

*Brothers, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead, I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus.*

### **Emotional Allergies**

*from Emotionally Healthy Spirituality by Peter Scazzero*

**An emotional allergy is an intense reaction to something in the present that reminds us, consciously or unconsciously, of an event from our history. What happens most often in an allergic reaction is that we end up treating the person with whom we are in a relationship now as if they were someone from our past. We treat them like an “IT”.**

***“Wiping the slate clean” --- a healing exercise:***

- **An emotional allergy you trigger in me is ...**
- **When this allergy happens, what I think or tell myself is...**
- **When this allergy happens, I feel...**
- **When this allergy happens, what I think and feel about myself for even having these feelings is...**
- **When this happens inside me, the behavior you then see from me is...**
- **What this allergy relates to in my history is...**
- **When this allergy happens, you remind me of...**
- **The price we are paying for this in our relationship is...**
- **The words from the past that I needed, the words that I wish had been said to me, are...**

**Many people realize through this exercise how much they still live in the past and project it into present relationships. Once we begin to see this connection, we can begin making different choices that are more loving, emotionally adult responses rather than *allergic reactions*.**

