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## MOM-TO-MOM ENCOURAGEMENT

Hey Moms,

I don't remember the day I made the switch, but it happened—I realized being "sensitive" was not a weakness. Yes, I still get my feelings hurt and sometimes overreact, but I'm also really tenderhearted, thoughtful, and kind. I believe it's one of the greatest gifts that God put in me. I have a heart for those who are hurting and broken, and I am one of the first to jump in.

Our emotions are important. We can use them to help others. But we can also use them to hurt others or to control and to manipulate.

We are all wired in unique ways, but we all get angry and tired and overreact. I hope I am able to lead by example and show my daughter how to manage the hard parts of her emotions while embracing the very beautiful ways she was made.

Much love,  
Courtney DeFeo  
Founder of Treasured, [Treasuredgirlz.com](https://www.treasuredgirlz.com)

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## SESSION 3: EMOTIONS

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**BOTTOM LINE:** Be in control of your words, actions, and feelings.

**SCRIPTURE:** *“Finally, my brothers and sisters, always think about what is true. Think about what is noble, right and pure. Think about what is lovely and worthy of respect. If anything is excellent or worthy of praise, think about those kinds of things” (Philippians 4:8 NIV).*

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### TIPS FOR GROUP

- During group, listen and watch for how your daughter might be feeling during the discussion. It can give you direction for more conversation afterward.
- Keep in mind that it's okay to share if this is an area that you are still growing in yourself.
- As you review the session, if you feel like you might share a short example or story in the group, consider sharing it with your daughter before the session if you feel it might be helpful to her.
- At all costs, avoid disciplining or “calling out” your daughter during group time—especially publicly. If absolutely necessary, pull your daughter away from the group for all difficult conversations.



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### WORDS YOUR DAUGHTER NEEDS TO HEAR FROM YOU

Emotions can be difficult to manage on our own. Use these phrases to help your daughter take control of her thoughts and feelings.

- Let's try that again after we've both calmed down.
- What did you hear me say? I'm sorry you heard that. Here's what I meant.
- Emotions are not wrong or bad.
- You alone are in charge of your words and actions.
- It is very normal to experience a variety of emotions and extreme feelings.

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### SESSION 3 DISCUSSION QUESTIONS

We'll talk about these in the group. Your group leader may not use all of the questions.

1. What's one thing that stuck out to you from this session?
2. Give one word or one sentence answers to these next questions:  
What's one thing that makes you happy?  
What's one thing that makes you sad?  
What's one thing that make you angry?  
What's one thing that makes you anxious?
3. What does it look like when someone is out of control with their emotions?.
4. Let's list the four steps talked about in the session to help you take charge of our emotions:
  - Stop
  - Breathe
  - Name It
  - Refocus.

The most important thing is to refocus our thoughts on good things. Based on our verse, Philippians 4:8, we're to focus on what is true, pure, lovely, and excellent. What are examples of things that are True? Pure? Lovely? Excellent? (Example: Something that is true is that your mom loves you.)

5. Think about the last time you let your emotions get the better of you. How could using the 4 steps have helped you to better take control of your words, thoughts, or actions?
6. Sometimes doing a physical activity can help us calm down. What's one thing you can do that might help you refocus?

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### MOM / DAUGHTER CHALLENGE

*Choose one or more of these to do after the group.*

It can be difficult to get your daughter to talk about her intimate feelings with her mom. Here are a few ideas of how you can get her to open up this week and in the weeks to come:

- Go on a walk together.
- Bake something yummy.
- Do a craft together.
- Learn a new skill. (YouTube it together.) Ask your daughter to teach you something she is good at.
- Drive somewhere fun (a quick, easy road trip).

While you're spending time together, ask each other:

- What makes you happy when you are sad?
  - When do you feel stressed out? What helps you relax?
  - What are some things that make you angry? How do you calm down?
  - Did anything frustrate you this week?
  - Has anyone hurt your feelings lately?
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### CONTINUE THE DISCUSSION

Here are some questions to further the discussion at home after Session 3:

- When is it hardest to control how you're feeling? Hungry, angry, tired, lonely, sick?
- Talk about a time when a friend made you feel angry, sad, or left out.
- When is something I do or say that hurts your feelings or upsets you?

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### ADDITIONAL RESOURCES

For additional resources, visit [TreasuredGirlz.com](https://TreasuredGirlz.com) or [theParentCue.org/resources](https://theParentCue.org/resources). Also available to order, the *Treasured Journal* is a fun opportunity for mothers and daughters to deepen their Treasured experience through reflection and discussion. Available at [ParentCueStore.org](https://ParentCueStore.org).