



## From Victims to Victors!



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Probably at some point in your life you experienced some difficult experiences, either directly or indirectly with a family member or a friend. Maybe it was something unexpected, difficult, and almost at moments felt impossible to understand. Those things can vary from person to person and what you can experience as something impossible to bear, it might not be a problem for me because of how I see life and how I have learned to face challenges. Or it may be the opposite, I may be going through a difficult season, from my perspective, and you may feel that making a big deal of something simple.

Regardless of the case, we tend to judge situations and people according to our background and experiences. Sometimes because we didn't learn how to do it better, we use unhealthy strategies that affect our children and end up affecting our relationship with them. But no matter what happened yesterday, we can choose today, to look inwardly, make peace with our past and choose to respond instead of react.

Children who were abandoned, neglected, abuses, were hospitalized very early in life, or some other traumatic experiences, need compassion, understanding, perseverance and time to heal, to trust and to learn to adapt and regulate in a new life, a new reality and a new identity; **They are no longer abandoned or orphans, they are sons and daughters, loved and accepted.**

As adults in their lives, simple and regular people who also have difficulties, maybe we did not learn to deal with our own emotions, or maybe we have not yet acknowledged that we have a problem with intimacy or with lack of forgiveness. And after becoming, or that our children are growing, all these wounds come to the surface from their hearts and ours.

**We can focus as much as we want on our children, their background and highlight their faults and everything they need to correct, but if we do not look inside ourselves, we will not be able to move forward in the path for healing and freedom.**

Some tips beautifully expressed by author Jeniffer Rothschild, a woman who became blind when she was a teenager through a disease can help us all, if we choose to. Today we will focus on us: parents, therapists, teachers, counselors, the adults in the lives of children that have had several unexpected changes, that also need help.

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## 5 Ways to Control Your Emotions So they don't Control You

### 1- Be calm, not quick to respond.

When anger, anxiety or other emotion rises in you, stop and take a moment to rest your mind and heart. It doesn't necessarily mean to be silent, but it does mean that you remind yourself of the truth and be able to speak that truth in love. Speaking from a calm state allows you to respond and not react impulsively, so your emotions are not the ones speaking but you.

### 2- Explore, don't assume.

Sometimes we assume things, we tend to be predisposed to what our children are thinking, that maybe hasn't even crossed their minds. We may get angry or disappointed by something we thought that could have happened instead of exploring the situation. You can ask yourself:

- Why am I feeling 'angry/disappointed/upset/anxious/etc'?
- Is 'what I'm feeling' coherent with the situation?
- Are my emotions based on facts or assumptions?
- Am I assuming or expecting the worst about the situation or person?

**If you let yourself take a moment to calm down and ask yourself some of these questions to take a better look at the situation and your own heart, you will be less likely to assume something that doesn't exist or make something even bigger than what it really is.**

**3- Respond, don't react.** Usually, when we respond, is after we've made some reasoning, and when we react, well, we just react. No thought, no filters, no reasoning, and usually comes from a wound in our past that hasn't been dealt with, something that happened before that we haven't processed or forgiven or simply because we're tired.

**4- Deal with it, don't deny it.** Some of us don't deal with our own emotions and thoughts; instead we like to act as nothing happened, but when you do this it becomes just as or maybe even more destructive as if you'd exploded. Anger can manifest as sadness, grow into depression and even more, into resentment. So, deal with your anger, your sadness, disappointment, anxiety, lack of forgiveness. Find a way to confront them with truth and love, forgive yourself, others and your past.

### **5- Allow yourself to feel, but don't let your emotions dictate your behavior and mentality.**

To experience feelings of anger, sadness, disappointment is not a sin, but we can get to feel anger in such a way that it could turn to sin. Sometimes our anger, sadness or feelings of being a victim may even feel good. We justify and feed them, causing the situation to grow until it devours people, most of the time it devours us.

We can't expect to feel and harbor anger and expect the other person to be harmed. We can't drink poison expecting the other person to suffer. And that's what harboring feelings can do if we let them. Deal with the situation or person, and don't allow any bitter thought or emotion dwell in your heart for too long. It will only harm you.

**We feel our feelings, they're meant to share information with us, not control us.**

**If you think you're having difficulties dealing with your thoughts and emotions don't hesitate in asking for help.** No matter how difficult it may seem at times to manage our feelings, or how difficult it may seem to even think of calming down during an argument with our child or teen, remember you can do all things through Christ who will give you

the strength that you need.

## When dealing with our children, and even with each other if you're married, some important things to keep in mind:

### 1. Tune in daily.

Make a deliberate decision to tune in to their physical and emotional needs as soon as you wake up. Connect with them on a daily basis. Ask how they are feeling. Be intentional, be mindful of their needs, especially if you know it's hard for them to use their words.

### 2. Create a safe place to talk about anything in your home.

If they don't talk to you, they will find someone to talk to. Teens are especially desperate for their parents to listen to them whether you think it's true or not (It's True!). Let them talk about the bad and the good. Give them your perspective but be willing to hear everything from them first. Don't overreact, remember you were a teenager once.

### 3. Model the proper way of dealing with your own emotions.

Acknowledge them and work them out. Find a solution, don't see your expressions of emotions such as anger, sadness, disappointment as a failure but as information to work with.

### 4. Never belittle other people's anxieties.

The things that seem small to you can feel huge to them. Never say "that's not so bad" because they will not understand, they (and us) can only see what they can see at the moment until they "understand" what you're talking about. It can take minutes, hours, days or years.

Just tell them "tell me more and let's see how we can solve it", try to see things from their perspective and by gaining their trust, they will be more open to receive your perspective, even if they do not do it at the moment, they will later. Don't doubt it!

## What does the Word say?

Our Creator knew the struggles and difficulties that we would have before the foundation of the earth! and that is why, He has been sending us the guide that would help us even today, in 2018.

In Ephesians 4:26 it says:

*And "don't sin by letting anger control you." Don't let the sun go down while you are still angry...*

It teaches us that in fact, anger can lead us to sin, and if it tells us to not let it control us, it is because we can decide what to do with anger. We can decide to treat our children, spouses, friends or relatives in a bad way, or not.

It also tells us: do not let the sun go down while you are still angry, which means that we should not let anger last long. Usually when we get angry it's because someone did or didn't do something. But we can decide to forgive, take care of our own heart to keep hurtful feelings and thoughts towards the situation or the person. This will help our mental, emotional and spiritual health.

Later in the same book, Paul tells us in Ephesians 4: 31-32:

*Get rid of all bitterness, rage, anger, harsh words, and slander, as well as all types of evil behavior. Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.*

Getting rid of something is basically throwing it away, let go of it, and so sometimes anger and its various expressions can have us in a certain way enslaved. When we are called to get rid of it, and instead be kind, loving, to forgive one another as God forgave us, and forgives us even today.

And finally, in Proverbs 12:25 he tells us:

*Worry weighs a person down; an encouraging word cheers a person up.*

So, we send you this word of encouragement to help you face each day in a practical way. **And we encourage you to give words of encouragement to your children, spouse and even yourself on a daily basis.**

Your love, dedication and perseverance will bear much fruit!

And remember, you are not a victim of your past, emotions or circumstances, you are more than a conqueror in Jesus who sustains you!

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¡Mantente informado!

