



SELF-CONTROL OF EMOTIONS



1. A threat (to your person, your job, your status, your ego, etc.) activates a 'fight-or-flight' reaction in the lower brain. This is the most primitive part of the brain, stemming from our earliest animal times in the jungle. It is all about action-reaction without a lot of thinking. It can hijack us, make us lose control over ourselves.
2. Our feelings (fear, anger, etc.) come from the middle brain, that is our mammal brain part.
3. The trick is to move out of there and up to the highest part of the brain, the rational part, the human part or cortex. It is there where you make the smartest decisions.
4. The key is to use words for what you are feeling. Putting feelings and other events into words (in your thoughts, speech or writing) will activate the human part, the highest part of the brain. It is called self-indoctrination.
5. So, when you feel a threat, immediately tell yourself about the disaster (silently or aloud). Use words. 'Oh S#@&, no, NO, I'm screwed, it's over, I hate this, etc.'
6. Then acknowledge and accept your feelings. 'I am angry and that is normal in this kind of situations'. 'I am angry that it is always happening to ME! Etc.' Take a deep breath. Count to 10.
7. Then try to get yourself together. 'This is not personal'. 'Anyone in my position would get this treatment'. 'I'm not going to let this ruin my day/position/job/career/health'
8. Then think positively. 'I can handle this'. 'I know what to do to make this situation better'. Then prepare yourself for effective action. 'This is what I am going to do'. 'This is how I am going to do it'.
9. Act.

For more information please contact: