Frustrated with internal conflict?

Tired of being overwhelmed by your thoughts and feelings? Try . . .

TAKING A YOU-TURN

A You-Turn is a gentle but effective approach to transforming your troubling and conflicting thoughts, feelings, needs, and desires so they can coexist harmoniously and help you be your best self. In other words, it helps you - in partnership with the Holy Spirit - set healthy boundaries with different parts or facets of your soul. It consists of 5 simple steps that can be repeated as many times as necessary:

STEP#1: FOCUS

on a troubling thought or feeling you're experiencing—for instance, anger, fear, envy, or greed. Notice where in your body you sense that part showing up for you. It might help to use your God-given imagination to envision this part of your soul.

STEP#2: BEFRIEND

this part of yourself you don't like. Can you extend curiosity or compassion toward this troubled or overwhelmed part of your soul? Can you try to understand what it needs?

STEP#3: INVITE

Jesus to draw near to this troubled part. Consciously welcome it into closer relationship with him.

STEP#4: UNBURDEN

this weary part of yourself by inviting it to cast off its burdens. The very fact that it bothers you means it's probably been working overtime in an attempt to protect you or to get your attention. See if it's willing to relax and let your Spirit-led self take responsibility.

STEP#5: INTEGRATE

the unburdened part of yourself by extending it gratitude. Help it find its place within your soul. Now that this part has healthy boundaries, you're ready to live out your life's values, vision, mission, and goals.