



EMOTIONAL REGULATION

HANDLING
EMOTIONS
WITHOUT BEING
RULED BY FEELINGS

TeenDIG! Feel Ko 'To Series

TEENDiG! = Teens Daring to Ignite for God!

The *Feel Ko 'To!* series is a real-talk journey about the emotions we usually hide — anger, sadness, anxiety, kilig, burnout — all the feels na minsan di natin alam kung saan ilalagay.

It's not about suppressing what you feel, but *surrendering* what you feel kay Lord. Because God doesn't just save your soul — He heals your heart, too.

Here, honesty is part of holiness. We talk about *mental health, trauma, and love life* — pero always with a deeper question: **“Paano ko mararamdaman si God sa gitna ng lahat ng ito?”**

The *Feel Ko 'To!* Bible Study lessons help teens grow in emotional awareness and resilience — learning how to pause, pray, and process before reacting, and discovering that healing happens

when we bring our hearts to Christ, not just to social media.

Because “*Feel ko ’to*” doesn’t always mean “follow mo ’to.”

Minsan, feelings shout — pero faith stays steady.

And when faith leads your feelings, that’s when peace begins.

Feel Ko ’To: Emotional Regulation

“Learning to listen to your emotions without letting them lead your life.”

This first booklet in the *Feel Ko ’To!* series invites teens to face the emotions they often hide — from stress and insecurity to anger and frustration — and to discover how faith can bring order to the chaos within.

It's not about pretending to be okay, but about learning to be *honest before God*.

Each lesson helps you unpack your emotional world through Scripture, self-reflection, and conversation — reminding you that ***your feelings are valid, but they're not the boss.***

In this journey, you'll learn that peace doesn't come from ignoring your emotions, but from inviting Jesus into them.

Because real maturity isn't about being emotionless — it's about being *Spirit-led even when you're heart-full.*

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Lesson 1

Mood Swings & Faith Wings

'Pag Feelings ang Pilot, Crash Landing is Real.

Psalm 42:5

“Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God.”

FEEL CHECK

“Kung May Emoji ang Puso Ko...”

Kung pipili ka ng emoji para i-describe ang mood mo this week, alin 'yon? 😊 🤔 😡 😴 😍 😐

Bakit mo pinili 'yon?

Kanino o saan mo madalas ibinubuhos ang emosyon mo—sa kaibigan, sa wall post, o sa sarili mo lang?

Minsan parang roller coaster ang feels—taas-baba, ang daming loops. Pero kahit magbago ang emosyon mo, puwedeng steady ang faith mo.

Hindi kailangang *i-deny* ang nararamdaman mo, pero kailangan mong *i-define* kung sino ang magle-lead sa 'yo—si God o ang mood mo.

Reflect:

Ano'ng emosyon ang madalas mong nararamdaman lately, at paano mo ito pinapakita o tinatago?

SCRIPTURE VIBEZ

Si David, hindi nagkunwari. Inamin niyang down siya at disturbed. Pero imbes na mag-stay sa lungkot, kinausap niya sarili niya: “*Soul, magtiwala ka sa Diyos.*”

Tamang Vibes:

Tapat si David sa Diyos tungkol sa nararamdaman niya.

Pero hindi siya tumigil doon—pinili niyang magpuri.

Pwede palang sabay: *Feelings are real, pero mas totoo si God.*

Truth Moment:

You can be real with your emotions without letting them rule your life. Ang tawag doon—**faith wings sa gitna ng mood swings.**

Reflect:

Anong part ng verse ang pinaka-nakarelate ka—'yong “downcast” o 'yong “hope in God”?
Kapag may problema, mas madali ba sa iyo na mag-labas ng emosyon o mag-pretend na okay lang?

FAITH HACK

“Name It Before You Frame It”

Kapag na-trigger ka o napuno ka na:

Name it. “Lord, galit ako kasi ____.” / “Lord, naiiyak ako kasi ____.”

Frame it. “Pero alam kong nandiyan Ka.
Tulungan Mo akong kumalma.”

Kapag pinangalanan mo ang emotion mo, mas madali mo itong ma-handle. Kapag pinasurrender mo kay Lord, napupuno ng peace ang puso mo.

Why This Works:

Psychological research shows that labeling emotions—called “affect labeling”—reduces activity in the amygdala, the brain’s emotion-reactivity center, and increases control from the prefrontal cortex.

(Source: Lieberman et al., 2007, *Psychological Science*, 18 [5]:421-428, <https://pubmed.ncbi.nlm.nih.gov/17576282>).

In short, when you *name* what you feel, your brain starts calming down.

Studies also show that people who can identify and describe emotions clearly have **better stress management and fewer impulsive reactions**, while those who cannot often bottle up emotions that later explode.

(Source: Boden & Thompson, 2017, *Frontiers in Psychology*, <https://pmc.ncbi.nlm.nih.gov/articles/PMC8969204>).

Reflect:

Ano’ng recent situation na sana in-“name and frame” mo muna bago ka nag-react?

Ano’ng mga salita ang pwedeng makatulong sa’yo kapag gusto mong i-describe ang nararamdaman mo sa prayer?

REAL CHALLENGE

“Mood Tracker, Faith Builder”

Sa loob ng isang linggo, i-track mo ang moods mo. Gamitin ang phone notes o notebook.

Day	Emotion	Trigger	Verse
Monday			Psalm 42:5
Tuesday			Philippians 4:6-7
Wednesday			John 14:27
Thursday			Romans 12:12
Friday			Galatians 5:22-23

Reflect:

Anong pattern ang napansin mo sa moods mo this week?

Kailan pinakamadaling tumawag kay Lord — sa taas o sa baba ng mood swing mo?

PRAYER PAUSE

“Lord, salamat kasi You made me with feelings — joy, anger, sadness, excitement.

*Pero aminado ako, minsan ako 'yong
nagpapaikot sa sarili kong mood swings.
Teach me to listen to what I feel but follow You
more than my moods.
When I'm down, lift me up with faith wings.
When I'm lost in feelings, remind me that You're
still steady. Amen."*

Reflect:

Ano'ng line sa prayer ang pinaka gusto mong i-pray ulit mamaya pag-uwi mo?

HEARTLINE TRUTH

"Feelings change, but faith remains."
Mood swings may come. God's peace stays.