

THE 6 STEPS TO EMOTIONAL MASTERY



IDENTIFY WHAT YOU'RE REALLY FEELING

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

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.

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.

1

2

3

4

5

6



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.

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.

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

Judd E. Hollander



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