

# BEYOND **Messy Emotions**

RESTORING  
**GOD'S BLUEPRINT**  
FOR YOUR EMOTIONS

WEBINAR WITH DR. CHERYL TOWNSLEY • EMOTIONS777.COM

## STUDY GUIDE

# Beyond Messy Emotions

## I. Challenges

A. Below are common challenges I see with clients more and more. How often are you experiencing these challenges each day?

1. Overwhelm.
2. Critical of yourself and others.
3. Exhaustion.
4. Decision overload.
5. Anxious.
6. Lonely.
7. Anger.
8. Pain.

B. **These challenges are only the tip of the iceberg** of Messy Emotions.

1. Pause for a moment.
2. List your TOP 2 or 3 challenges.
3. Don't overthink it—just write.
4. These aren't God's Original Plan for your life!

C. **These challenges are opportunities** to discover how to connect your God-given strengths in any situation.

1. God has a purpose for you, especially in this season.

2. God always has a way through!

## II. Stories

### A. My story:

1. I received a calling at age 11.
2. In my 30's: Pregnancy, depression, attempted suicide
3. I reached out for prayer support, ministry, church support, which yielded no apparent answer or relief.
4. I complained to God, "God, why didn't You put our spirit/brain in a jar?"
5. His answer astounded me. It led to a 30-year pursuit of wisdom.

**Overcoming my messy emotions and pursuing wisdom** has resulted in working with over 20,000 people, writing 17 books, and appearing on thousands of media and church gatherings. I'm here with you today to meet you right where you are, right now.

### B. Other stories:

1. A corporate executive unable to function in meetings.
2. A crying toddler couldn't breathe, sleep, or relax.
3. Our puppy couldn't eat without throwing up.

## III. God-Taught Wisdom

- A. The wisdom I have gained from my own messy experience and helping thousands of others overcome their messes has taught me that **messy emotions reflect**:

1. A real disconnect from our God-given strengths and calling.
2. Being vulnerable to attacks of the enemy to shut down your calling and destroy your life.
3. Constant pressure to simply quit on life.

**B. The God-given purpose of emotions:**

1. Emotions are an in-the-moment indicator of how connected we are, or are not, to our strengths and to God.
2. Emotions open doors for maturing in the Lord to fully walk out our calling.
3. Emotions are an opportunity to help maximize our biochemistry to give sustainability in our calling.

**C. Messy emotions are not a life sentence:** They are opportunities for growth in our callings and giftings.

1. Emotions aren't automatic—they are learned.
2. Emotions drive most health issues, and can both be interrupted and reversed.
3. Emotions can loop into automatic, destructive patterns.

**D. My 35-year journey pursuing wisdom to discover the truth about emotions** has helped set thousands free and kept me on track in this season.

1. God prepared ahead for all of us.
2. None of this season was expected—God was prepared.
3. The tools in Beyond Messy Emotions were created over time, for God's timing in this season.
4. My journey started with a clear calling that got interrupted with a crash. It has been redeemed by working with what God has given all of us.

#### **IV. These Messy Emotions**

**A. How emotions get messed up:**

1. Birth family and environment
2. Learned interpretation of events, even before we had words
3. Experiences—improperly interpreted
4. Storing, replaying, and living by those false interpretations

5. Looping on childhood and adult traumas

**B. How the past two to three years have accelerated messy emotions:**

1. Isolation and lockdown.
2. Anxiety, fear, and uncertainty over what might be next.
3. Overwhelm.
4. Children's learning and safety have been impacted.
5. Pets purchased during lockdown impacted by emotions.
6. Previous messy emotions are now amplified.
7. *Loss of perceived safety.*

**C. Physical manifestations of messy emotions:**

1. Weight gain (common gain in the past two to three years is 10-40 pounds).
2. Insomnia.
3. Inflammation and pain.
4. Gut issues.
5. Hormonal imbalances.
6. Short fuses.
7. Increase in divorce, layoffs, and more.
8. Massive increase in anti-depressants.
9. Loss of purpose.
10. Feeling hopeless.
11. This could have been me—I chose a different path.

**Many don't know they have options!**

## Who is taking an antidepressant?

All Ages 45,204,771

### Age Breakdown:

#### Children

0-1 Years 7,811  
2-3 Years 12,137  
4-5 Years 18,911  
6-12 Years 543,120  
13-17 Years 1,605,375

#### Adults

18-24 Years 3,547,307  
25-44 Years 12,839,606  
45-64 Years 15,611,175  
65 Years + 10,740,584

\* The above data was taken from the IQVia Total Patient Tracker Database for 2020, extracted in January 2021

## What if...

### 12. Learning to work with the biochemistry God gave us gives us an advantage!

- a. **Downers:** Fear, anger, grief have messy consequences.
- b. **Uppers:** The biochemistry God gave us, when we learn to use it, gives us an advantage as Kingdom Overcomers!
- c. **Care and nurturing improve memory and inhibit fear.**
  - i. Notice without judging—**Dopamine** to stay on track, amplify memory.
  - ii. Huge and relationships—**Oxytocin** to build trust, burn fat, inhibit fear.

### 13. Seek and desire help create energy!

- a. **Seek** Him first:

***“You will seek Me and find Me when you seek Me with ALL of your heart.”*** (Jeremiah 29:13)

***“Ask and it will be given to you. Seek and you will find. Knock and the door will be opened to you.”*** (Matthew 7:7)

- b. He gives us the **desires** of our heart (as we guard our hearts).

***“Delight yourself in the LORD, and He will give you the desires and petitions of your heart.”*** (Psalm 37:4)

## **V. Solutions**

### **A. Three easy interrupts you can play with:**

1. Big eraser
2. Short cut vagus nerve reset
3. Lymph drain from the brain

**Are you ready to step into God’s original purpose for your emotions?**

### **B. Beyond Messy Emotions program.**

1. Purpose:
  - a. Recognize and appreciate the value of your emotions.
  - b. Stop trying to fix messy emotions and learn to connect to your strengths.
  - c. Grow in maturity in the Lord.
  - d. Maximize your biochemistry to have sustained capacity as an overcomer in any season of the Kingdom.
  - e. Live as an overcomer in any situation.

## 2. Program contents:

- a. **14 lessons** to help you create a tool kit with notes.
- b. **Flower Essence Remedies** to help you get clarity on your strengths, whether you use the remedies or not (41 videos and a manual).
- c. **Body clock** to help you identify your vulnerable times and know how to work through those times.
- d. ***Beyond Messy Emotions and into Love, Joy, and Peace in Any Situation*** book (pdf).
- e. **Eight pre-recorded coaching calls** to help you navigate messy emotions.
- f. **Three live Q&A calls** (May 15, May 31, and June 14).
- g. **Sponsorship opportunity** (\$2000 to sponsor 12 individuals). Sponsors receive a Wisdom Coaching session with Dr. Cheryl for application to ministry, business, family, or self.