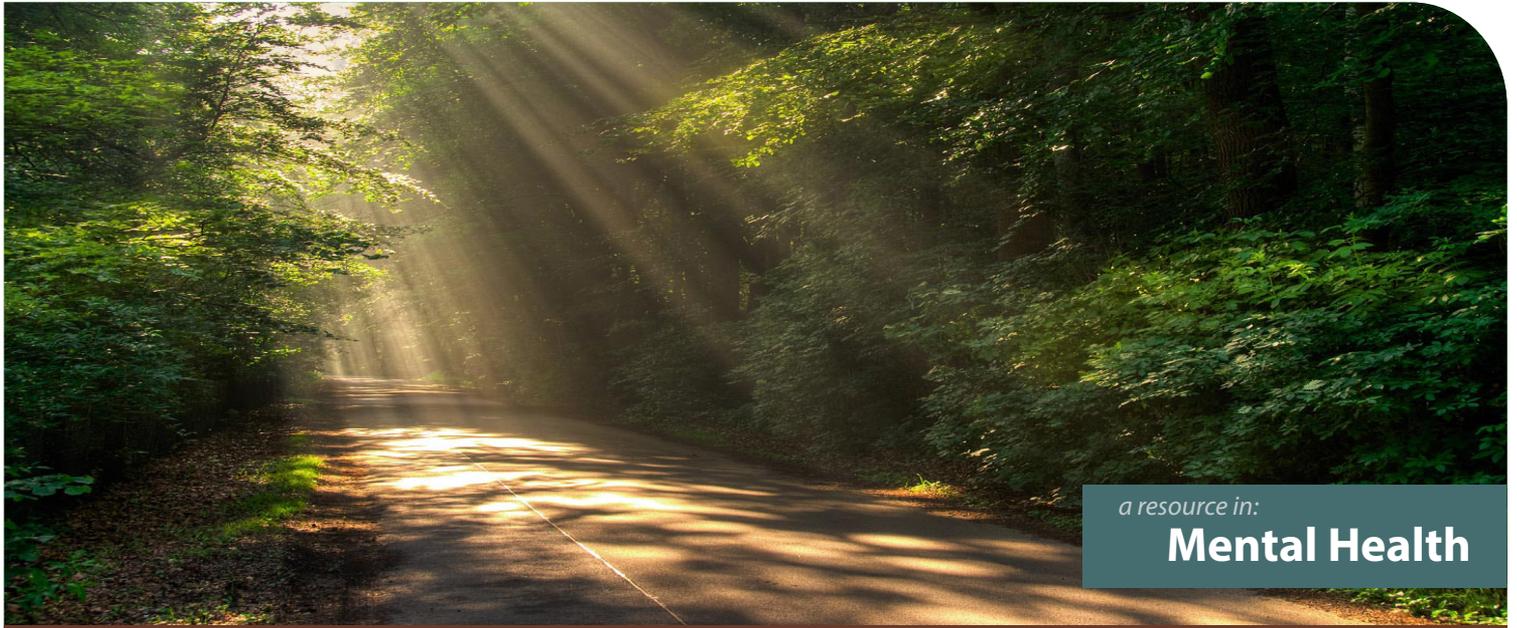


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## Emotional & Physical Danger Signs For Acting Out



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# Emotional & Physical Danger Signs For Acting Out

*2 Corinthians 2:11, "Lest Satan should get an advantage of us: for we are not ignorant of his devices."*

Below are emotional and physical states that you may feel when you get the urge to act on unhealthy, sinful, and/or addictive impulses (e.g., desiring to drink, binge or purge, allowing impure sexual fantasy to run, etc.). By becoming aware of these triggers, you can begin to use healthy, Christ-honoring coping skills to deal with them more effectively. Some common danger signs are:

1. **Isolation.** When you aren't staying connected with support people. This can also occur if you start to have the attitude that your accountability partner's job is to check up on you rather than you taking initiative to "check-in" with your accountability partner.
2. **Boredom.** When you feel like you don't have anything to do and especially when you don't want to concentrate on anything.
3. **Anger.** When you get angry and don't express it appropriately (e.g., hold it inside or explode).
4. **Self-pity.** When you feel sorry for yourself. This is especially true when you feel as though you are a victim.
5. **Fear.** When you feel afraid, anxious, worried, or powerless.
6. **Depression.** When you feel down and/or hopeless.
7. **Confusion.** When you don't know what is going on, and/or things are not clear in your mind.
8. **Humiliation.** When you feel that someone has put you down (especially in front of others), or when you feel like everyone knows the mistakes you've made and they are judging you.
9. **Rejection.** When you try to be close to someone and they push you away, or they don't respond in the way that you hope.
10. **Loneliness.** When you feel alone and want someone to keep you company, and no one is there in the way that you are wishing for.
11. **Sadness.** When you feel sad and wish someone or something could take away the feelings.
12. **Hunger.** When your physical body is hungry (physical hunger), or you are dealing with emotional tension by eating (emotional eating).
13. **Tiredness.** Fatigue that lowers your resistance to things that aren't good for you. You may find you have less patience, are more irritable, or have an "I don't care" attitude.

## Emotional & Physical Danger Signs For Acting Out

14. **Entitlement.** A form of self-centeredness in which you start to believe that you “deserve” certain privileges or that others don’t appreciate you like they “should.” This type of thinking can lead to rationalization of unhealthy, ungodly behavior.
15. **Stressed Out.** When stress is really bearing down on you, and you just wish you could find a way to escape.
16. **Frustration.** When you’re feeling like things aren’t working out as you want them to, or a goal you are working toward is blocked.
17. **Impatient.** When circumstances in your life are moving “too slow” for you, and you begin to get agitated or irritable.
18. **Impulsive.** When you feel as though you would rather take quick action of some type regardless of the consequences. You look for short term pay-offs and don’t care about longer term consequences.
19. **Helpless.** When you feel like no matter what you try nothing will work out for you anyway.
20. **Physical Pain.** When you are in physical pain and you feel like doing “anything” to make it stop.