

## 1: Mastering Your Emotions by Adrian Rogers

*Simple Tips for Mastering Your Emotions "Anyone can become angry - that is easy, but to be angry with the right person at the right time, and for the right purpose and in the right way - that is not within everyone's power and that is not easy."*

President of The Empowerment Partnership. Realize this, and you will find strength. I give my students tools and techniques to deal negative emotions that hold them back from living the life they desire. Just be stoic no matter what happens? You want to feel the emotions that arise, and you want to deal with them like the Stoics. Most of us misunderstand the word stoic. We think stoic means unfeeling or passive or fatalistic. By , inventor Thomas Edison had built a massive business and had a multi-building plant in New Jersey worth millions of dollars. One night, a huge explosion erupted at the site causing an enormous chemical fire. We just got rid of a lot of rubbish. He and his employees immediately started rebuilding the next morning. In less than a month, they had the plant up and running again. His insurance covered only about a third of the total loss. Yet Edison chose to first admire the awesome fiery spectacle then to focus on rebuilding what he had lost. He transformed any negative emotions he felt into appreciation then positive action. In my NLP workshops, we teach students about this resourceful state and how to access it at any time no matter what the circumstance. In a resourceful state, you feel calm and centered, capable and confident. Your body feels relaxed yet energetic. Your mind is able to generate all kinds of options and make clear decisions. You feel very present and aware of the activity and people around you. This resourceful state is a state we all can access. Is it natural to feel less resourceful emotions when everything hits the fan? But as Harvard-trained and neuroanatomist Dr. What careless so-and-so let this fire happen? And rebuild even better now that the old equipment is out of the way. I wonder what new processes or systems we can create? Mastering your emotions is not about numbing them or repressing them. Your emotions are an important to partner in creating the satisfying, fulfilling life we all desire.

## 2: Joyce Meyer : Mastering Your Emotions | Free eBook Download

*The simplest way to master your emotions in the moment is to move your body, Barrett writes. Animals, for instance, regularly get back into balance through movement.*

Many of us, however, find it difficult to deal with our feelings, and this can cause an immense amount of suffering in our lives. A life run by our emotional reactions is a life of chaos and disorder for ourselves and those around us. Emotions are a psycho-physiological response to our environment and our thoughts. Scientists have a number of different theories about emotion. At the most basic level, emotion is a built-in response system triggered by the limbic system, which is the oldest and most primal part of the brain. Emotions can be seen as messengers – signals that motivate us to act. Emotions, caused by the brain releasing bio-chemical reactions in the body, helped our species survive. They enabled us to react to danger and threats and seek out what we needed in order to survive and thrive. At this level, emotion is instinctive and can be seen universally in humans and other species. So it can be helpful to recognise emotions as signals. So your emotions are rarely just a direct response to external objects, situations or events. They are a response to the thoughts you think about those external objects, situations and events. The world you think you experience out there is actually experienced in your mind. Your eyes relay sensory data through the optic nerve and then the mind decodes, interprets and reassembles that data in the form of thought. You experience it inside your mind. Your brain takes external signals and then recreates a representation of this data in your mind. Your consciousness is the carrier of reality; your medium for experience the world of things. If your experience of external objects is filtered through the mind and all the biases, memories, interpretations and judgements inherent in that mind, then your emotions are always going to be affected by thought. Indeed, thought can be seen as the creator of emotion. But even though we tend to pin external causes on the arising of emotion, the emotion is almost always preceded by thought. With the lottery example, your response will be determined by the meaning you place on money. You might even just give a disinterested shrug. In which case you can happily pass your winnings to me! The man naturally experiences devastating grief. However, a few days later he learns that a mistake was made and his son is actually still alive. The whole time, nothing changed other than the thoughts the man was thinking. This demonstrates that the real cause of our suffering is actually within our mind. Emotion, then, is a response to thought. And as we discovered, everything we experience is experienced as thoughts in our mind. Life is Neutral Those were extreme examples. Most of the time our lives occupy a more neutral position along the emotional spectrum. What is important to understand is that the things of life – objects, situations, events, etc – are in themselves neutral. Such thoughts can be subtle, unconscious and automatic. They may arise as an almost subliminal flash of memory of a past experience. No two people are the same. We can respond very differently to the same things. What can be a fountain of bliss to one person can be a source of dread to another. Their ex, however, is unlikely to feel the same way about them. Our mental filters affect our experience of life in so many ways. Others, however, faced with the same circumstances might be choked with anger and bitterness and crippled by depression or anxiety. The way you think about and process experience affects everything. Take a moment and think about something that makes you sad or unhappy. It could be something bad someone said to you, or a personal grievance or bereavement, or maybe the fact that Donald Trump is in the White House will do it. Notice how, almost immediately, the thought stirs up a wave of emotion. It might be subtle at first, but if you were to keep thinking those unhappy thoughts the emotion will get stronger and more pronounced. Anxiety and depression is the result of the mind getting caught in a kind of feedback loop and continually focusing on thoughts that distress, disempower or weaken you. Now put that out of your mind. Take a deep breath and think of something that makes you feel happy, joyful or excited. You might think of someone you deeply love, or go back to a cherished memory, or simply imagine something amazing happening. Be aware of your emotional response to this thought. How does your body react to a happy, positive thought? What you will notice is that a happy thought is its own reward, for it brings with it a warm glow of satisfaction, joy or contentment. What this shows is that you have the power to feel good at any time. You can do this by simply changing your thoughts and focus. In that space

lies your freedom and power to choose your response. In those responses lie your growth and your happiness. Most of the time people choose not to exercise that power. Instead, the way they think and react is a reflex; the outplaying of old psychological programming, coloured by memory, experience and also shaped by environment and culture. Never take your thoughts too seriously. After all, whether they admit it or not, the majority of us worship our own thoughts. The notion that our thinking could somehow be in error is heinous to us! But so often it is. To unquestioningly believe all your thoughts is to invite a lifetime of delusion and suffering. The ability to use your mind rather than be used by it is the key to liberation. Garbage In – Garbage Out Perhaps your thoughts are working fine for you. You probably feel reasonably good most the time. If, on the other hand, you have a negative outlook and are forever experiencing emotional states such as anxiety, dread, anger and depression, then your thoughts are not working for you. But, you might argue, I have a right to feel bad because of all the terrible things in my life. Another person, however, might experience the very same circumstances and be perfectly happy and content. The variable is not the circumstances and it never is. The variable is your thoughts and your interpretation of your circumstances. If you consistently experience emotional suffering then you need to get to the root of it: The quality of your thinking determines the quality of your emotions. Antidepressants or other pharmaceutical concoctions will only numb you out and mask the core of the problem. What you need to do is employ some self-inquiry to discover what thoughts and beliefs you are harbouring that are causing the emotional disturbance. They are not you – and neither are your emotions, for that matter. You are the awareness in which they arise and subside. When you realise this, a huge weight is lifted! You transcend them and are no longer quite so bound by them. The first step to dealing with emotions is to simply notice and label them. This can be disastrous. The effect emotion has on the body and our physical health alone is well documented. Negative emotions disrupt the nervous system and dampen the immune system, making us far more susceptible to illness. Positive emotions, on the other hand, have the opposite effect. They boost our energy and sense of well-being, bolster our immune system and increase health and longevity. There are three basic ways of relating to and responding to emotion. Denial In our culture, emotions are often seen as something unimportant – a distraction or an indulgence at best. As a result, we may tend to suppress, deny or bury our emotional responses. The best option, we assume, is to try to deny, repress and bury our emotional responses. To do this, we often try to numb ourselves out with what I call the Weapons of Mass Distraction – including alcohol, drugs and all kinds of excessive and addictive behaviours. Or we might blindly react to our emotions, impulsively lashing out, often with harmful consequences. Emotional suppression very often results in aggression, anger and violence. While suppression and reactivity might provide a temporary reprieve, they are clearly not healthy ways of processing emotion. The underlying emotions fester beneath the surface, constricting our psyche until they later manifest in the form of anger, resentment, violence, anxiety, depression and any number of possible neuroses. Avoidance of emotion is not a healthy tactic in either the long or short term. Over-identification At the opposite end of the spectrum are those who take an overindulgent approach to their emotions. While emotions are an intrinsic part of being human, over-identifying with them is every bit as unhealthy as repressing them. Some people almost worship their feelings. Emotions are actually really simple.

## 3: The Secret To Understanding and Mastering Your Emotions

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Do you have what it takes to master your emotions? Did you know that your daily emotional experience shapes the decisions you make and the actions you take? And how you respond is directly influenced by how you choose to interpret the events and circumstances of your life. This likewise stems from your ability to effectively manage your emotions in ways that will allow them to serve and assist you in obtaining your desired outcomes. Within this summary, I would like to provide you with all the necessary knowledge you need to help you manage and interpret your emotions far more effectively throughout the day. We will also break down a process you can work through to help you transform your emotional state – providing you with the leverage you need to effectively manage your emotional state on a daily basis in ways that help serve your purposes and objectives. They are in essence a call-to-action directing you to do something specific to alleviate your discomfort or pain. Finally, all the emotions we are going to be discussing below are a result of stuck-states that we bring upon ourselves throughout the day. These stuck-states are patterned responses to events, people, and circumstances that have their own physiological responses, words, phrases, etc.

**Discomfort** Discomfort is an uncomfortable emotion that often leads to boredom, distress, impatience or embarrassment. You are experiencing discomfort because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to the feeling of discomfort. This, therefore, means that the moment you transform or change your interpretation of the situation is the moment you gain control over your emotional experience. If what you are doing is not getting you the results that you are after, then simply try taking a different approach. If however, you are not able to tackle the situation from a different perspective, then try to change your perspective on the situation. Either way, you should be able to find an answer that will help you to pull yourself out of this uncomfortable emotional state. If for example, you are bored, then attempt to do something different with your time. Or you can simply try and interpret your experience in a unique way by turning things into a game. Either strategy will work well as long as you are willing to be flexible in your approach.

**Fear** Fear is often a very debilitating emotion that leads to worry, anxiety, and indecision. You are experiencing fear because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to the feeling of fear. This feeling of fear often results from an emotional response to what might occur in the future if you make a specific decision or take a specific action. However, many times our fears are riddled with inaccuracies that confuse and mislead us. Fear is, of course, a very valuable emotion because it protects us from harm in the off-chance that we are running away from a saber-toothed tiger. There are two quick things you must do that will help you manage your fears more effectively. The first is to clarify what it is you really want. And the second is to prepare thoroughly for the actions you will take to achieve your desired outcomes. These two steps are critical because the vast majority of our fears are based on a lack of knowledge and a lack of preparation. If you successfully tick both of these boxes, then you will have the ammunition you need to overcome just about any fear that you can possibly experience in our modern age.

**Hurt** The emotion of hurt tends to leave us feeling powerless and often leads to a sense of loss and jealousy. You are experiencing hurt because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to feel hurt. Likewise, feeling hurt could be a result of not communicating your needs effectively to others. As such you must begin today by communicating what you need from your relationships in a clear and non-threatening manner. Maybe your expectations are not reasonable, maybe they have changed over time, or maybe they simply no longer apply to your current relationship and therefore may need to be reevaluated. Finally, feelings of hurt sometimes result from a lack of understanding about our relationships or about our circumstances. In such instances, it helps if you replace your hurt with fascination and curiosity. By becoming curious, you immediately begin asking better questions, which expands the way you think and leads to answers and possibilities that you may not have considered before.

**Anger** Anger has a tendency to spin us out-of-control and can often lead to resentment. You are

experiencing anger because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to the experience of anger. However, anger can actually serve us if we are able to understand its underlying meaning. As such, we become angry because we no longer feel in control of the situation, people or circumstances. In such instances, we can actually let go of anger quite quickly, by spending some time re-evaluating our rules. In that case, be open to the possibilities and passionately look for alternative meanings. Only an open and flexible approach will provide you with the answers you are after.

**Guilt** Guilt has a tendency to leave us feeling somewhat deflated and can often lead to the emotion of regret. You are experiencing guilt because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to the feeling guilt. And the longer you hold onto that guilt the worse it tends to get as it continues to fester and grow inside your head. The moment you choose to interpret the events and circumstances of your life in a new and unique way, is the moment that guilt suddenly changes and turns into something that can potentially motivate and empower you to take positive action. Realize that the impact that your actions have had on others may not be as they seem. Therefore in such instances, you may need to take a look at your rules for feeling guilty. Maybe these rules need to be reassessed. Finally, guilt is often resolved when you are able to make peace with yourself and peace with the people you may or may not have hurt. You are experiencing frustration because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to feel frustrated. Yet it is within this feeling that your answers lie. And sometimes all it takes is for you to look for new information that will provide you with the insight you need to see the circumstances from a slightly different perspective. Finally, frustration often results from not getting the results you are after. Curiosity, determination and a flexible approach are the keys you should be looking for.

**Inadequacy** Inadequacy can make you feel miserable, unworthy and incompetent. So you can either change your expectations about yourself and your ability, or you can go out there and gain the necessary knowledge, skills, and experience necessary to achieve the outcomes you desire to have in your life. You could also be experiencing inadequacy because you are simply undermining your own strengths and abilities. Therefore, go out there and ask someone for feedback. Ask them to give you their honest observations. Maybe they will provide you with some very surprising insights and perspectives. Finally, inadequacy can often stem from a lack of confidence. If you are riddled with low self-esteem, then it seems perfectly okay to feel inadequate. However, if you take the time to build your confidence, then you will likewise develop more self-belief and will begin to feel better about yourself and your prospects.

**Overwhelm** Overwhelm is one of those emotions that creeps up on you over time, and before you know it, it takes over your life and can at times lead to the very debilitating emotions of grief and depression. You are experiencing overwhelm because you either have too much on your plate or you are simply unable to manage or take control of aspects of your life. In such circumstances, you feel out-of-control and unable to respond accordingly. The solution to overwhelm lies in taking back control over small chunks of your life, one piece at a time. It means taking a part of your life and dividing it up into smaller manageable chunks that you can successfully work with. Overcoming overwhelm is simple if you know what to do and are committed to taking the actions necessary to reschedule and reprioritize your life accordingly. Sometimes all it takes is a little lesson in productivity.

**Disappointment** Disappointment is the feeling of not getting what you want and often stems from a sense-of-defeat. You are experiencing disappointment because you are interpreting a situation or a set of circumstances in a specific way that naturally leads you to feel disappointed. Instead of looking for solutions and answers, you are stuck in a muddy pit full of unfulfilled goals, objectives and dreams that never became reality. Whenever we experience disappointment, we always wish that things could have been different. Instead of wallowing in disappointment, choose instead to learn from your experiences so that you can better yourself in the future. Disappointment can often be a result of having unrealistic high expectations that can almost never be realized. In that case, change your expectations by lowering them to a level that can be realistically achieved. This could very well dig you out of the dreaded pit of disappointment. Finally, disappointment is simply a result of having an unfulfilled goal. That way you are less likely to feel disappointed.

**Loneliness** Loneliness can be a very debilitating emotion that can lead to sadness and stagnation. You are experiencing loneliness because you are seeing your life through a lens that separates you from everyone and everything else that lies outside of

you. This is no way to live life given the fact that there are so many opportunities to connect with others on a daily basis. The key to overcoming loneliness is to reconnect with others, to reconnect with your environment, and to reconnect with a higher cause that will help you feel more fulfilled and passionate about your life. Go out there and make an effort to talk to someone. Go out there and make an effort to listen to someone. Go out there and make a contribution to your community. Go out there and spend time in the environment. Go out there and play with a baby or pet. Go out there and help someone in need. Your help may be all they need to help them feel a little less lonely. Finally, loneliness grows in the heart because we tend to forget about all the things that we are grateful for. In such instances, you need to become aware of an emotional state transformation process, which we discuss below. This process is divided up into five parts. Initially it will serve you well to consciously move through each of these stages step-by-step, however as this process eventually becomes ingrained into your psyche, you will no longer need to consciously think about the steps as separate entities, but rather will be able to respond to each emotion in a habitual way that requires very little thought and conscious effort. Identify Your Emotion Your first step within this emotional state transformation process is to identify the emotion you are experiencing. This is important because if you are not sure what kind of emotion you are experiencing then you will struggle to respond accordingly.

## 4: Mastering Your Emotions | A Word In Season

*Join me for this three-part series on Mastering Your Emotions and you can expect to receive all that and more. I am INCREDIBLY excited to get you this information.*

Several people commented on how calmly I was handling this. I, too, was pleased by my spiritual serenity, until I realized I was going to bed at 7 without supper. Obviously, some part of me was upset. Unfortunately many, maybe even most, adults look for physical causes only and ignore or deny the possibility of emotional distress. These imbalances are the leading cause of disease, illness, allergies, rashes, headaches, aches, pain, addictions, compulsive urges, anxieties, phobias, poor concentration, poor memory, restlessness, irritability, bi-polar disorders, depression, and more. Fear is the root of all destructive emotions. To possess them you must know about them and to know about them you must feel them. Hypnosis a state of inwardly focused concentration combined with regression therapy is used to bring buried unconscious and unprocessed emotions, thoughts, beliefs and memories to conscious awareness. Hypnotherapy is not covered by most insurance plans except when recommended by a medical physician for the treatment of obesity and obesity related diseases or by the practitioner is a licensed psychologist or psychotherapist. To master your emotions, you have to know what your emotions mean. Pain is your body saying: Fear is your body saying: It needs YOU to determine what the threat is so you can either reassure your body there is no danger or if there is danger tell your body whether it is to run, hide or attack to defend itself and thus you. Anger is your body saying: This is very confusing to children and very confusing to their bodies. The subconscious mind the bridge that connects you and your body is very literal and it uses deductive logic to reason. The subconscious controls the body, the brain, the behavior AND the mental, emotional, mental, physical energies; this means the subconscious has MANY ways of meting out punishment, including self-sabotaging behavior. If you have a pattern of sabotaging yourself and blocking yourself from attaining the reasonable goals you set, you can bet you have a subconscious program that is driving you to do this. Children should be taught how to use fear and anger wisely, not taught to believe they are bad. Children and adults who have been taught to deny or ignore their emotions are depressed people. Because when the body thinks no one cares about it enough to listen to its feelings and help it know what to do about them the body becomes depressed which alters the brain chemistry, which causes the body to feel even more depressed. Giving the body chemicals in an attempt to restore normal brain chemistry without addressing what is making the body feel depressed makes the body even more depressed. What your body needs is for YOU to talk to it "or to yourself" about the emotions that are bothering it. No one else can do this for you. Therapists help you with this but even then it is your job to help your body understand and process its emotions. As you breathe in, your abdomen should expand outwards, as you breathe in your abdomen sinks inward. Think of this as the 4 X 4 you are using to gain control. Focus only on your breathing and counting to four. Thoughtful silence impresses people and empowers you. When your body calms down, you will be able to think and speak calmly. No matter what the situation is - if after the 4 X 4 breathing you do not feel calm, say as calmly as possible deepening your voice will help you sound calm something like: Anger powers the body to yell, scream, shout, bite, kick, pinch, punch, and do everything it can to save itself and you. However, the body does make mistakes. You hear a loud noise, for example and your body jumps and tells the brain to start pumping out adrenaline for running or fighting as tries intently to figure out what the possible threat is. Long-term stress Post Traumatic Stress Disorder results when long term emotions are held in and not addressed. Your body wants to attack whatever or whoever hurts it or you. Suppressed anger fuels illness and injury. Suppressed anger underlies many cancers. Think to yourself that you will remain in the chair until you have resolved the situation in your mind. Then think about what upset you. If thinking about it still upsets you, go to your safe place. This is a mental place in your mind where it is safe and permissible to express your emotions. You hurt no one in your mental place. Even when you give your anger permission to attack persons who have angered you, you are not hurting them. It is energy your anger is attacking, not the persons themselves. If you are angry, give your anger permission to show you or tell you what it thought, felt and wanted to do. You are giving your anger a mental release. Imagine the scene

again. Let anger vent itself in your mind. Make this clear to your body. If you find yourself too agitated to stay in the chair, stop the process immediately by saying to yourself: I am putting this away to deal with in therapy. Then call a therapist and make an appointment or if it is too late in the day, write down that you will be calling the therapist first thing in the morning. You can do this mentally or write it. Then ask yourself what it was about this situation that frightened you. If someone angered you or hurt you, ask yourself why? Were you afraid something was being taken from you or could be taken from you? Talk to yourself about that threat. Or write it out. Do whichever you prefer, but do it. Your body needs to hear you thinking or talking about the threat and making a decision of what to do about it. If someone hurt you with derogatory remarks about your appearance or your mental or emotional competence or your behavior, review what was said. If that person or persons were lashing out from their own fears and insecurities tell yourself that. If their complaints, insults, or accusations had merit, face that. Be positive about it. When you beat yourself up you are beating up your body which will cower, cringe, and punish itself or rebel against you. I made a mistake. Or you might close your eyes and the answer will come to you or you will find yourself remembering. Go with what comes to you. Imagine yourself listening to that person the age you were before and how that age you felt about what happened before; then imagine yourself talking to that person, telling that age you what you wish someone wise had told you then. Humans make mistakes and learn from their mistakes, now you know better. You did the best you could do and now you and I can figure out a better way together. People have to look inside themselves and see where they are hurting so they can figure out what to do about it. I care very much. I want to help you help yourself. I want to help you feel loved. Tell me how I can help you do this. But it will not be effective unless you help the age you were then resolve it. Talk to that part of you in the language that age would relate to, use and understand. Help that age you find the positive resolution to the real or perceived threat. Write down or mentally imprint the thoughts that come to you. Every performer will tell you the power of rehearsal. When you decide what you will say, do and think in a given situation and rehearse this over and over you will find yourself automatically doing, saying, and thinking what you rehearsed in the actual situation, no matter how nervous or distressed you are. Adoption is betrayal to a child as are abandonment, divorce, abuse, neglect, and teasing. They blame themselves for it. Most need help with this. If they do not get that help when they need it, they will need it when they can get it. The fear, anger, and pain of betrayal do not fade away by themselves. They become suppressed, which stresses the brain and body, leading to illness, disease, injuries and self-sabotage. You will know this by your reactions to your inner self work. When you feel good after working with yourself, you have been successful working with that memory. When working with yourself it sometimes helps to have on a background sound that helps you to focus. Music and words with the music that diverts your focus is not helpful. Nature sounds are helpful too. Certain eye movements as well as sounds that alternate from one ear to the other can be very helpful in speeding up the brain processes for reprocessing old information after new input has been added which is what you are doing when you do inner work properly. Playing Bi-Lateral Stimulation sounds in the background can be very helpful for some people, but irritating to others. You will only know which one you are by trying it. Even those that find it irritating can find this technique helpful: Doing this can conjure up a memory of just where this thought began usually in early childhood which helps to know so you can process it.

### 5: Mastering Your Emotions - [www.enganchecubano.com](http://www.enganchecubano.com)

*A Chief Emotional Officer (CEO) means having success by mastering your emotions. But how do you do that? Chad and Ian discuss the steps you have to take to make your emotions work for you.*

Emotions are vitally important to us as human beings. They are a God-given part of our personality, providing a richness, colour and depth to our life experience that can be a source of great pleasure. But of course, things can go wrong with our emotions. Negative emotions can be alarming at times and if we are dominated by them it can lead to a miserable existence. Emotional pain is very real and can be extremely severe. Sometimes, emotional pain is even more unbearable than physical pain because there is no evident cause for it. With physical pain you can pinpoint a problem and seek the appropriate treatment, as with a wound or a broken bone, but it is vastly more difficult to pinpoint the cause of emotional pain. Most people, to a greater or lesser degree, suffer from fear or anxiety. They experience unexplained feelings of melancholy at times, uncontrolled feelings of anger, hurt, resentment, or, in extreme cases, hatred. Sometimes our emotions can be so turned in on ourselves that we are filled with feelings of dread, of self-loathing, guilt and condemnation. One of the greatest obstacles to overcoming negative emotions like these is the problem of denial. We commonly ignore negative emotions because society has told us we are not supposed to feel that way. This is a double-edged problem for Christians because the Church has been effective in teaching believers that we are supposed to feel happy, blessed and full of joy all of the time; it is how we are meant to feel, they say, because we are Christians! Therefore, if a believer is not feeling happy and blessed, they tend to hide their negative emotions. We need to be honest, open with our feelings, and understand that at times, even as Christians, things can go wrong with our emotions. Charismatic Christians are often castigated for being over-emotional, yet God has made us with a personality that comprises three major elements – the mind, the will and the emotions. We should live before God whole and complete in each of these dimensions, utilizing each aspect in our worship of Him. The difficulty of identifying and expressing emotions It is interesting to me that, even though we live in a feelingorientated world, many people still find it extremely difficult to identify and express their emotions. Sometimes we are not really aware of what we are feeling, or indeed the strength of the emotions that lie just under the surface of our personality. Often we have no clue as to why we are feeling what we are feeling or where these emotions originated from. Education is mainly concerned with pumping the intellect full of ideas, but it does not address our emotional development at all. I imagine there are few, if any, who can say that at school they were taught to feel. Rather we are taught to think, to focus on ideas and concepts, to evaluate and process information. We are not taught to appreciate what is going on inside ourselves. Believers are just as prone as anyone to carry all kinds of emotional baggage around with them. Many Christians have been wrongly taught that emotions are usually negative. We are told to follow facts, not feelings; to do what we should, not what we feel. Although this is true and right in one sense, we must not think that God wants to deny us our emotions. He does not want us to be emotionless, soulless creatures. As we will discuss in more depth later, emotions are signals that tell us what is going on inside our hearts. Your emotions point you in the right direction. The little light is not the cause of the oil being low, but the oil being low is the cause of the light! Similarly, our emotions are only indicators of what is taking place in our heart. Emotional health and relationships There is a heavy price to pay for unexpressed feelings that will take a toll on our relationships. When we suppress our emotions we are denying what is going on inside of us. Inevitably that affects us and it affects the way we interact with the people around us. But when we share and express our emotions with others in a Godhonouring way, allowing ourselves to be vulnerable with them, it helps us to better connect with people, to resolve conflict and build genuine relationships. Emotional bonds between people are very important, so long as there are other factors in the relationship that bring stability. Feelings are important, but they must never dominate us. We must learn how to bring them under control. Each of us needs to develop the skill of identifying and then owning our emotions. All of us will, from time to time, experience the effects of negative or destructive emotions. But if we realise – like the oil light on the dashboard – that these emotions are merely signals to tell us something is happening in our heart – if we could arrive at that level

of self-understanding” then we would be able to deal with the issues beneath the surface of our lives. Emotions point to needs Emotions are signals that point to needs on the inside of us. This is a vital principle to grasp and a major key to mastering your emotions. Simply put, if your needs are being met then you tend to feel good. If your needs are not being met then you tend to feel bad. It really is that simple. The state of your emotions tells you whether your needs are fulfilled or unfulfilled. If your needs are being met you will feel happy, pleased, satisfied, peaceful, but if your needs are not being met then you might experience worry, anxiety, anger, sadness. So far, so good, but there is another important principle to grasp at this point: We may have no right to feel angry at all, but we are experiencing that emotion because someone has hurt our feelings. So here is another important key to mastering our emotions: All kinds of things are designed by Satan and society to make us feel good, but lead us away from God. But marijuana is a mood-altering drug that, despite what people claim, can be highly dangerous. There is evidence to show that people who are predisposed to psychological problems will have such illnesses triggered by smoking marijuana. Come on, take a little bit! You need to know how to be switched on to Jesus! But as long we believe our needs are going to be met by a certain activity, no matter how short-lived the good feelings are, we will keep on doing it. If you believe that your needs are going to be met in a certain direction, you will be motivated to go in that direction, even if your needs are not fully met. We are motivated to go in the direction where we believe our needs will be met. In other words, the direction that makes us feel good. Sometimes as Christians we have to admit that the feel good factor is a little elusive. I remember an evangelist who came to our church many years ago and was leading a young girl to Christ. At one point the girl informed him: September 21st, by Colin Dye Share this:

## 6: Be the master of your emotions

*Mastering Your Emotions. likes. We are here to help. At Master Your Emotions we understand that each of us are emotional beings & that we are driven.*

The following is the text of the introductory sermon of that series and I will post the rest of the sermons of that series in the next posts: And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth. So God created man in his own image, in the image of God he created him; male and female he created them. And God blessed them. For you see, Adam did not lose Heaven in Garden of Eden; he lost dominion! But thank God today! The Last Adam was sent restore everything the first Adam lost! We settle for a ticket to Heaven when we die, but our salvation is so much greater than that! Now, just like anybody else, I want to go to Heaven when I die! But I discovered that eternal life is a present possession of the believer and that eternal life provides power for victory in this life as well as an eternal dwelling in the next! Through Jesus, in addition to going to Heaven when we die, we also regain the dominion that Adam lost while we live! Now this dominion, this power, this authority and ability to master and rule is needed in every aspect of our lives! But nowhere is it more needed than in our personal development. Of the many things that seek to hinder us from being all that God created us to be, the greatest threat to personal growth and maturity is the person in the mirror! We try to put the blame on other people, on things and even on the devil, but our main problem is our self! Most of the pain and misery we experienced in life is self-inflicted because we fail to exercise self-control. Our text words say that the one who rules his spirit that is his emotions is better or greater than the one who captures a city! On the other hand, the one who has no rule over his spirit is like a city with broken walls! Taken together, these proverbs illustrate our need to master the emotions! Now before you take issue with that statement, permit me to show you just how much our lives are influenced by our emotions. First of all, we must understand that emotions are a natural part of our make-up! And our feelings or emotions work like a closed-circuit. Our emotions dictate our actions, while at the same time our actions influence our emotions. There are some people who like to think that their actions are dictated directly and only by their reasoning or their will. But that is not how the human psyche works! It is our emotions or feelings that directly dictate our actions! Our nation, yes, even the world is facing an epidemic of alcohol and substance abuse. But why do people take drugs and drink alcohol? Why does a person buy a luxury automobile or a sports car? They do it because owning and driving those vehicles make them feel a certain way! Some people get depressed about their bills. So, to make themselves feel better, they eat or go shopping! Some people even come to church, not to find solutions for their issues, but merely for an emotional experience to make them feel better! Our emotions cannot and should not be denied, however they should be dealt with in the appropriate manner! The emotions will make you or they will break you! So how does one master and control the emotions? The first key is in learning how our emotions work in the dynamics of the human experience. As I said earlier, our actions are not directly dictated by our reason or our will, but rather by our emotions. In other words, we do what we do because of what and how we feel. Our actions are either in response to emotions or we act to stimulate or evoke emotions. In other words, we do what we do because we feel a certain way or we do what we do to feel a certain way! In either case, the direct dictating factor is the emotions! The Bible says we should rule our spirit! We should master our emotions! But the question remains: How do emotions work and how and where do they fit in the human equation? Well, if we are to believe the Bible, we were created as spiritual beings wrapped in human flesh. Therefore our essential core is spirit! It is through our spirit that we commune with God because God is Spirit. It is the spirit that governs our mind and it is our mind that governs our emotions. It is our emotions that govern our actions and it is our actions that produce the results or the circumstances in our lives. Therefore, if we want to change the circumstances or the results we get in our lives, we must start with our spirit and our mind. Now, without the help of the Holy Spirit, the human spirit does not have the capacity to access the power and wisdom needed to successfully master the emotions! Once we are in right relationship with God, the human spirit is energized by the Holy Spirit and the Holy Spirit empowers and

teaches Divine Wisdom. It is through the power of the Holy Spirit and the wisdom of the Word of God that our spirits are made alive and our minds are renewed. Now, our minds need to be renewed because it is the mind that governs our emotions and it is our emotions that govern our actions and it is our actions that create the circumstances of our lives. The Bible has always said it, but now psychologists, physicians and clinicians of many disciplines, all testify that how and what we think has a direct bearing on how and what we feel. Thinking sad or depressing thoughts produce feelings of sadness and depression. The key to the equation is that we have absolute control over our thoughts. Now remember, it is our thoughts that govern our emotions! Therefore if we are feeling a certain way, we can change the way we feel by simply changing our thoughts! When our spirit is correctly aligned with the Spirit of God, in Christ, through the power of the Holy Spirit and the Word of God, we can master our emotions! We can exercise the dominion that God created us to have! We can master the emotions! It can be done! You are in control! We can master anger, anxiety, depression and fear! We can master our emotions! And if we live, mastered by our emotions, then we are living under the dominion of the flesh! And the Bible says that those who are living in the flesh cannot please God! It is within the dominion of the flesh that the devil operates and exercises dominion over our lives! Therefore, we must master our emotions by living in the Spirit! We can master the emotions and master them we must if we are to achieve the victory and dominion our salvation provides!

### 7: Dominate by Mastering Your Emotions - Part 2 - [www.enganchecubano.com](http://www.enganchecubano.com)

*Mastering your emotions is no easy task, but if you do the work, it's possible to display your best self in every situation. Our emotions can control the way we live our lives; you need to.*

Contributors control their own work and posted freely to our site. If you need to flag this entry as abusive, send us an email. Sports can evoke a wide range of emotions, from inspiration, pride, exhilaration and satisfaction to fear, frustration, anger and panic, often in a very short time span during training or competition. Emotions lie at the top of the Prime Sport Pyramid because it has been my experience that they ultimately dictate your ability to achieve Prime Sport defined as being able to perform at a consistently high level under the most challenging conditions. Your ability to perform consistently is often determined by the consistency of your emotions; as your emotions go, so go your performances. And your ability to respond positively to the inevitable challenges you will face in training and competition are, again, often affected by your emotional reactions to those challenges. Because of this influence, your ability to master your emotions gives you the power to use emotions as tools to facilitate individual and team performance rather than as weapons that hurt you and your team. Emotional Styles I have found four emotional styles among athletes. These styles involve characteristic ways in which athletes respond emotionally to their sport. Athletes with a particular style react in a predictable way any time they find themselves in a demanding situation. The seether feels frustration and anger build slowly during the course of a competition. If the competition turns or they make a crucial error, they can explode and lose control emotionally. The rager also feels anger and frustration strongly, but it is expressed immediately and openly. For this type of athlete, showing strong emotions acts as a form of relief or so they think. The emotions arise, are expressed and released. By doing this, the rager is able to maintain a kind of emotional equilibrium. Up to a point, this ongoing emotional outlet helps their performances by increasing motivation and intensity. However, though these athletes let the negative emotions out, they do not really let them go. If the competition turns against them, the rage builds until it finally engulfs and controls them. At this point, their emotions become their enemies and their performances deteriorate. The brooder also feels strong emotions, but unlike the seether and the rager, the most common emotions are despair and helplessness. These athletes tend to dwell on negative experiences, thoughts and feelings and can be seen as pouting during a competition. Brooders are very sensitive to the highs and lows of a competition, and their emotions tend to mirror its course. They may possess a strong defeatist attitude and are best known for their giving up in pressure situations. There are no world-class or professional athletes who completely fit this emotional style because someone could not reach such a high level of performance if their dominant emotional style was as a brooder. However, there are many successful athletes who have some brooding qualities, which can prevent them from getting to the very top of their sport. Errors, poor performances and losing seem to slide right off of them. The Zen master rarely shows emotions, either negative or positive, and maintains an consistent demeanor even in the most critical competitive situations. This equanimity results in consistently high performance and positive reactions to the normal ups and downs of sport. What emotional style best describes you? Think back to competitions you have performed in that did not go well. How did you respond emotionally? Were you a seether, rager, brooder or Zen master? Emotional styles are not easy to change. In fact, there is evidence that we are born with a particular temperament; in other words, we are "hard-wired" that way, and rewiring our emotions is real challenge though not impossible. A first goal is to gain control of your emotional style so that it helps rather than hurts your sports performance, with a more long-term goal of actually altering your emotional style in a way that allows it to naturally facilitate rather than interfere with your efforts toward your competitive goals. Emotional Master or Victim Many athletes believe that they are the way they are emotionally and have little control over their emotions, and that there is nothing they can do to gain control of them. I call these athletes emotional victims: Despite these perceptions, my work has clearly shown that athletes are capable of becoming emotional masters. Athletes can gain control of their emotions. They can develop healthy and productive emotional habits. And their emotions can facilitate their ability to perform well and achieve their goals. Emotions are a simple, but not easy, choice. They are a simple choice

because if athletes have the option to feel badly and perform poorly or feel good and perform well, they will certainly choose the latter option. However, emotions are not an easy choice because their hard-wired temperament, past emotional baggage and old emotional habits can lead athletes down the bad emotional road and can cause them to respond emotionally in ways that are unhealthy and result in poor performance. The choice comes with awareness of when old emotional habits will arise and choosing a positive emotional response that will lead to good feelings and successful performance. Emotional Mastery The process of emotional mastery begins with recognizing the negative emotional reactions that hurt your sports performances. When you start to feel negative emotions during a competition, be aware of what they are for instance, frustration, anger or despair. Then identify what situation is causing them. After the competition, consider what the underlying cause of the emotions was. This might require you to examine your emotional baggage. If the emotions are strong and you find that they present themselves in other parts of your life, you might consider seeking professional help a lot of my work focuses on clearing these emotional obstacles. Such guidance can assist you in better understanding your emotional habits, how they may interfere with many aspects of your life, and how you can learn new emotional responses that will better serve you in your sport and in your life. To continue the process of emotional mastery in practice and competition, specify alternative emotional reactions to the situations that commonly trigger negative emotions. For example, instead of yelling, "I am terrible," you could slap your thigh and say, "Come on, better next time. These positive emotional responses will help you let go of the past mistakes, motivate you to perform better next time, generate positive emotions that will give you more confidence, and allow you to focus on what will help you raise the level of your performance. Recalling that mental skills like emotional mastery are skills, this positive reaction will not be easy at first, because your negative emotional habits are well ingrained; realize how difficult it is to change a bad technical habit! But, with commitment, awareness, control and practice, and the realization that you feel better and your performance improves with a positive response, you will, in time, retrain your emotions into positive emotional habits. The result will be a transition from being an emotional victim to becoming an emotional master who now has the tools to not only perform much better but also be a whole lot happier.

### 8: How to Master Your Emotions and Take Back Control of Your Life

*The more that you use these 6 steps to emotional mastery, the better you will get at mastering your emotions. The 10 Action Signals As I've mentioned throughout this blog post, Tony Robbins refers to negative emotions as "Action Signals".*

### 9: MASTERING YOUR EMOTIONS

*Mastering your emotions, a book by Colin Dye, [click here to read more!](#) Emotions are vitally important to us as human beings. They are a God-given part of our personality, providing a richness, colour and depth to our life experience that can be a source of great pleasure.*

*True Tales Of The Macabre A Popular Treatise On Colds And Affections Of The Air Passages And Lungs K-6 science syllabus Of kindred spirit : maintaining a heart for volunteer staff The Strange Cabin on Catamount Island 6th grade literature textbook Smp Book E Transparencies Encyclopedia of forensic science A family business at two hundred Love Letters from God Skate your personal best Management, concepts and applications Structural and functional aspects of enzyme catalysis Immunobiology of transplantation Robert S. Negrin Love and Mr. Lewisham (Everyman Paperback Classics) Child participation in Africa Louise Ehlers and Cheryl Frank The eyes of the unicorn The killing season Engine cooling system design calculations filetype Self-defense for girls women Limca book of records 2013 Solids and fluids physics Strategic marketing management assignment Hand-book and directory of Napa, Lake, Sonoma and Mendocino counties Magic tree house 1 Jaxb tutorial Kids answers to lifes big questions Bootleggers daughter Biography of revolutionary heroes The myth of individualism 2nd edition Using public lands to help meet a growing need System fault diagnostics, reliability, and related knowledge-based approaches Core Skills for Nurse Practitioners Transforming private landlords Cut the Loaf the Irish Childrens Songbook Ancient Fragments Transatlantic Scots Social work methods, techniques, and skills The function and expression of the human organic cation transporters, HOCT1 and hOTC2, in mammary gland Caring for People with Alzheimers Disease*