

## ***Coping with Emotions***

***Rabbi Zev-Hayyim Feyer***

Our thought for today is  
*COPING WITH EMOTIONS*

Emotions are good, if they are life-enhancing emotions – the capacity to feel, to relate, to anticipate, to react with freedom and appropriateness. These are the warmth and lifeblood of an otherwise arid intellectualism.

*COPING WITH EMOTIONS*

Esprit or elan, with a flair for sensitivity – these are the antennae that reach out and capture the excitement of life.

*COPING WITH EMOTIONS*

Emotions are destructive when they miss the spirit and emphasize emotionalism, dramatizing strife and over-reacting to stress.

*COPING WITH EMOTIONS*

When we are emotionally wise, we are enthusiastic, but we temper our zeal with balance and consideration. Rational judgment need not lack emotion. Rather, emotion adds warmth and richness to our experience.

*COPING WITH EMOTIONS*

Feelings are life-enhancing when reason is a companion, an equal partner, a co-creator of a balanced attitude.

*COPING WITH EMOTIONS*

Thought is deeper than all speech; feeling is deeper than all thought.

*COPING WITH EMOTIONS*

And now, let us enter the silence, taking this thought with us and resting in it  
*COPING WITH EMOTIONS*