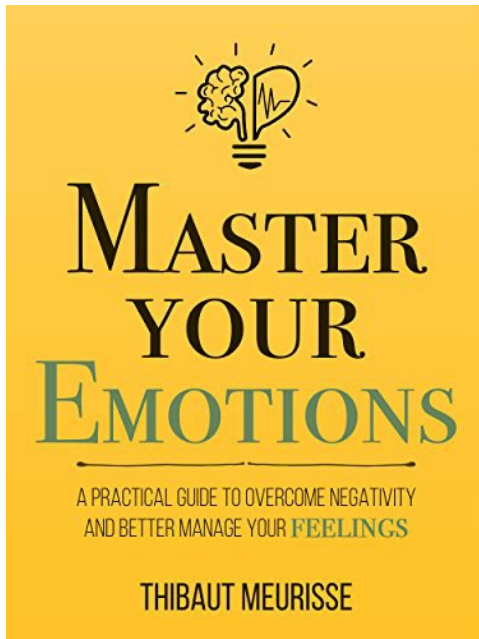


Master Your Emotions:

A Practical Guide to Overcome Negativity and Better Manage Your Feelings
(Mastery Series Book 1)



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Knowing how you feel is the first step toward taking control of your emotions.

Feelings manifest as physical sensations in your body, not as an idea in your mind.

How you feel determines the quality of your life. Your emotions can make your life miserable or truly magical.

Your emotions can also act as a powerful guide. They can tell you something is wrong and allow you to make changes in your life.

One single criticism can often outweigh hundreds of positive ones.

Your brain's primary responsibility is not to make you happy, but to ensure your survival.

How dopamine can mess with your happiness

Dopamine is a neurotransmitter that, among other functions, plays a significant role in rewarding certain behaviors. When dopamine releases into specific areas of your brain the pleasure centers you get an intense sense of wellbeing similar to a high. This sense of wellbeing is what happens during exercise, when you gamble, have sex, or eat great food.

In today's world, this reward system is, in many cases, obsolete. In the past, dopamine directly linked to our survival, now, it can be stimulated artificially.

A great example of this effect is social media, which uses psychology to suck as much time as possible out of your life. Have you noticed all these notifications that pop up regularly?

To take control of your emotions, you must understand the role dopamine plays and how it affects your happiness. External events have minimal impact on your level of happiness.

In fact, according to Sonja Lyubomirsky, author of *The How of Happiness*, fifty percent of our happiness is determined by genetics, forty percent by internal factors, and only ten percent by external factors.

Your attitude towards life influences your happiness, not what happens to you.

On the other hand, highly self-conscious people can see through their ego. They understand how belief works and how excessive attachment to a set of beliefs can create suffering in their life. In effect, these individuals become the master of their mind and are at peace with themselves.

Marketers correctly understand people's need to identify with things. They know people don't just buy a product, they also purchase the emotions or story attached to the product.

Some parents' egos lead to the creation of a strong sense of attachment and identification with their children.

This attachment is based on the false belief their children are their 'possessions.' As a result, they try to control their children's lives and 'use' them to live the life they wanted to live when they were younger this is called living vicariously through your children.

Your beliefs. Your ego also uses beliefs to strengthen its identity. In extreme cases, people become so attached to their beliefs they are ready to die to protect them. Worse still, they are willing to kill people who disagree with them. Religion is a perfect illustration of the dangers of excessive attachment to beliefs. The ego will use any belief to strengthen its identity, whether these beliefs are religious, political, or metaphysical.

The ego's main characteristics Here are some main aspects of the ego: The ego tends to equate 'having' with 'being,' which is why the ego likes to identify with objects. The ego lives through comparison. Your ego likes to compare itself with other egos. The ego is never satisfied. Your ego always wants more. More fame, more stuff, more recognition, and so on. The ego's sense of self-worth often depends on the worth you have in the eyes of others. Your ego needs the approval of other people to feel valued.

In short, most of your emotions are based on your personal story and the way you perceive the world. As you replace your current story with a more empowering one—while, at the same time, letting go of your excessive attachment to things, people or ideas—you will be able to experience more positive emotions.

To start taking control of your emotions you must accept they are transient.

At times you'll feel disappointed, betrayed, insecure, resentful or ashamed.

You'll doubt yourself and doubt your ability to be the person you want to be. But that's okay because emotions come, but, more importantly, they go.

Emotions are simply emotions. Nothing more.

Negative emotions often serve a purpose. They may serve as a wake-up call. They may help you learn something positive about yourself.

Your emotions come and they go. Your depression will go, your sadness will vanish and your anger will fade away.

Bear in mind, if you experience the same emotions repeatedly, it probably means you hold disempowering beliefs and need to change something in your life.

Emotions always come and go, but I remain. Once the emotional storm has passed, I generally feel like an idiot for having taken my feelings so seriously.

Start noticing how you feel. Record your negative emotions. Look at what triggers them. The more you do this, the more you will uncover specific patterns. For example, let's say you felt sad for a couple of days, ask yourself the following questions: What triggered my emotions? What fueled them over the two days? What story was I telling myself? How and why did I get out of my slump? What can I learn from this episode?

You'll see your family members and friends worrying about a future they cannot predict. You'll witness people having the same repeated thoughts, running in circles to fight a problem that exists only in their mind. For thousands of years, mystics have told us that problems are in our mind.

Too many of us are addicted to our problems.

What you don't focus on doesn't exist: A problem only exists when you give it your attention.

A problem exists only in time: A problem can only exist in the past or in the future. And where do the past and future exist? In your mind.

A problem needs to be labeled as a problem to actually exist: A problem exists only when you interpret a situation as being a problem. Otherwise, there is no problem.

Your mind operates on the famous computing principle of GIGO - garbage in, garbage out. If you do ill, speak ill and think ill, the residue is going to leave you sick. If you do well, speak well and think well, the outcome is going to be well.

The quality of your sleep and how much of it you get affects your emotional state, sleep deprivation also seems to reduce an individual's ability to enjoy positive experiences.

Our bodies change our minds, our minds change our behavior, and our behavior changes our outcomes.

AMY CUDDY, SOCIAL PSYCHOLOGIST. adopted a high-power pose for just two minutes, displayed characteristics similar to those of confident and powerful people.

More specifically, she noticed the following hormonal changes. After adopting a high-power pose for two minutes: Testosterone increased by 25% Cortisol decreased by 10%, and Risk tolerance increased, with 86% of participants choosing to partake in a game of chance.

The benefits of exercising According to Michael Otto, professor of psychology at Boston University, "Failing to exercise when you feel bad is like explicitly not taking an aspirin when your head hurts."

As the success expert Brian Tracy says, "The key to success is to focus our conscious mind on things we desire, not things we fear."

As you meditate, you become aware of the incessant flow of thoughts popping into your mind. With practice, you learn to distance yourself from thoughts, reducing their power and their impact. As a result, you'll experience less negative emotions and feel more at peace.

Did you know your subconscious can't clearly distinguish real experiences from 'fake' ones? This means you can trick your mind by simulating desired experiences through visualization. The more details you visualize, the more your brain will interpret the experience as real.

He uses both his body and certain phrases to put himself in the right state and to reach a level of absolute certainty.

Your interpretation of reality creates suffering in your life. Reality in itself can never be upsetting. This is worth repeating.

For an emotion to survive long term, there must be a process of identification. Emotions cannot persist unless you give them your attention. The more you focus on your emotions—and identify with them the more powerful they become. problems are just challenges to be overcome and part of life.

This is a problem: What if this thing you label as a problem is actually not a problem? What if it doesn't matter as much as you think? What if it's an opportunity in disguise? And how could you make it so? need to worry about the future: Worrying about the future is unavoidable to a certain extent but it doesn't help. Instead, you should do the best you can in the present to avoid future problems.

Sadly, nobody taught you how to deal with your emotions or even that both, positive and negative emotions, are a natural phenomenon. Instead, they told you that your negative emotions should be repressed because they are bad.

Most of us have too much emotional baggage and need to learn to let go of it. We need to declutter our subconscious and get rid of the negative emotions preventing us from enjoying life to the fullest.

Whenever you experience a negative emotion, simply observe it with as much detachment as you can.

Let a man radically alter his thoughts, and he will be astonished at the rapid transformation it will effect in the material conditions of his life. Men imagine that thought can be kept secret, but it cannot; it rapidly crystallizes into habit, and habit solidifies into circumstance.

Thoughts and emotions determine your future. Humans possess a power no other living beings have: their imagination. We can use our thoughts to

manifest things and turn the invisible into the visible.

However, a thought in itself isn't enough to manifest things or circumstances. It must be fueled with an energy in the form of emotion, such as enthusiasm, excitement, passion, or happiness.

Successful people constantly focus on what they want with positive expectation while unsuccessful people focus on what they don't want or what they lack.

Thus, one of the most important skills you can master is your ability to control your thoughts and emotions.

Confident people deposit positive thoughts in their mind each day. They celebrate their small wins and treat themselves with compassion and respect.

Choosing the emotion(s) you want to experience. To condition your mind, the first step is to decide what emotion(s) you want to experience more of. Do you want to be happier? More motivated? More proactive?

The second step is to put in place a specific program to allow you to experience your chosen emotion(s). The final step is to practice feeling that emotion every day.

Put it simply, the more you experience an emotion, the easier it becomes to generate. That's where daily conditioning comes into play.

Sometimes, you lose excitement. You feel as though you're running in circles trapped in the same old routine.

To generate more excitement, spend a little time every morning visualizing all the things you want.

Self-esteem To boost your self-esteem, keep track of your daily accomplishments. You do many things right, but you tend only to remember things you do wrong. No wonder your self-esteem suffers. Buy a notebook and dedicate it to this purpose. Record your accomplishments

every day. Some examples of accomplishments would be:

To become more decisive, you can use the 5 Second Rule, introduced by Mel Robbins in her book of the same name. In it, Mel Robbins argues there is only one rule when it comes to productivity, success, or getting everything you ever wanted: you have to do something whether you feel like it or not.

If you can do the things you don't feel like doing, you'll get everything you've ever wanted. Her 5 Second Rule states you have five seconds from the moment you have an idea to the moment you take action. If you fail to act within these five seconds, your mind will talk you out of it.

If you fail to act within these five seconds, your mind will talk you out of it. The nature of the mind is to prevent us from doing anything scary or tiring.

As you condition your mind to experience more positive emotions, avoid making the following mistakes: Trying to implement too many changes at once: Stick to one or two exercises for a month or so before trying any other exercises.

Starting too big: Keep it small and make sure the exercises aren't too challenging. Remember, taking control of your emotions is a long-term game. It's a marathon, not a sprint.

Not finishing what you start: Leaving tasks and projects unfinished in your personal and professional life can have a detrimental effect on your mood. Unfinished business clutters your mind.

Feeling overwhelmed or demotivated, is a sign you may have too many 'open loops' in your life. Examples of 'open loops' are unfinished projects you've been procrastinating over, or avoiding people you need to talk to.

Change your emotional state Distract yourself: An emotion is only as strong as you allow it to be. Whenever you experience

Distract yourself: An emotion is only as strong as you allow it to be. Whenever you experience a negative feeling, instead of focusing on it, get busy right away. If you're angry about something, cross something off your to-do list. If possible, do something that requires your full attention.

Interrupt: Do something silly or unusual to break the pattern. Shout, do a silly dance or speak with a strange voice. **Move:** Stand up, go for a walk, do pushups, dance, or use a power posture. By changing your physiology, you can change the way you feel.

Listen to music: Listening to your favorite music may shift your emotional state. **Shout:** Talk to yourself with a loud and authoritarian voice and give yourself a pep talk. Use your voice and words to change your emotions.

Do it anyway: Leave your feeling alone and do what you have to do. Mature adults do what they have to do whether they feel like it or not.

Let your emotion go: Ask yourself, "Can I let that emotion go?" Then, allow yourself to release it.

Breathe: Breathe slowly to relax. The way you breathe affects your emotional state. Use breathing techniques to calm you down, or to give you more energy. **Relax:** Take a few minutes to relax your muscles.

Start by relaxing your jaw, the tension around your eyes and the muscles on your face. Your body affects your emotions. As you relax your body, your mind also relaxes. **Bless your problems:** Thank your problems. Understand they are here for a reason and will serve you in some way.

Change environment: If you're surrounded by negativity, change your environment. Move to a different place, or reduce the time you spend with negative friends.

Remove counterproductive activities: Remove or reduce the time you spend on any activity not having a positive impact on your life.

Create daily rituals: This will help you to experience more positive emotions. Meditate, exercise, repeat affirmations, create a gratitude journal, and so on.

Exercise: Exercise regularly. Exercise improves your mood and is good for your emotional and physical health.

The power of self-awareness is one of the most important components of your personal growth.

Without it, you can't do much to change your life, since you can't change a problem unless you realize it exists.

So, what is self-awareness? Self-awareness is your ability to observe objectively your thoughts, emotions, and behaviors without adding your own interpretation or story to it.

This model is extremely simple: a single line. The authors argue that, at any time, you're either above or below the line. When you're above the line, you're open, curious and willing to learn, but when you're below the line, you want to be correct and, as a result, you tend to be defensive and closed to new ideas. Put it simply, when you're above the line you're conscious, when you're below the line you're unconscious.

Listening consciously Feeling emotions Discussing without being argumentative Appreciating Taking responsibility, and Questioning your beliefs. Below the line, you are: Clinging to an opinion Finding fault Arguing Rationalizing and justifying Gossiping Enrolling others to affirm your beliefs, and Attacking the messenger.

You act out of fear when your focus is on getting something, be it other people's approval or attention, money or power. On the other hand, when you act out of love, your main focus is on giving, be it your time, money, love, or attention. You want to share and improve the lives of people around you, not for your own interest.

"There are a lot of topics I could write about but there are already so many books out there. Sometimes, I'm like

'What's the point?'" know the feeling of, 'What's the point?' Everything worth saying has already been said. And who am I to write about it anyway? What have I achieved so far? Ah, well... I guess it's natural. Good to know that we're not the only ones struggling."

The feeling of 'not being good enough' alone must have killed more dreams than anything else.

To improve your self-esteem, start acknowledging all the things you're doing well.

Create a positive journal

The idea is to train your mind to focus on the positive things that happen in your life—they are happening whether or not you acknowledge them.

The Six Pillars of Self-Esteem, Nathaniel Branden,

Living consciously: In Nathaniel Branden's words, "to live consciously means to seek to be aware of everything that bears on our actions, purposes, value, and goals—to the best of our ability, whatever that ability may be and to behave in accordance with that which we see and know."

Self-acceptance: This is choosing to value yourself, to treat yourself with respect and to stand up for your right to exist. Self-acceptance is the basis upon which self-esteem develops.

Self-responsibility: This is realizing no one is coming to save you and you are responsible for your life.

Self-assertiveness: Means, honoring your wants, needs, and values and seeking appropriate forms of their expression in reality.

Living purposefully: Is to use your powers to achieve the goals you have selected.

Personal integrity: Is behaving in a way that matches your ideals, convictions, and beliefs. It's when you can look at yourself in the mirror and know you're doing the right thing.

Whenever a belief you're strongly attached to is attacked or challenged, you'll experience an emotional reaction.

Most people believe a situation can be stressful. The truth is, stress doesn't exist outside of yourself and, therefore, no situation can be said to be stressful in itself.

You can divide your worries into three separate categories: Things you have control over. Things you have some control over, and Things you have no control over whatsoever.

Because you live with yourself 24/7 you incorrectly assume, often unconsciously, people think about you significantly more often than they actually do. In fact, for the most part, people do not care about you.

Therefore, don't make it your personal mission to change people's image of you. People are entitled to their beliefs and values, and they have the right to dislike you. They are free to interpret your actions and behaviors through their own filter. Part of your personal growth is to accept you don't have to be liked by everybody, and finally, you can be yourself.

Resentment will subsist as long as your need for being right and getting even is more important than your peace of mind.

One of the most ridiculous things we try to do as human beings is to want to change the past. What happened in the past was supposed to happen. Because it did happen. Now, the question is, what are you going to do about it?

Shifting your mindset from one of competition to one of cooperation can help you move from a feeling of scarcity to a feeling of abundance.

Success is not a limited resource.

Life always begins with one step outside of your comfort zone.

Procrastination is largely an emotional issue. While there are effective techniques to deal with procrastination, for the most part, learning to manage your emotions properly is the key to overcoming your tendency

towards delayed action.

Remember, when your mind tells you, “You’re tired. Let’s rest,” or “Let’s do it tomorrow,” it’s not an order.

You don’t have to follow it. You aren’t your emotions. Neither are you your mind. No matter what thought may cross your mind, you can choose to either accept it, or ignore it.

Understand what’s hidden behind procrastination. The first step is to understand why you procrastinate. As we’ve discussed previously, there are specific reasons behind procrastination. Usually, it has to do with fear, and the mind tells you the best way to avoid fear is simply to do nothing. In other words, to procrastinate.

Another reason you procrastinate is because the task is difficult. You want to avoid pain as much as possible and maximize pleasure. This is how your brain works. You may also procrastinate because you lack motivation. This happens when the task you work on isn’t part of a bigger vision that excites you. If you lack motivation, ask yourself why.

Then, consider the following solutions: Delegate the task Eliminate the task Reframe the way you perceive the task to make it part of a bigger (and more exciting) vision.

Restructure the task so that it becomes easier, and/or just get started

Procrastination is not a minor issue and comes with severe consequences.

Start becoming aware of all the excuses you come up with. Write them down, then, address them one by one.

They control you because you let them. Commit to addressing them.

What are your own ways to procrastinate? Is it going for a walk? Watching videos on YouTube? Drinking coffee? Or perhaps, reading books on how to overcome procrastination? Unless you’re aware of all the ways procrastination manifests in your life, you’ll have a hard time overcoming it.

The best way to enter a 'flow state' is by getting started. To make it easier, decide to work on a task for only five minutes and see what happens. Remove any pressure or desire to perform well and give yourself permission to do a poor job.

The best way to enter a 'flow state' is by getting started. To make it easier, decide to work on a task for only five minutes and see what happens. Remove any pressure or desire to perform well and give yourself permission to do a poor job.

You don't inherently lack motivation, you're just not doing what you're supposed to do.

A simple 3-step process to unstuck yourself. Whenever you feel stuck try the following 3-step process:

Make a list of all the tasks that need to be done. Identify one task you've been putting off. Complete that task.

Closing open loops. If you've been putting off too many tasks or have too many unfinished projects, you can do the following:

Make a list of all the tasks or projects you want to complete. Set aside a specific time to complete them. Perhaps, just a few hours could allow you to finish many of these tasks. Or maybe you need longer. If so, take more time. For bigger projects, in the next few days or weeks, focus on only one project until it is complete.

Reschedule, delegate or abandon some of your projects.