

THE 6 STEPS TO EMOTIONAL MASTERY



1 IDENTIFY WHAT YOU'RE REALLY FEELING

- What am I really feeling right now?
- Am I really feeling...?
- Is it something else?

2 GET CURIOUS ABOUT THE MESSAGE THIS EMOTION IS OFFERING YOU

Getting curious helps you...

- Interrupt your current emotional pattern.
- Solve the challenge.
- Prevent the same problem from occurring in the future.

3 GET CERTAIN YOU CAN HANDLE THIS NOT ONLY TODAY, BUT IN THE FUTURE AS WELL

You can rehearse handling situations where this emotion might come up in the future. See, hear and feel yourself handling the situation easily.

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6



4 ACKNOWLEDGE AND APPRECIATE YOUR EMOTIONS, KNOWING THEY SUPPORT YOU

- You never want to make your emotions wrong.
- The idea that anything you feel is “wrong” is a great way to destroy honest communication with yourself as well as with others.

5 GET CONFIDENT

The quickest, simplest and most powerful way to handle any emotion is to remember a time when you felt a similar emotion and realize that you've successfully handled this emotion before. Since you handled it in the past, surely you can handle it today.

6 GET EXCITED AND TAKE ACTION

Get excited about the fact that you can...

- Easily handle this emotion.
- Take some action right away.
- Prove that you've handled it.

Made To Be Mastered Managing Your Emotions Successfully Gods Way

Serge King



Made To Be Mastered Managing Your Emotions Successfully Gods Way:

Fifty Two Mondays Marianne J. De Deugd, 2008-10 The Monday of everyday life inevitably comes after a restful Sunday fifty two times a year Just as the idyllic moves into the mundane so a couple quickly moves from the honeymoon to the work of a marital relationship Small or large every marriage has rough spots Fifty Two Mondays acknowledges that the everyday or married life can begin to divide what God has put together In this age of irreconcilable differences and no fault divorce couples are trading marriage for separation at a staggering rate Regrettably Christian couples are no different Fortunately God is still the Author of hope You can enjoy the kind of marriage God intended with your mate even on the Mondays because God has not left us in the dark Instead He provided the perfect guide to marital success in the Bible Fifty Two Mondays provides a fresh understanding of the biblical principles and practical application needed to fully enjoy life as one Dr Marianne de Deugd has been a full time Christian counselor for over twenty years and currently serves as the director of Royal Palm Ministries Counseling and Training Center in Fort Myers Florida She has obtained a doctorate of ministry in counseling as well as master s degrees in counseling and biblical counseling Dr de Deugd is certified by the National Association of Nouthetic Counselors Peacemaker Ministries and Prison Fellowship Marianne is a frequent speaker seminar leader and author She draws extensively from the experience gained during thirty four years of marriage to her husband Bill Marianne and Bill have four children and have successfully navigated over 1700 Mondays *Made to be Mastered* Jon Tal Murphree, 1984-01-01 Responsible Evangelism Jon Tal Murphree, 1994 Jon Tal Murphree does not denigrate books on evangelism methodology but contends that method must emerge from solid theory This book accents the philosophy and theology of evangelism arguing for a more responsible approach to winning the lost *The Publishers' Trade List Annual*, 1985 **Paperbound Books in Print**, 1984 Law of Attraction Secrets: Success and Nothing Less Science Robert Zink, Rachael Zink, 2016-02-19 *Law of Attraction Secrets* by Robert and Rachael Zink reveals the ancient mysteries plus the modern discoveries that teach success and nothing less science Your ability to attract the life of your dreams relies on properly utilizing the science of Law of Attraction Attraction is more than just secrets it is a science Each of the 20 life changing chapters unlocks step by step action and thought processes needed to live a life of success and nothing less You have the power to attract everything you desire *Your Success Mind* Angelique Dawson, Many people have tried and failed with the Law of Attraction What went wrong The theory is missing a vital ingredient the Second Mind Each of us has a paranormal mind our unconscious to accompany our normal mind our consciousness You have to activate and harness this second mind before the universe will bend to your will and make your dreams come true Your paranormal mind is the key to the Success Formula You cannot succeed if you are not aligned with it Come inside and learn how to enter a prosperous partnership with your second mind the mind that in truth is your own soul **Mastering the Power of your Emotions** Elisha O. Ogbonna, 2021-06-07 Every day of our lives we are face with situations that could bring to us joy or sadness love or

hatred fear or confidence Every events and obstacles of the world around us aims at taking hold of our emotions to influence our feeling and actions Emotions are at the centre of everything we do if you can control your emotions you can control your life but as straightforward as this sound most people are not the masters of their emotions this is evident by the epidemic of depression anxiety suicides violence and broken relationships in today s society In mastering the power of your emotions you will be presented with an instructive map of the emotional landscapes so many of us are forced to navigate You will learn the five laws of emotions and discover how temperament and character influences our emotional responses how to respond rather than react to a situation how to handle rejection abandonment depression and grief how to navigate through suicidal thought and self harm behaviours how to handle anonymous threat and manage different emotional crisis how to gain confidence and have good self image how to release and replace negative emotions with positive ones and a lot more

Self-Mastery (the way of the heaven born) william george bryant ph.d,2005 This is the combined volume of all four major sections of the SELF MASTERY series of courses by the APOFS organization and the first to be published It should be studied as a course in practical metaphysics YOGA **The Fastest Way To Success** Zig Ziglar,2022-04-05 In the world of personal development motivation public speaking and sales there will never be another Zig Ziglar His infectious sense of humor his masterful storytelling skills his uncanny ability to inspire and his downhome Southern charm will last forever With this classic collection of his ideas you will learn timeless lessons on how to thrive by achieving a positive and happy mindset identify and develop the habits it takes to reach success in all areas of your life and overcome any adversity to attain the goal of living your dreams Here is just a sampling of what you will learn WINNERS respond not react STEPS to a healthy self image WINNING relationships at home and at work PLANNING preparing and expecting to win TAKING the first step to a brighter future MAINTAINING a winning attitude MOTIVATION the key to accomplishment IMPORTANCE of Mindset IDENTIFYING and DEVELOPING the qualities of success SPECIFICS of Goal Setting FOUNTATIONS for Greatness REACHING Your Goals in Life ZIG ZIGLAR was a talented author and compelling speaker He traveled over five million miles and worked with clients and corporations of all sizes from Fortune 500 companies to churches schools and non profit associations He wrote 25 books on personal growth leadership sales faith and success nine of which have been bestsellers He has inspired millions of people for more than a generation Despite the modern world of technology and rapid change you must keep your focus on the truths that never change Let Zig Zigar be your guide as he shows you the fastest way to success

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individual how to produce enjoyable peaceful and abundant living conditions in every area of life spiritually mentally physically socially and financially *Mastering Your Hidden Self* Serge King,1985-01-01 Huna philosophy is about learning to become a conscious cocreator with the Universe Hawaiian shaman King uses Kahuna healing methods to help us access the hidden energy of life develop powers of concentration and make friends with the deepest aspect of our being Learn how your Higher Self or aumakua is contacted in the dream dimension Get in touch with the Mana the hidden energy of life Develop higher powers of concentration by utilizing the tikis created images of sight sound and feeling in meditation Become aware of your subconscious an integral part of your being which impatiently awaits communion with the ego American Book Publishing Record ,1985 **I've Got Your Baggage... Now Follow Me!** Kelly Coray,2016-09-13 Kelly shares how love conquers all by letting you into her life stories As you read this book you will see that there is victory after injury Being as vulnerable and authentic as she could Kelly lays it all out on the line leaving nothing swept under the carpet A life of brokenness was turned into beauty by trusting in her Heavenly Father instead of fearing man You will find yourself relating to her stories embracing moments with either laughter or tears **The Success Bible** Sun Tzu, Henry David Thoreau, Ralph Waldo Emerson, Napoleon Hill, Florence Scovel Shinn, Niccolò Machiavelli, Khalil Gibran, Dale Carnegie, Wallace D. Wattles, James Allen, Norman Vincent Peale, 2025-07-08 SUCCESS IS NOT WHAT HAPPENS TO YOU IT IS THE MEANING AND EXCELLENCE YOU BRING TO EACH TASK In this vivifying omnibus historian and popular voice of esoteric spirituality Mitch Horowitz abridges and introduces nearly forty world classics of inspiration motivation and successful living From The Art of War and The Prince to The Power of Your Subconscious Mind and The Magic of Believing readers will discover time hallowed methods of powerful living that honor traits of nobility and selfhood versus sneakiness and avarice The many books in this collection each introduced by Mitch offer not sentimentality or myopia but hard won and realistic guidance for life as it is not as we idealize it Mitch opens the collection with his provocative 101 Rules of Effective Living each worthy of a chapter in itself I have no idea whether nice guys finish first last or not at all Mitch writes in the preface But I do know that honor is what builds powerful not forceful individuals and sound communities and companies without which nothing can thrive I believe this book places the motivated querent on the path to both Features Joseph Murphy Neville Goddard Norman Vincent Peale James Allen Sun Tzu Niccol Machiavelli Henry David Thoreau Ralph Waldo Emerson Napoleon Hill Florence Scovel Shinn Khalil Gibran Dale Carnegie Wallace D Wattles James Allen Andrew Carnegie and more *Living Large: Mastering Your Power Of Intention (formerly titled Watch Where You Point That Thing)* Lola Jones,2018-06-15 The followup book to Things Are Going Great In My Absence this book takes you beyond the old paradigm of seeking and working on yourself into what do I want to create now that life is great Lola Jones has created another groundbreaking book that people read over and over and get more each time **The Cumulative Book Index** ,1984 A world list of books in the English language *Subject Guide to Children's Books in Print* ,1986

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