



4 Steps to Controlling Your Emotions

Every single one of us is capable of controlling our emotions, though it certainly doesn't always feel like it! The key to controlling emotions lies in a choice. Even though controlling your emotions is a choice, it's not always an easy one. This is because the time you most need to make that choice tends to be the time you are least able to. You know how it goes - something happens to create a bad moment, and before you know it, you've allowed that moment to turn into a bad day, and it's completely taken over. But knowledge is power, and when you realize that the choice needs to be made, you can learn to hone this skill and literally change... your mind! Do you want to control your emotions or don't you? If you do, then all you need to do is make the conscious choice to do so.

Here are the four steps to take to begin immediately controlling your emotions, whenever you feel the need:

1. Become aware of what you're feeling, and when. Take a really good look at the mood you wake up in, how you feel in the morning, afternoon, evening, and nighttime, and how you feel before going to sleep. Make a point of noticing mood fluctuations during the day, and what types of things tend to create negative thinking.
2. When you have a negative emotion stir up, stop and acknowledge it. Then ask yourself the true meaning behind it. Be brutally honest with yourself. For instance, if a friend announces a work promotion, you may be outwardly happy, but then a bad mood surfaces shortly after. It could be that you're feeling jealous, or maybe guilty because you know you're not working up to your own potential. This is why being honest with yourself is so vitally important. You can't change things if you can't identify them for what they truly are.
3. Once you know what you're feeling, and have honest answers as to why you're feeling it, you can then begin considering what would help you not feel that way. Using the example from #2, you may have to choose to do more/be better at work so that you will receive a promotion too. The question to ask yourself is, "What actions can I take to alleviate this negative emotion?"
4. Take that action! The healthiest thing you can do at this point is to take your own advice on actually doing what you need to do to alleviate your negative emotions. This is how you will truly learn to control the emotions you have, and react appropriately when something happens that feel negative. You will enjoy more control over your life, and that will result in a happier you!

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