

Feelings and Emotions Can Destroy Your Identity



Yes, the main destroyers of our genuine identity as a son are our thoughts, feelings and emotions.

The news article¹ (on the right) has radio presenter Jackie-O² (left³) of Sydney, Australia, upset that she “feels invisible”, even though she is known by Father. As famous as she is to Sydney radio listeners, the multi-millionaire laments that she feels like a victim of ‘the boy’s club’ – i.e. she can’t make it to who she wants to be.



Her negative opinion of how others appear to treat her is stifling her life, causing her to feel sorry for herself, and obviously, unable to reach self-actualisation. From Maslow’s chart below,⁴ Jackie-O has the esteem of many people, but she has allowed her feelings to negate her soulish success at that 2nd top level. This is preventing her from reaching the top goal of every person – self-actualisation.



As you can see from the self-actualisation layer in the chart, that level is all about the achievement of one’s full potential. Self-actualization, to Maslow, is the ability to become the best version of oneself. Maslow stated, “This tendency might be phrased as the desire to become more and more what one is, to become everything that one is capable of becoming.”⁵ To become “more of what one is” includes knowing who you are, which answers the age-old questions, “Who am I and why am I here”⁶. These are intrinsic to our self-worth.

From my experience, and that of others, self-worth comes from knowing who you really are. It’s a realization that comes in an ‘aha moment’ that causes you to know that you know that you know who you really are. That then brings a peace that no one can take away from you, and that in turn produces a paradigm shift in your life so you’re never the same again.

Until a person has their identity as a son of Father (‘the Most High God’, the most powerful being in the universe), all other identities are ‘shaky’ and founded on things that can change. I believe everyone has experienced a loss of personal identity because their situations and circumstances changed, throwing them into disarray.

1 – EDITION: Sunday 5th January 2025

2 – Jacqueline Ellen Henderson (Nee Last) [en.wikipedia.org/wiki/Jackie_O_\(radio_host\)](https://en.wikipedia.org/wiki/Jackie_O_(radio_host))

3 – PHOTO: [en.wikipedia.org/wiki/File:Jackie_O_2015_\(cropped\).jpg](https://en.wikipedia.org/wiki/File:Jackie_O_2015_(cropped).jpg)

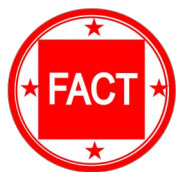
By Madelene16 - Own work, CC BY-SA 4.0 [FREE to use]

4 – GRAPHIC: “Maslow's Hierarchy of Needs2” by Androidmarsexpress, CC [Creative Commons Attribution-Share Alike 4.0 International commons.wikimedia.org/wiki/File:Maslow%27s_Hierarchy_of_Needs2.svg](https://creativecommons.org/licenses/by-sa/4.0/) [FREE to use]

5 – “Understanding Maslow's Theory of Self-Actualization” (19-9-2024) www.thoughtco.com/maslow-theory-self-actualization-4169662

6 – The big meaning of life questions yourmeaninginlife.com/blog/who-am-i-and-why-am-i-here

I went through self-made identities (plural) as I tried to find who I was. I wasn't given my identity by my earthly father as he rejected me, so from the age of 16 I worked on making my own identity. Those identities changed over time as my life changed, so it was a final relief to discover who I really was – Father's son – and my life has been very stable and content since then.



Inappropriate feelings and emotions do not nullify or cancel our identity as a son. Nor do they cause Father to take our sonship away from us. Instead, they cause us to be unable to function properly in our identity and to be less effective in impacting our lives and surroundings through it.

As I live each day, while the situations and circumstances impact my life, knowing my true identity keeps me very stable. All I have to do when I **feel** negative, undervalued, or experience a fleeting bout of self-pity, is to remind myself of who I really am and that stabilizes me quickly.

Father says:

“Do not despair when you are having an identity crisis and not sure of who you really are or where you belong. You must get back to your foundation, which is found in me.”⁷

IMPORTANT: Your feelings and emotions are the main things that ruin your stability in knowing your identity as a son. As best you can, eliminate your propensity to submit to negative feelings and emotions. You'll be far better off if you do.

Here are some additional helpful teachings on our true identity:



Mike Parsons “A Journey Quest for Identity” [LINK](#)



Mike Parsons “Unveiling Our Divine Identity” [LINK](#)



Mike Parsons “Discovering Your Divine Identity: A Journey of Embracing Change” [LINK](#)



Mike Parsons “Embracing Your True Identity: The Path to Fulfillment” [LINK](#)

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(Readers will need to look up for themselves any scriptures alluded to in this document)