



Theresa Croft

Mentor

Media Strategist

Author

Podcaster

KingdomMentorPodcast.com

THE FRP METHOD

How To Unhitch Your Jacked-Up Emotions

IN 11 MINUTES OR LESS



**TO BEGIN-COMMUNE-QUIET YOUR
HEART...REST TO RUN**

**Find A Place In Your Soul-Be
Still...Breathe...Quiet.....**

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STEP 1-F-FOCUS

FOCUS BY STAYING PRESENT

Focus instead of self-protect. Be intentional to stay with the present...not the past or future. Feel and be aware.

“Recapitulation “If a thought or emotion does not line up with righteous peace and joy to the core...grab it...Think on it only as long as it takes to get it out and release it to the next step. (Prevents self protection leaving you in a pattern of the drama of the trauma, lies from the shame game, or betrayal of your true self with blame.)



STEP 2 - R-REALITY

BE REAL WITH YOUR EMOTIONS

Think and feel what you're are feeling. Capture those thoughts. It does not mean suppressing them but embracing them to rebuild. This Reality Step is like an Alarm system..Use the discomfort the zones...tune in...focus to be able to put it into the reality.

You FEEL so to be aware. This is a part of the process for redesign. so you can cancel your agreement with them and rebuild. Denial pushes your emotions into the fertile ground of fear where you start to believe the lies of the enemy. Your emotions are given to us by God and can help you discern.

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STEP 3 - P-PROMISES OF GOD

CONNECT WITH HOLY SPIRIT

Align yourself that God is present and with you. Acknowledge this Presence however the Holy Spirit shows you. Listen. What promise in the Word comes to your heart? Or you can open to the Psalms to start reading. Seek His Kingdom first. The Kingdom of God is right where you are..in the House of Wine. "Drink in His unrelenting love divine." If worship music or soaking music help you, that is fine. This is your relationship with God. How you connect does not matter as much as finding a promise from the WORD.

REFERENCES-AIDES

Matthew 6:33 NLT

"But seek first the kingdom of God and his righteousness, and all these things will be added to you."

Psalms 25:14 TPT

There's a private place reserved for the lovers of God, where they sit near him and receive the revelation-secrets of his promises.

HEBREWS 11:11 TPT

Sarah's faith embraced the miracle power to conceive even though she was barren and was past the age of childbearing, for the authority of her faith[a] rested in the One who made the promise, and she tapped into his faithfulness.

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SUMMARY

● F-FOCUS

Stay intentional. If a thought or emotion does not line up with righteous peace and joy...grab it.

● R-REALITY

You get to feel it then...So"reframe Your reality and not get stuck in drama of trauma.

● P-PROMISES OF GOD

From His Presence, cancel the agreement with the REAL emotion by bringing in a promise from the Word that makes the problem turn into a possibility...Promises!

FINAL WORD-ABOUT THERESA CROFT

“So now wrap your heart tightly around the hope that lives within us, knowing that God always keeps his promises!” Hebrews 10:23

TPT

Theresa Croft, is relentless to help you to find your voice by repairing your relationship with God, resulting in restoration from the drama of the trauma, winning the shame game and walking in clarity from your identity. She does this with the Kingdom Mentor Academy™.

Find Your Voice. Share Your Voice. Market Your Voice!

Theresa is also a Marketing Strategist helping women grow their brand online. She does this by The Care Strategy™ of Content, Authenticity, Relationships, and Excellence framework.

With 30 years of media experience, Theresa is committed to inspire from an authentic place. She will contend for you as a dream carrier: Praying and speaking into your life from a place of saying "no to striving and yes to abiding....in the Vine, to your sweet spot."

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