

W H I T E N O I S E

Part 2: Masking the Unwanted

INTRODUCTION

Noise is everywhere. It's unescapable for the long-term. But healthy people learn to turn down the noise low enough and long enough to be ruthlessly curious of what's going on inside of themselves and those around them. Turning down the white noise in our lives allows us to deal with our emotions before they deal with us.

LET'S TALK ABOUT IT

1. Take stock of your emotional health. *Emotional health is the ability to recognize and manage your emotions as well as the ability to control your behavior in response to other people's emotions.* How are you doing on a scale from 1-5 (not well to very well)? What are the contributing factors to this score?
2. To become emotionally healthy, we must become emotionally aware. White noise is a tool for masking unwanted sound. Similarly, everyone uses some sort of "white noise" to mask emotions. What kind of white noise do you use to tune out your emotions?
3. If you were to turn down the white noise in your life, what emotions might tend to be the loudest?
4. What do you think the greatest risk is if you don't pay attention? In other words, what might you be sacrificing: vision, leadership, becoming the best version of yourself, hearing from God?
5. What do you think might be the greatest payoff/reward for turning down the white noise and paying attention to what your emotions are trying to tell you?

THIS WEEK

Take some time to turn down the white noise and tune into your emotions. Decide to turn off the music on your next drive or put your phone away for a few minutes to practice mindfulness.

- What unwanted emotional noise am I trying to mask?
- What is behind this emotion?
- How should do I need to respond to this emotion?
- What is God saying about this emotion?

"But when you **pray**, go into your room, **close the door** and pray to your Father, who is unseen."

Matthew 6:6