

# EMOTIONS

## Reflection Questions/Week 2

### Anxiety Relief

- As you look back at the past year, what are some ways your friendships (or lack of friendships) have affected you?
- Consider times in your life when you made prayer a priority. Then think about times when you didn't. How were those times in your life different?
- Are there any feelings you think you have a hard time controlling? How might aligning your feelings with your faith change the way you live?