WORKSHEET 4

RAP

Emotions: Energy in Motion

“Above all else, guard your heart, for everything you do flows from it.” — Proverbs 4:23

Emotions are the third variable of energy. Unprocessed emotion does not disappear; it leaks out sideways, into meetings, hallways, and homes.

RAP gives us a faithful alternative: Recognize, Attribute, Process.

One Recurring Emotion I Tend to Override or Push Through

When I Don’t Process It, It Shows Up As (Behaviorally)

R — Recognize

What am I actually feeling, named honestly before God and myself?

A — Attribute

Where is this feeling really coming from? (The situation, the story, or something older?)

P — Process

How will I make room for this emotion in a healthy way, rather than handing it to a coworker to carry?