLERANCE SKILLS FOR BPD

Distress tolerance skills training is intended to reduce impulsive behavior that result from an inability to tolerate strong emotions.

FINDING MEANING

This is one exercise that is designed to help you identify what is meaningful to you. Of course, finding meaning is not an easy process, and no one exercise will get you there; finding meaning takes work and is best accomplished with the help of a good therapist. In fact, this may be an exercise that you want to work on with your therapist.

People with borderline personality disorder (BPD) often engage in dangerous impulsive behaviors in an attempt to reduce intense emotional pain. Distress tolerance skills are alternative, healthier behaviors intended to delay urges to engage in destructive behavior.

What dangerous behaviors have you engaged in? What have you tried to deflect yourself to safer activities?

HOW HAVE YOU FOUND MEANING

Sometimes people with borderline personality disorder (BPD) and other mental disorders struggle to find meaning in life but not always in healthy ways.

How have you found meaning? For Christians, knowing God has a purpose and a plan can be incredibly helpful. In this way we know our life is not completely meaningless and coupled with faith, we trust God to show us the way.

With all the conflicting thoughts and emotions a BPD person has, this can be difficult, but when one persists in believing in spite of the odds, success will be found.

As noted earlier, Joseph Prince says right believing leads to right living. We believe in God and Jesus died for us and suffered for all our sins, so we can have confidence that

everything will be okay. That takes faith, which means you continue to trust that it's true even when you may not completely believe it in your heart, mind and soul.

COPING SKILLS - WHAT COPING SKILLS DO YOU USE

What coping skills do you use to manage the tough times? List the coping skills you use or go online and find some.

I have a list of scripture called "Who I am in Christ" and on that I focus on other scripture when life gets me down. See it in the Appendix.

THE PROS AND CONS TOOL

The pros and cons tool can help you evaluate any decision—whether or not to buy a house, drop out of school, or change jobs. This tool can help you look at a decision from all angles and choose the most effective course.

Pro: What are the benefits of . . .

Con: What are the disadvantages of . . .

Assess: If the disadvantages might outweigh the benefits, is it worth the risk to do it anyway?

UNDERSTANDING BORDERLINE RELATIONSHIPS

Borderline relationships often are chaotic; they feel like a roller coaster of emotion and conflict. Learning to manage these relationships is very difficult, but can succeed with time and patience and a whole lot of real love.

OTHER SELF-CARE STRATEGIES

Reducing Instability With Exercise

It's no secret you will feel better physically and mentally and emotionally when your body is active. Exercise doesn't just fight a host of associated physical health problems, it

is also a way to maintain a stable emotional system. If you don't exercise, here's a Guide to Exercise:

Start an Exercise Program, walking, swimming, hiking, or anything else you like. If you decide on exercise but never do the exercise, that decision won't help one bit, so choose something you will do!

REDUCING INSTABILITY THROUGH DIET

When you feel bad, you are more likely to let your diet slip: Negative emotions can lead to urges to unhealthy foods, to binge eating, or to skipped meals. Unfortunately, this can turn into a vicious cycle; poor eating also impacts mood, leaving you feeling even worse.

If you need help getting back on track with a healthy diet, check out this Guide to Nutrition:

Eating a Healthier Diet

Reducing Emotional Instability Through Good Self-Care

The best way to reduce emotional ups and downs is make a commitment to take care of yourself. With all the demands you are facing, this can be easier said than done. However, the time you spend on a self-care program will pay off if you can improve your emotional well-being.

Accepting Emotions Can Improve Your Emotional Health

Practice accepting your emotions for better emotional health. God loves and accepts us as we are so what's the problem with our doing the same? Learn more about the benefits of accepting emotions.

Good self-care is critical to physical and mental health. Learn more about developing good self care, including diet, sleep, medication, and exercise habits.

10 HEALTHY COPING SKILLS FOR BPD

When you have an intense emotion, it can be hard to know what to do. Unfortunately, many people with BPD turn to unhealthy behaviors to try and cope with emotional pain (e.g., self-harm, substance use, or aggression). Want to replace unhealthy habits with new, healthier skills? Try some of the coping skills listed below.

The symptoms of BPD can affect every part of your life, making relationships, work, and health hard to maintain. However, despite the problems BPD contributes to, people can learn ways to cope and lead normal, fulfilling lives.

The goal is never to be completely self-sufficient because there's a part of us that needs to be needed and by contrast we need to be wanted. They go together, like the three cord rope. Alone, it is weak, but twined together with two other cords into a three strand rope and it's nearly unbeatable.

Not long ago, I read an article about self-sufficiency and realized, "That woman's me, or the person I used to be and still am at times." Her words are my words.

"Self-sufficiency has always been my thing. I am deeply uncomfortable being anything other than self-sufficient - physically, emotionally, financially - in every possible way. Obviously, it's a vulnerability issue.

Clearly, lots of people are self-sufficient, and in control - it doesn't mean they are mentally ill. An unconscious over-reaction to a person not being self-reliant indicates this is at least a part of the manifestation.

By "unconscious over-reaction", anger rages, which prevent day-to-day reasonable basic functioning.

Because I'm self-sufficient, I don't ask for help even when it's clear I need the help. And I have a host of excuses too. 'My son's busy; he's never here; he's at his friends; he would not want to help' and the excuses go on and on.

Even when I collapsed under the pressure, years ago, and didn't know how to ask for help I became suicidal. I'm less self-sufficient after becoming a Christian for I recognize my need for God, but not always other people.

But now I think I've got it: self-sufficiency is the mother of all coping mechanisms, but also a trigger. It is the ultimate defense and protection, but can also set off a reaction that sparks other symptoms. Now, a lot of the literature blames fear of rejection on BPD, however, given my childhood there is no way I can blame it on BPD. I was rejected repeatedly by my father, my mother in some ways (she took good care of me with food and shelter), by other family members who made sure I knew I was unwanted. So I cannot blame that on BPD. By the way, I've never been diagnosed with BPD but as a mental health counselor, I recognize the symptoms.

Fear of Rejection

People with BPD often tend to fear rejection to the point of apocalyptic panic and anxiety. This is a common feature of the illness, because it is usually characterised by emotional dysregulation, or extreme emotional states and reactions. So, to be entirely self-sufficient is to protect oneself from being rejected. And as I said already, often times for good reasons. However, the contradictory nature of BPD is also a common feature - desperately wanting opposites simultaneously, the dialectic dilemma, in a sense.

I want to be elsewhere; I don't want to leave here. I hate you; don't leave. I want to be alone; please don't leave me. I need to be needed, but don't pressure me.

Therein lies the rub. In terms of self-sufficiency, here is my contradiction: I must be entirely self-sufficient, but I need others to need me. Thus, I became a nurse, a counselor, and an author of self-help books. There's nothing wrong with any of this if we recognize what we're doing and understand how God allowed our life to develop a certain way for a purpose.

So, the question now becomes, how can we use who we are to fulfill God's will for our lives and help others while remaining healthy ourselves. These questions I always ask myself now, but once upon a time thought I needed to give up the need to be needed. Not so.

While I have an unconscious need to assume the role of problem-solver for myself and everyone else, I tend to always assume that role, doesn't that eventually make everyone else feel less capable in some way?

What does this say about me? To me, it screams narcissism. Yet I recognized long ago that, in part, I am a narcissist though I seemingly care about other people. The fact is, all that I do and have done has always been for my glorification. And becoming a Christian, I've had to pull myself back and take a look at my narcissism and recognize, admit that God is the one who gets the glory. That's not a struggle because I'm glad to be letting go of the pressure cooker.

But, there's another layer to peel back: This is the ultimate coping mechanism – by always assuming the role of problem-solver, rejection is less likely. I am self-sufficient to protect myself from needing people, having to depend on them but I'm also a problem-solver to protect myself from people from being rejected and hurt again.

Don't get me wrong – I help because it is the right thing to do. I believe strongly in God and Jesus Christ, that what you give you get (there's a bit of narcissism in that if you're not careful) and helping your community. That is just a basic fact of who I am and none of that has anything to do with BPD or mental illness.

I connect with others on my terms, while most others are unable to connect with me in a meaningful way because I am closed off. This is true in spite of my longing for meaningful relationships. Also, the more understanding I have of my coping mechanisms - how they work, where

they come from and how they interact with me – the less I find them disturbing. Now I look to God to see how He will use the disturbed person he made me to be.

Borderline Personality Disorder and Physical Health

Unfortunately, BPD is associated with some serious physical health conditions, including chronic pain disorders, arthritis, obesity, and diabetes. BPD is also associated with less healthy lifestyle choices. Learn more about the relationship between BPD and physical health, and what you can do to improve your health now.

Getting Quality Sleep: Tips for Good Sleep Hygiene

Have you noticed that you are more likely to have strong emotional responses when you are tired? One key to good emotion regulation is getting good sleep. Sleep hygiene, or the practice of establishing good sleep habits, can help.

Progressive Muscle Relaxation for Tension Reduction

Progressive Muscle Relaxation (or PMR) is a great exercise for reducing tension and teaching your body how to let go and relax. Learn the steps of PMR from your About.com guide to stress management, Elizabeth Scott.

How to Relax

It isn't easy to just "let go" and learn how to relax. If it was easy, we'd all be doing it! But the truth is, learning how to relax is a skill that takes practice. Read more about how to relax through exercises and other activities.

How to Practice Deep Breathing

There is a real reason that people tell you to take a deep breath when you're upset. The way we breathe gives direct feedback to our nervous system.

Poetry & Prose - Writing About BPD

Many people with borderline personality disorder (BPD) find the experience of writing therapeutic. Read a collection of expressive writing about BPD, and share your own!

Advice About Finding Support in a Crisis

We know that social support is one of the most important predictors of mental health and wellness.

Finding good support is not easy. But it's necessary to find and share in a support circle or with a friend in a crisis.

Build Self Esteem

People with borderline personality disorder (BPD) often struggle with low self esteem. But there are ways that you can build self esteem by engaging in a few simple tasks. The key is to engage in these self esteem builders repeatedly -- try to do one each day. It takes time build self esteem, but over several months, you can have an improvement.

EMOTIONAL INSTABILITY

If you experience emotional ups and downs, you may be able to make some changes to your lifestyle that will help you get off the roller coaster.

Learn skills to reduce emotional instability and improve mental health with emotional regulation skills training.

EMOTION REGULATION SKILLS TRAINING

Emotion regulation training helps reduce emotional ups and downs and improve overall psychological health. Learn more about how emotion regulation training can help you. Here's some tips to try.

1. Identifying which specific emotions you're feeling.

Do you know the difference between feeling jealous and feeling envious? Or the difference between shame and embarrassment?

Do you recognize when you're feeling anxious, angry, or ashamed? Are there some emotions you're better at identifying in yourself than other emotions?

2. Identify which specific emotions someone else is feeling.

Do you notice when your partner is reacting angrily because they are feeling anger + embarrassed, instead of just recognizing they are angry.

Try to label others' emotions correctly rather than just labelling others as "in a bad mood."

You'll be able to provide more effective reactions if you can correctly identify which specific emotions other people are having. If you realize you're unsure, you can ask the person to help you understand.

3. The ability to start and persist with pursuing goals even when you feel anxious.

If you can tolerate feeling anxious you'll be less likely to avoid new things, and more likely to try things a second time if it didn't go well the first time, and less likely to abandon projects before they've become successful.

4. The ability to tolerate awkwardness.

You communicate clearly and directly when it makes sense even when you're feeling awkward? For example, you need to explain to someone why you've decided not to use their service, or do you avoid these situations?

5. The ability to have intimate conversations rather than stonewall, avoid, or flee.

If your partner wants to talk about a getting new house and you're not on the same page, do you flat out refuse to have the conversation (termed "stonewalling,") and change the subject whenever it comes up, or disappear from the room when the subject is raised?

6. The ability not to crumble when someone pressures you.

Can you stand your ground when a salesperson is trying to sell you or by making you feel afraid. They point out,

for example, all the dangers of not having their security system so you will buy it.

7. The ability to soothe your own emotions.

Do you know how to make yourself feel better when things goes wrong or you realize you made a mistake?

8. The ability to soothe other people's emotions.

Are you confident in your ability to comfort others when they're distressed or calm them when they're angry?

9. Can you wait?

Are you able to wait till tomorrow to eat the rest of the dessert when you've already had one portion.

10. Do you know how to manage your positive emotions?

Do you regularly schedule activities you know you'll look forward to and enjoy doing?

EMOTIONAL AVOIDANCE

First, when you entertain important goals and pursuits this means going through challenging times and situations. Not attending to emotions may limit your experience. Over time, avoidance is confining, because you feel the need to avoid many situations, people, experiences and places that may stir up the negative emotion.

The more you avoid it, the more your coping skills diminish, and the less of life you experience.

Second, attempts to avoid negative emotions are futile. It's like telling yourself a certain emotion is not tolerable and as your vigilance increases that leads you to hyper-vigilance about even a possibility of this feeling arising. Fear of the negative experience is itself a negative experience.

Third, emotional avoidance involves denying the truth--not a good foundation for a healthy life.

It's like looking out the windows and seeing snow fall, but telling yourself "it can't be snowing." Clearly it can and is. You may not like snow but denying that it's snowing is not going to solve the problems posed by its snow.

Fourth, avoidance lengthens anticipation, and the resulting anxiety is usually worse than the actual situation.

This is mainly because anticipation allows your imagination to be unbound by the actual demands of a situation. You can go anywhere in your head regarding something that hasn't happened, and so you'll often go wild with negative, catastrophic scenarios. In contrast, once you're actually in the feared situation, your mind becomes bound by what is happening around you. And what is happening is usually less than catastrophic. Real catastrophes are extremely rare.

Emotions serve a purpose so avoiding them is not good for you. By accepting your emotional life, you affirm your full potential as a human being. Emotional acceptance is thus a far better strategy than avoidance.

Emotional acceptance is a willingness and ability to accept and experience the negative emotion with the positive, and to acknowledge and absorb it. Acceptance offers several advantages. First, to accept your emotions is to accept the truth of your situation (it's snowing). Acceptance means you don't spend your energy pushing the emotion away. Instead, you acknowledge the emotion so you can turn to other pursuits in line with your goals and values.

Second, when you accept the emotion, you give yourself a chance to learn about it, become familiar with it, become skilled in its management, and integrate it into your life. Avoidance doesn't teach you that, because you can't learn to do something by not doing it.

Third, acceptance is akin to saying, "This is not that bad." Which is the truth--negative emotions may not be fun, but they won't kill you; experience them as they are--annoying but not dangerous--and eventually they become much less a drag than the ongoing (failing) attempt to avoid them.

Finally, when you accept a negative emotion, it loses its destructive power. Swimmers, for instance, who are caught in an undertow and feel they are being dragged out to sea and panic, swimming against the current. To survive, such a swimmer should do the opposite--let go.

Within a few hundred yards the current weakens and the swimmer can then swim around and back to shore. The same with a powerful emotion: pushing against it is futile and possibly dangerous; but if you accept the emotion, it will run its course while allowing you to run yours. Sitting meditation is one way to pay attention to your emotions, and let it run its course.

Sitting Meditation helps to improve your emotional health.

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## IDENTIFY EMOTIONS

The ability to identify emotions (to know what you feel and why you feel as you do) is key to emotion regulation. Learn why some people struggle to identify emotions and how to practice identifying emotions.

Many people struggle with identifying emotions - they may feel their emotions are confusing, or vague, or sometimes may just feel numb.

Emotions control your thinking, behavior and actions. Emotions affect your physical bodies as much as your body affects your feelings and thinking. People who ignore, dismiss, repress or just ventilate their emotions, are setting themselves up for physical illness. Emotions that are not felt and released but buried within the body or in the aura can cause serious illness, including cancer, arthritis, and many types of chronic illnesses.

Negative emotions as fear, anxiety, negativity, frustration and depression cause chemical reactions in your body that are very different from the chemicals released when you feel happy, content, loved, accepted.

Your belief system affects your perceptions or how you see or interpret what you see, hear and feel. A person raised by an angry man or woman, for example, will view others later from the beliefs that anger is bad or something to fear. Another example would be someone who is quite intelligent but who has never been encouraged or honored for their intelligence, this person might believe they are stupid.

It takes a lot of work to look at and identify the beliefs that affect your life in a negative way. However, knowing your beliefs will give you a sound basis for emotional freedom.

The only one who can change what you feel is you. A new relationship, house, car, or job can momentarily distract from your feelings, but no one, no material possession, no activity can remove, release, or change how you feel.

There are two emotions we all experience, love and fear. All other emotions are variations of these two. Thoughts and behavior come from a place of love, or a place of fear. Anxiety, anger, control, sadness, depression, inadequacy, confusion, hurt, lonely, guilt, shame, all are fear-based emotions. Joy, happiness, caring, trust, compassion, truth, contentment, satisfaction, are love-based emotions.

The intensity of both types of emotions, may be mild or moderate, while others strong in intensity.

You cannot change or control your emotions. You can learn to be with them, living peacefully with them, accept and release them, and you can manage them, but you cannot control them.

We are a society taught to hide emotions, to be ashamed of or afraid of them. Regardless, we are born with them and must live with them, accept, be with and release them.

Here are examples of ways people avoid feeling emotions.

Ignoring your feelings

Pretending nothing has happened

Overeating

Eating foods loaded with sugar and fat  
Excessive drinking of alcohol  
Excessive use of recreational drugs  
Using prescription drugs such as tranquilizers or Prozac  
Exercising compulsively  
Any type of compulsive behavior  
Excessive sex with or without a partner  
Always keeping busy so you can't feel  
Constant intellectualizing and analyzing  
Excessive reading or TV  
Working Excessively  
Keeping conversations superficial  
Burying angry emotions under the mask of peace and love

Do any of these sound familiar to you?

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Repressed Emotions

It takes a lot of energy to keep emotions buried. Buried emotions create fatigue and depression. The following are some major symptoms of buried and repressed emotions.

Fatigue

Depression without an apparent cause

Speaking of issues/interests not personal or feelings

Pretending things don't matter when it does

Rarely talking about your feelings

Blowing up over minor incidents

Walking around with a knot in your stomach or tightness in your throat

Feeling your anger not at the time something happens but a few days later

In relationships, focusing discussions on children/ money rather than talking about yourselves

Difficulty talking about yourself

Troubled personal relationships with family, friends, acquaintances

A lack of ambition or motivation

Lethargic - who cares - attitude

Laughing on the outside while crying on the inside

People who make a deep commitment to themselves to become emotionally healthy are willing to go to great lengths to learn about their emotional selves and to do what is required to release buried emotions. This is often an uncomfortable and difficult journey when you begin, but I promise you great joy once you've gotten over the first few hurdles. Once you make this commitment your journey to identify your issues and release buried emotions will become much easier.

LISTEN TO YOUR THOUGHTS AND DAYDREAMS

We become so accustomed to thinking in certain patterns that we are not aware of our thoughts and daydreams. Catch those daydreams, hold the thoughts, bring them up into your conscious mind. This will tell you a lot about yourself, what you love and hate, and your relationships.

If possible, keep a written diary of these for a month or so. Write down your thoughts and daydreams to help you to organize, experience, and understand thought patterns and bring them into a higher level of awareness within you. If you keep a written record for a time you will begin to see important patterns in your feeling and thinking.

This is something I have never tried but many people swear by the use of Choming Essences

TO DIG OUT BURIED AND REPRESSED EMOTIONS:

People often protest they do not have buried emotions, but Vibrational Assessment shows they have many emotions.

Choming Essences often are used and after a few months people using them began to remember old angers, feel sadness, resentments, regret, and other emotions. They had thought these feelings and memories were long gone and were quite surprised to see they were still present.

Using Choming Essences is a very powerful help in bringing your emotions to the surface! They dig out buried emotions and memories, apparently and bring them to the surface so you can remember them, feel them and release them.

The Choming Essences that are especially powerful for this are as follows: Chialtolite Gem Essence; Love Lies Bleeding Flower Essence; Pearl Gem Essence; Spirea Bush Flower Essence; the Sunflower Essence; and the White Olive Tree Essence. Other Choming Essences will also help to bring emotions to the surface so you can feel them.

You can learn more at www.mkprojects.com.

IDENTIFY “Little Unimportant Hurts”

More people walk around saying it’s not important or it doesn’t matter when it’s very important; a hurting emotion is buried within them. They describe this hurt as being small and unimportant. Men do this rather frequently.

Write down the details on all the “little and unimportant hurts” that somehow don’t go away. Those are the thoughts and feelings that creep into your conversation often. Every little hurt you keep remembering, that won’t go away, regardless of when it happened, goes on this list.

Many of us have lots of these little hurts from childhood. These emotions are buried within creating difficulties with their health. Identifying these hurts will tell you a great deal about your buried and unexpressed emotions.

Keep a record of strong emotions for 8 weeks. Regardless of its cause, the weather, the traffic, your husband, wife, children, politicians, stock market, fellow church members, whatever and whoever, add it to your list.

Try to identify what really made you angry. Sadness is a mask for anger, and anger is a mask for fear.

Identify your real fears, what you are afraid of losing or not having, and you are well on your way to emotional health.

Writing it down helps you see things more clearly, increase your awareness, and help know your emotional self at a much deeper level.

If you remember events, hurts that happened long ago, you are guaranteed to have repressed emotions around this person or situation. You need to pull this situation out and re-feel the hurt around it. Try to document these carefully since these are likely causing you much physical distress. Forgiveness occurs as a result of owning and releasing the hurt emotions. We often try to forgive without the work required to release the hurt and anger. Forgiveness is the result of an emotional process. There are no short cuts.

THEY SAY

A person may begin to take Choming Essences and now find they remember their dreams, dreams full of emotions, stories and colors. I'm aware of new dreams whenever I do something new. Write or record them upon awakening.

Write the emotions you are experiencing in your dreams. The activity in a dream can be secondary, the emotions being experienced are essential. The emotions in a dream is the very emotions you are repressing and burying within. Dreams can give deep insight into your emotional self.

Confusion occurs when we try to know emotions because they speak in general terms rather than specific emotions. A good example is depression. You may feel loneliness for people, loneliness for God (spiritual loneliness), boredom, and a lack of creativity. You may feel abandoned because of a death or divorce. If you just say you are depressed you will have great difficulty releasing the emotion or finding a solution to the situation causing the emotion.

Another is jealousy and envy. Jealousy is being resentful of a person's advantage, their social standing, education, profession, or resentment of a rival in love or affection.

Envy is discontentment or resentment aroused by another's good fortune or success.

Sex is normal and healthy. But many people engage in sex acts, with others, alone, or use internet pornography to release emotions buried within that they have been unable to feel and release. These persons tend to have a very high sex drive as this is their way of releasing pent up emotions. These people enjoy sex more than once a day. They tend to be very cerebral or intellectual, highly emotional, but are very much out of touch with their emotions.

If you can identify with this, keep a record of the thoughts/ experiences/ fears you are having prior to engaging in sex. Sex can be used to stuff feelings so you won't feel them. To identify these feelings and release them will help you move into a much healthier and enjoyable sexual life.

Eating, Drinking, Exercising, or Any Compulsive or Excessive Behavior: We may go weeks, even years acting in a manner that is normal for us - and what is normal for you may not be normal for another person. Then we will find ourselves overeating, working excessively, drinking daily, engaging in compulsive sex, working long hours, and other compulsive behaviors. We stuff our feelings in excessive behavior, ensuring we do not feel them because the feelings are too painful or we are too afraid of them and where they might lead us in our thinking and actions.

Identify the times when excessive behavior was triggered and the emotion causing this behavior. It can be stress or fear related to a new job, the death of a friend or partner, difficulties with lovers or children. Document the emotions as soon as and as best as you can.

We go through situations saying "it doesn't really matter" or "it's not important enough to argue about".

Basically we're buying peace by agreeing to something that deep down we do not agree with. Identify situations where you created depressing feelings in yourself by agreeing to something you don't really agree with. Write them down.

It is crucial you identify your positive emotions during these exercises. You are likely loving, caring, compassionate, trusting, forgiving, generous, many times in each day. Be certain to include the wonderful and good things about yourself as you identify your emotional self.

Ask God or Jesus, whoever you call on to help you to see not just your emotions, but to see the core issues that you have come to deal with in this lifetime. Pray, meditate, ask them help you see, understand and release the emotions. Believe in their help, it's guaranteed to come.

Don't be afraid of your emotions. Don't fight or run away or block them. Welcome them, be with them, regardless of them. We were born with emotions. They are neither good nor bad, they just are. Emotions dissipate and slowly disappear if you feel and are present with them. Close your eyes and feel them as deeply as you can.

Once you identify a certain emotion you will at times need to decide how to proceed in dealing with it. There are many options that need to be considered carefully. The following are a few questions you can ask yourself when deciding what response would suit a particular situation best - and each emotion, each situation is different.

*Am I reacting to this situation or is this reaction partially a reaction to a past situation as well?

*Am I able to discuss the issues with the person without venting anger?

*Will I be able to talk about how I feel to the person?

*Is a direct approach the best way to proceed?

*What are the consequences of dealing directly with . . . ?

*What do I expect from this discussion?

*Are my expectations realistic?

*Should I discuss this with someone before doing anything?

MANAGING EMOTIONAL MEMORIES

1) Go into an empty room, or for a drive alone. Scream as loudly as you can. Scream the word of whatever you feel. So many people have never screamed out the hurt or rage. Continue to do this as long as it feels right on the inside. Cry, allow yourself to cry your feeling.

2) If you cannot scream aloud, imagine you are screaming your rage, hurt, and pain. Imagine it repeatedly. See it, and hear it, and feel it as deeply as you can.

3) Write about your anger, your hate, about how hurt you are; write about how afraid you are. Journal about what happened and how it affects you today. Write about what you lost, or what you never had that hurt you so deeply. Feel the feeling! Don't be afraid of it!

Under all anger, rage, hate, or hurt is one emotion - FEAR!

What is your greatest fear?

For example:

“I hate he died without the dream realized (our marriage) never happening, and I'm afraid I'll never be loved again.”

Now, sit in a comfortable chair, close your eyes, put your head back, and relax. Do the following exercise for 10 deep breaths. Concentrating on your breathing, inhale on the count of six, hold this breath to the count of six, exhale to the count of six, and rest to the count of six, then begin again. If the count of six is too difficult try four or five. Concentrate fully on your process of breathing only. Keep doing this exercise until you feel more relaxed and your head noises have gone away.

Then slowly look for the emotion, find where it is buried in your body. All repressed emotions rest in your body. Anger rests around your belly button area but is also seen as a black thread-like substance throughout the body.

Sadness is in the midriff area. Emotions can rest anywhere in your body: the muscles, ligaments, in bone joints. Take your time, find your emotion.

Take time to really see what this emotion looks like. I had a huge amount of sadness and when I finally found it I saw that it was the shape of a large mass of clouds, clouds so dense and thick that you couldn't begin to even dent them. These clouds were a very dark gray color.

Once you find your emotion, and described it to yourself, drew a picture of it or wrote a poem, stay with it, hold it, be with it. Don't try to do anything to it - VERY IMPORTANT - just be with it. By being with it you begin to integrate this emotion into your consciousness and this is the next step in releasing your emotion.

As you return to your buried emotion week after week you will find the shape getting smaller, until eventually it just disappears. It takes months to alter an emotion this way, but it is a powerful way to release emotions.

Releasing Resentments: A resentment is a recurring anger where, on a repeat basis, we think about what someone has done to us, reliving all the particulars around this situation, with ongoing anger, hate, hurt, or whatever the emotion.

Pray for the person you are resenting. Wish for this person every wonderful thing you would want to have in your most perfect life. Wish them blessing and good fortune in all things. In time, this type of a prayer will release you from your resentment. This is difficult.

You can also write about this person. Write all the negative qualities you see in this person. Then write about all the positive qualities you see in this person.

Eventually, by writing about the different qualities, a shift will occur within you, bringing you peace of mind.

You can write about the situation, what the person did to you and how it affected you, how it made you feel. Write about how you reacted to this situation, what you said and what you did. When we accept responsibility for our own behavior, the resentment often disappears.

Power of Prayer: Certain emotions just hang on, regardless of what you do. When human effort fails to produce the desired change, then it's time to hand this over to God. Ask in prayer for the emotion be lifted from you. My personal experience proved to me this does work, when all human effort has failed.

One thing I ask in my prayers is for a grateful heart.

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Dealing with emotions is a long and involved process but one that is well worth while, and the time and effort. That alone can solve nearly all your BPD behaviors. Of course, there's always those behaviors we've made into a habit that we need to alter over time, too.

## Appendix A

### BPD AND SCRIPTURE

Unbalanced painful emotions that change impulsively

“By contrast, the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.” Galatians 5: 22

Automatic thoughts are repetitive, catastrophic and occur very rapidly

“We destroy arguments and every proud obstacle raised up against the knowledge of God, and we take every thought captive to obey Christ.” 2 Corinthians 10: 45

Intense anger is often uncontrollable

“Let no evil talk come out of your mouths, only what is useful for building up, as there is need, so your words may give grace to those who hear. Ephesians 4, 29

Deep feelings of worthlessness

“For this reason, you must make every effort to support your faith with goodness, and goodness with knowledge, and knowledge with selfcontrol, and selfcontrol with endurance, and endurance with godliness, and godliness with mutual affection, and mutual affection with love.

For if these things are yours and increasing among you, they keep you from being ineffective and unfruitful in the knowledge of our Lord Jesus Christ. For anyone who lacks these things is shortsighted, blind, and forgetful of the cleansing of their past sins.

As such, brothers and sisters, be very eager to confirm your call and election, for if you do this, you will never stumble. For in this way, entry into the eternal kingdom of our Lord and Savior Jesus Christ will be richly given you.” 2 Peter 1, 511

## Deep feelings of emptiness

“Therefore, to keep me from being too elated, a thorn was given me in the flesh, a messenger of Satan to torment me, to keep me from being too elated.

Three times I appealed to the Lord that it would leave me, but he said to me, “My grace is sufficient for you, for power is made perfect in weakness.”

So, I will boast more gladly of my weaknesses, so the power of Christ may dwell in me. So I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.” 2 Corinthians 12, 7

## Feelings of boredom and loneliness

“Not that I am in need; for I have learned to be content with whatever I have.” Phil 4, 11

## Pattern of unstable relationships that often fluctuate from praising and criticizing

“Discipline always seems painful rather than pleasant at the time, but later yields peaceful fruit of righteousness to those who have been trained by it.” Hebrews 12, 11

## Agitated behaviour to avoid being alone

“Answer me, O LORD, for your steadfast love is good; according to your abundant mercy, turn to me. Do not hide your face from your servant, for I am in distress make haste to answer me.” Psalm 69, 1617

## Feelings of abandonment and rejection

“It is the Lord who goes before you. He will be with you; he will not fail you or forsake you. Do not fear or be dismayed.” Deuteronomy 31, 8



Behavior that is impulsive and damaging to oneself, such as unsafe sex, promiscuity, excessive spending, reckless driving and substance abuse

“The Lord will rescue me from every evil attack and save me for his heavenly kingdom. To him be the glory forever and ever. Amen.” 2 Timothy 4, 18

Making threats or reoccurring attempts of suicide and selfharm (carving, cutting and burning) ideations

I love the Lord, because he has heard my voice and my supplications. Because he inclined his ear to me, therefore I will call on him as long as I live.

The snares of death surround me; the pangs of Sheol laid hold on me; I suffered distress and anguish. I called on the name of the Lord: “O Lord, I pray, save my life!”

Gracious is the Lord, and righteous; our God is merciful. The Lord protects the simple; when I was brought low, he saved me. Return, O my soul, to your rest, for the Lord has dealt bountifully with you. For you have delivered my soul from death, my eyes from tears, my feet from stumbling.

I walk before the Lord among the living. I kept my faith, even when I said, “I am greatly afflicted”; Ps 116, 110

You’re not sure “who you are”: you lack understanding of self and your identity.

“Jesus called for them and said, “Let the little children come to me, and do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it.” Luke 18, 1617

Make me to know your ways, O Lord; teach me your paths. Lead me in your truth, and teach me, for you are the God of my salvation; for you I wait all day long. Psalm 25, 45

Feeling of dissociation where one does not “feel real”

“Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect.” Romans 12, 2

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A person with so-called Borderline Personality Disorder can recover if they commit to God, prayer and biblical counsel.

It also helps to have faithful fellowship with believers who are able and willing to support a fellow Christian.

No matter what hardships we go through, we can not make it on our own. We need our true healer, Jesus

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These are merely a small selection of scripture you can lay hold of and claim for yourself and your healing.

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God created the entire world and universe with His Word, and Jesus overcame temptation through speaking the Word, thus, we can create a life of healing by speaking the Word and overcome temptation by doing as did Jesus. However, we must believe that Jesus does a good work in us.

A key element many fail to accomplish is walking by faith. Thus, we believe and see ourselves as healed knowing God has the finished work in hand though we cannot yet see it.

Appendix B

Who I Am in Christ

- I am a *child of God*. (*Consider what this really means! You are a child of the living God who is King and Lord of all*)

... to all who receive him--who believe in his name--he gave them the right to become God's children ... (John 1:12).

- I am a branch of the true vine [Jesus] - a part of God who takes care of me so I live a fruitful productive life.

I am the true vine and my Father is the gardener. Jesus is the vine; I am the branches. Those who remain in me--and I in them--bear much fruit, for apart from me you can do nothing (John 15:1, 5).

- I am a *friend of Jesus* [confidant, companion, associate].

I do not call you slaves, because a slave does not know what his master is doing. But I call you 'friend', because I reveal to you everything I hear from my Father (John 15:15).

- I am made right with God and saved from sin.

We are justified freely by his grace because of Jesus' sacrifice on the cross purchased me (Romans 3:24).

- I am crucified with Christ, and so, I am not a slave to my rebellious sin-loving nature but free to be myself.

We know that our old self was crucified with him so that our sins would no longer dominate, we would no longer be enslaved by sin (Romans 6:6).

- I am not condemned by God but freed of all guilt.

If you belong to Christ, you won't be punished [for your sins]. The Holy Spirit will give you life that comes from Christ Jesus and will set you free from sin and death. Rom 8:1-2

- I am set free from the law of sin and death.

For the law of the life-giving Spirit in Christ Jesus has set you free from the law of sin and death (Romans 8:2). We may still sin but we do not sin deliberately. When we do, we have forgiveness.

- I am God's child and an heir with Jesus to God's kingdom.

God's Spirit makes us sure that we are his children. His Spirit lets us know that together with Christ we will be given what God has promised. We also share in the glory of Christ, because we have suffered with him. (Romans 8:17).

- I am accepted by Christ and I accept others completely.

Receive one another, then, just as Christ also received you, to God's glory (Romans 15:7).

- I am called to be a saint - pure and whole - set apart for God's service - to do His will.

... To those who are sanctified in Christ Jesus, and called to be saints, with all those in every place who call on the name of our Lord Jesus Christ, their Lord and ours (1 Cor 1:2).

- In Christ, I have all that I need; I want for nothing.

You are God's children. He sent Christ Jesus to save us and to make us wise, acceptable, and holy. (1 Corinthians 1:30).

- My body is a temple of the Holy Spirit who dwells in me and therefore I do nothing to damage God's holy temple.

Do you not know you are God's temple and God's Spirit lives in you? (1 Cor 6:19)

- I am joined to the Lord and am united with Him as one.

But the one united with the Lord is one with him (1 Cor 6:17).

- God leads me in the triumph and knowledge of Christ.

Thank God, who always leads us in victory through Christ. God uses us to spread his knowledge everywhere like a sweet-smelling perfume. (2 Corinthians 2:14).

- I am opened minded to all Christ would have me see.

OT people were stubborn, and something still keeps them from seeing the truth [about Jesus] when the Law is read. Only Christ can take away the covering that keeps them from seeing (2 Cor 3:14). Christ removed our veil of blindness.

- I am a new creation in Christ one who thinks and behaves nothing like before, when I was selfish and self-serving.

If anyone is in Christ, he is a new creation; the old person is gone and, now, we are a new person (2Cor 5:17)!

- I am the righteousness of God in Christ Jesus.

God made [Jesus] who did not know sin to be sin for us, so that in him we are the righteousness of God (2Cor 5:21).

- I am made one with all others who are in Christ Jesus.

There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female--for all of you are one in Christ Jesus (Galatians 3:28).

- I am free and not a slave, but a child and Gods heir.

So you are no longer a slave but a son [a daughter], and if you are, then you are also an heir through God (Gal 4:7).

- I am set free in Christ, not to do whatever my 'self' desires to do but whatever God desires for me - to love.

For freedom Christ has set us free. Stand firm, then, and do not be subject again to the yoke of slavery (Gal 5:1).

- I am blessed with every spiritual blessing: forgiveness, insight, the gift of the Spirit, and power to do God's will.

Blessed is the God and Father of our Lord Jesus Christ, who has blessed us with every spiritual blessing in the heavenly realms in Christ [they are mine forever] (Ephesians 1:3).

- I am chosen, holy, and blameless before God not because I deserve it but because God loves me and is gracious.

For he chose us in Christ before the foundation of the world that we may be holy and unblemished in his sight in love (Ephesians 1:4).

- I am saved and forgiven by the grace of Christ.

In him we have redemption through his blood, the forgiveness of our sins, according to the riches of his grace (Eph 1:7).

- I am predestined by God for an eternal inheritance and when life is chaotic, I rest in this truth, not satan's lies.

In Christ we are claimed as God's own possession, since we were predestined according to the one purpose of him who accomplishes all according to His will (Ephesians 1:11).

- I am sealed with the Holy Spirit of promise and He works in me to fulfill that promise.

When you heard the word of truth (the gospel of salvation) --when you believed in Christ--you were marked with the seal of the promised Holy Spirit (Ephesians 1:13).

- I am alive in Christ because of God's mercy and love and I am sharing that grace, mercy and love with others.

But God, being rich in mercy, because of his great love with which he loved us, though we were dead in our sins, He made us alive with Christ--by grace you are saved (Eph 2:4-5)!

- I am seated in the heavenly places with Christ.

... And he raised us with him and seated us with him in the heavenly realms in Christ Jesus ... (Ephesians 2:6).

- I am who God created me to be, so in gratitude, I will seek to help and serve others with kindness, love, and gentleness, and not merely to please myself or other people.

God made us what we are. In Christ Jesus, God made us new so we would spend our lives doing the good he had already planned for us to do. (Ephesians 2:10).

- I have been brought near to God by the blood of Christ.

But now in Christ Jesus you who used to be far away have been brought near by the blood of Christ (Ephesians 2:13).

- I am part of Christ's body and a part of His promise so all rebellion and hostility is no longer part of me.

... The Gentiles are fellow heirs, fellow members of the body, and fellow partakers of the promise in Christ (Eph 3:6)

- I am able to go before God with boldness and confidence.

... In whom we have boldness and confident access to God because of Christ's faithfulness (Ephesians 3:12).

- I am that new person made to be like God, truly good and pleasing to him in all ways.

Put on the new one who has been created in God's image--in righteousness and holiness that comes from truth (Eph 4:24).

- I am the light of the Lord, not part of Satan's darkness and I am living a moral life above reproach.

For you were once in darkness, but now you are in the Lord. Walk as children of the light (Ephesians 5:8).

- I am living a life worthy of heaven, not seeking people pleasing earthly pleasure and treasure, but heavenly.

But our citizenship is in heaven--and we also await a Savior from there, the Lord Jesus Christ ... (Philippians 3:20).

- I am at peace and I am not going to worry about anything but pray to God about everything.

And the peace of God that surpasses all understanding will guard your hearts and minds in Christ Jesus (Philippians 4:7).

- I am without need for God supplies all my needs.

And my God will supply your every need according to his glorious riches in Christ Jesus (Philippians 4:19).

- I am complete in Christ. God resides in my mind and heart. I am equipped for life for God helps me in all things.

... You have been filled in him, who is the head over every ruler and authority (Colossians 2:10).

- I am one with Christ, so, I put God's priorities first in my life.

Therefore, if you have been raised with Christ, keep seeking the things above, where Christ is, seated at the right hand of God (Colossians 3:1).

- I am hidden with Christ in God confident that my salvation is sure, therefore I live each day for Christ.

... For you have died and your life is hidden with Christ in God (Colossians 3:3).

- Christ is my life, and I will be revealed with Him in glory.

When Christ (who is your life) appears, then you too will be revealed in glory with him (Colossians 3:4).

- I am chosen by God; I am holy and beloved.

Therefore, as the elect of God, holy and dearly loved, clothe yourselves with a heart of mercy, kindness, humility, gentleness, and patience ... (Colossians 3:12).

- I am loved by God and He has chosen me.

We know, brothers and sisters loved by God, that he has chosen us ... (1 Thessalonians 1:4).

The more we embrace these truths from Scripture about who we are in Christ, the more stable, grateful, and fully assured we will be in this world.

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From the day we are born, we are brainwashed into believing something about ourselves, either good or not-so-good. The Holy Scriptures help to renew our minds for the good.

Meditate on these scriptures daily and in time you will have effectively renewed your mind and been transformed into what you are, somebody worthwhile!

