



HOW TO CONTROL YOUR **EMOTIONS** FAST

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Introduction

You will have most certainly encountered situations where you felt out of control. You may feel like you shouldn't be so upset or emotional about specific situations. Guess what? It's normal to feel upset when you're hurt or in pain, just as it's normal to feel happy and excited by experiences that bring us joy.

Your emotions are a very important part of your means to communicate your needs and values to yourself. When you do something that you feel guilty about, it's a sign you've broken your own rules and standards. When someone else breaks your rules and values you may feel angry. These emotions provide you with key indicators for what is wrong or right based on the rules, standards and needs you've set yourself.

It's common that your rules will be violated by others who don't know them. You may end up breaking rules that others have intentionally or unintentionally. The problem occurs when you have a bad experience but can't seem to get over the fact. Why is that?

It's down to the fact that if you're in an emotional state of response your ability to think clearly is thrown out the window and therefore finding a solution to calm you down or bring you back to your normal self is very difficult. Most people fall prey to indulging in the emotion rather than feeling it and learning from it so that those same experiences don't cause harm in the future by over indulging in the negative state that emotion may bring. The meanings you create from the experiences you have are directly linked to the impact it has on your emotions. They can be disempowering or empowering.

Did you ever wonder about the meaning of the certain emotions you experience on a daily basis? I am talking about the emotions that you try to avoid and prefer not to experience, let's say the negative ones. They are signals that carry a larger meaning and provide a message to you to change your perception or take action or both. You should embrace them, understand them, and act upon them. By managing these emotions appropriately as messages, it has had a profound effect

on my life. This is a treasure and everyone should know about them and this is why I had to share them with everyone.

7 steps to dealing with emotions

1. Identify what the emotion is - what am I really feeling? eg. when you are angry is it hate or hurt/pain? Use transforming vocabulary and softeners to make it sound less harsh in your mind and belief.

2. Acknowledge and appreciate the message it has for you. There is always a message with every emotion.

3. Get incredibly curious as to what it has to offer you - what is the real message this emotion is giving you? Every emotion can either have a negative or positive significance that is up to you to choose.

4. Get yourself to feel reassured that you can deal with this emotion. A lot of the time feeling lost and lonely can make you feel overwhelmed and unable to cope. Staying in the emotional state often paralyzes you from gaining clear thoughts to think of solutions. Remember a time when you dealt with this emotion before successfully in the past as that will help with reassurance that you dealt with it before and so can do it once again.

Use the past experiences as a means of resource to recovery rather than focusing on the negative feelings they brought you. For example, usually the message of depression is that you need to prioritize, there are too many things happening at once and you need to take a step back and break them down. Feeling out of control and low self-esteem.

5. Get certain that you can handle anything like this in the future by rehearsing yourself dealing with this in the future in your mind. Use the worst-case scenario technique (to learn more about this technique, sign up to one of my [coaching sessions](#)).

This reduces any other outcome to a minimum concern. Your brain cannot recognize the difference between something you have vividly imagined and something you actually experienced. We have all at some point experienced the physical responses created whilst

sleeping in a happy dream or a nightmare where you wake up as though it was as real as if you were awake.

In sleep whatever we are dreaming is not what we are physically doing or experience and yet the responses of the body are identical to as if we did. A good example is when men experience sexual dreams called 'wet dreams' which is a natural method of cleaning out the semen that accumulates if he does not masturbate or have yet a sexually active relationship. This only occurs after maturity and puberty is reached. The dream is of a sexual nature usually leading to ejaculatory response and is just as real as real-life sexual experiences with the added fantasy.

6. Take action and change your life whatever the message is - doing something will always change how you feel. Take the example of REJECTION, whether asking someone out or not being accepted for a job: What is the emotion here? You could say frustrated, angry or hate BUT you might say disappointment is the true emotion. All of those could be stacked into one big hurricane of emotions like a lot of people do but the true emotion is DISAPPOINTMENT.

You can go back and forth with the emotional labels, whether you feel a sense of anger or sense of loss, sense of hate or sense of loss, sense of rejection or sense of loss. Usually a negative feeling comes down to a sense of loss. Instantly identifying the actual emotion or feeling changes the word 'rejection' into something softer and lighter in weight and less intense.

With the core emotion being identified you can take the emotion and soften it further by saying to yourself I was 'A LITTLE' disappointed and making it even less intense. By acknowledging and appreciating the emotion and message you will be better able to learn from it by either changing your action or how you feel about it and the response you feel now and will feel if it ever occurs in the future. The disappointing state won't any longer paralyze you from progress.

By becoming curious and further dissecting the emotion, what triggered it, why you felt like that and understanding the actions surrounding it, the emotion can be better analysed and looked at in order to deal with it better if it occurs again. What it can offer you in the

message. Maybe it was too high an expectation from a reality that was not best prepared for.

Maybe it means you can improve yourself or approach in a different way. Maybe it means you need to improve your experience or confidence or you just need to start with a lower aim and climb up. Maybe it is telling you that love and relationship is something that is important to you, so how do you change your perception or action or both to allow you to feel and show that love?

Become curious as to how to be able to do that from your side and not someone else's. Is it not better to feel curious in how to do that, rather than feeling powerless and paralysed that you will be rejected always and never feel that love?

This will further allow you to reassure yourself that it is manageable along with you needing to think of past experiences of this same emotion and how and what you did to successfully get over it. This re-imagining of relief from the emotion also triggers a positive reassurance of recovery and makes a positive association to that bad experience.

7. Now close your eyes and you want to go through other possible situations in your future that this emotion might come up and could manifest and imagine yourself getting over each of them and overcoming each one, enjoy the feeling of how good it feels to overcome it and being able to handle it. Imagine yourself handling it and expecting the worst-case outcome and what you would do next to move forward and grow.

What you are determined to do to make it happen or a success out of it. This will future proof and protect you from becoming disempowered from this emotion when any of these possible scenarios occur or could occur. Of course, we cannot see all possible scenarios but by preparing for as many as possible even the surprising ones become much easier to accept and deal with.

It will make you feel more confident in being able to handle it in the future. By feeling the sense of pleasure of overcoming and training the brain to do that makes it more attractive to change your response to

one that chooses to overcome. The brain always likes to avoid the feeling of pain over pleasure.

You want to try doing this a few times for future scenarios and train yourself to dealing with it faster by accessing the unlimited resources that you have with your mind and within you, you will find it becomes easier and faster the more you practice it.

Napoleon Hill teaches a daily gratitude prayer in his book Think & Grow Rich:

"I ask not, O Divine providence, for more riches but more wisdom with which to accept and use wisely the riches I received at birth in the form of the power to control and direct my mind to whatever ends I desire"

The action taken in this example was changing your perception but you can also do it by taking action for each scenario and changing the way you feel by progressing in your aim or goal until you reach it. You can change your approach and see the results rather than carry on with the same actions which will only produce the same results like so many of us do throughout our lives. We then wonder why we are in bad states and negative moods and feelings of pain, anxiety and depression. Stop indulging in the emotion and focus on moving forward.

"The definition of insanity is doing the same thing over and over and expecting different results" - Albert Einstein

The 10 Emotions and Their Messages

1-DISCOMFORT

Uncomfortable emotions that cause nagging sensations. They are bothersome and don't make you feel right. Being in discomfort is usually a sign that your beliefs and ideas of how things should be is being threatened. Often, we feel discomfort when our beliefs are challenged that may affect the way we were brought up and the ideas we have of the world.

It's important to make sure the beliefs you hold are confirmed so that when they are threatened you don't feel the pressure of them being put under pressure. Many people may feel discomfort in talking about their religious beliefs when they are unable to back them up with why they believe especially when someone may question them in ways, they have no answers for them. Other times it is a matter of not wanting to divulge personal information because there's no trust built and the fear of such information becoming public and causing a negative change in your status may become jeopardized.

MESSAGE

It could be boredom, impatience or a mild embarrassment.

SOLUTION

1. Change your state immediately: physically and emotionally. Pinpoint the reason for your discomfort by becoming present. Use a grounding method.
2. Identify what you really want to accomplish & set a realistic timeframe.
3. Identify if it is due to lack of skill, knowledge or ability that needs bridging.
4. Take a step back, try a different approach to the situation and change the quality of the results you are producing.

2- FEAR

Ranging from low levels of concern to intense worry, anxiety and even terror. Fear often stems from uncertainty of what is coming. The lack of information, experience and ability often brings about fears of being able to handle a situation that is about to occur. The best way to deal with such fears is to gain accurate thinking.

Gather the facts, collect the data surrounding the fear and make sure it's justified. Think about the law of averages and ask yourself what are the chances of it happening to you?

MESSAGE

The anticipation of something that's going to happen soon and needs to be prepared for. It means change of comfort and you need to be ready for growth.

SOLUTION

1. Identify what you are afraid of.
2. Evaluate what you need to do to prepare for the situation.
3. Do all you can do to prepare and make a decision to have faith that you have done all can to deal with the situation then go back to living.

The former monk and keynote speaker, Jay Shetty provides 3 key methods to deal with fear.

- i) Practice and prepare for what you want to do or need to achieve.
- ii) Learn, get certainty, experience, expertise & passion for what you want to do or talk about. Believe in what you want to say, share or sell.
- iii) It is not about you and how you feel or perceive but it is about serving the people you are sharing your knowledge and product with. Will it bring them value and how can it improve their lives by bringing value to them.

If you can combine these elements into anything you do you will find a great level of confidence in what you say, do or know about. These are also key principles in building a passion for something in your life goals and long-term purpose.

If you need help with your relationship or mental health book a complimentary session at:
www.ThrivinginRelationships.com

3-HURT

This emotion dominates relationships and is usually generated by a sense of loss. This loss can be anything; love, respect, honour, time, energy, emotions, money and validation of any type.

The sooner you create realistic expectations of others the sooner you'll be hurt less. Your standards and rules will never be the same for someone else so you cannot expect them to follow your rules. This will always cause pain in the end when others break them. Don't prematurely invest in others just because you create false ideas of them. Instead communicate your needs, invest a little, hold back and see how much they invest back. Don't just keep giving without getting anything you need in return.

MESSAGE

You have expectations from someone that have not been met.

SOLUTION

1. Rethink the situation. The person who got you hurt might not have a clue that they have done so. It's vital to gather the facts and respond, not react.
2. Ask yourself, is there really a loss here? Am I judging the situation too soon?
3. Elegantly and appropriately communicate your feelings to the person involved.

4-ANGER

From being mildly irritated to resentful, furious or even enraged. Stems from a feeling of loss of anything also. It can be respect, money, time, love and status etc. When you seek validation and become dependent on others there is a sure chance, you'll get angry when those desires aren't fulfilled. Learn to become independent on your own and interdependent in your relationships.

This will keep you empowered whether you're single or in a relationship. Be sure to communicate your needs before connecting with someone. Your happiness is dependent on you, not someone else.

MESSAGE

An important rule or a standard you hold has been violated by someone else or by yourself resulting in undermining your perceived value and worth.

SOLUTION

1. The person that caused you anger may have not realized that they violated your standards and you may have assumed they did!
2. Identify what it is you feel you have lost.
3. Rethink your values, maybe they are not the "right values".
4. Reduce down the feeling of that loss so it becomes negligible & acceptable.
5. Learn from the experience and communicate your standard and values with the people you care about and want to have in your life.

5-FRUSTRATION

When we feel we are surrounded by roadblock or continuously putting in effort but no reward in return. You cannot expect to come up with solutions with a mindset that created the problem in the first place. You must learn to grow in your knowledge, ability and experience in order to try something new. A new way of looking at the problem.

Forming mastermind alliances with family, friends and like-minded people can often bring a combination of new approaches and solutions to a problem you cannot solve. Other times the solution is waiting in an unread book, an untaken course, a session with a mentor, a teacher, a master or a coach. Why not get some [personal coaching](#) with me and see what new approaches I can offer to your ongoing problems?

MESSAGE

This is an exciting signal. Your brain is telling you that you could do better than you currently are.

SOLUTION

1. Realize that frustration is your friend and that the solution is within reach. Just brainstorm new ways to get your results.
2. Try to ask someone and get some input or follow a role model that has been in the situation before to get inspired.
3. Know that what you learn here will help you handle this same challenge in the future.
4. Gain patience and learn forbearance, it will serve you well with this emotion.

6-DISAPPOINTMENT

The devastating feeling of being “let down”. Anything that makes us feel defeated as a result of expecting more than you get. As long as you become reliant on others to do your work, to make you happy, to help you get success or achieve anything, you’ll always get disappointed. I have never come across anybody who will make someone else successful whilst they stay unsuccessful (aside from working as an employee for someone). I mean in the sense of willingly building someone else’s dream and long-term goal whilst they get nothing towards their own dreams.

Be reliant on your own efforts, time keeping, ethic and discipline to do something, accept help when offered but don’t become dependent on it for your progress. That way you’ll keep moving forward and look at help as a bonus.

MESSAGE

An expectation or a goal you were going for is probably not going to happen

SOLUTION

1. Immediately try to identify something that you can learn from the situation and can use in the future.
2. Work on removing entitlement mentality. The world doesn’t owe you anything.
3. Set a new goal, something will be even more inspiring that you can start immediately working for.
4. Realize that you may be judging the situation too soon. Develop patience. This could be a temporary challenge.
5. Be positive and expect the results you anticipated regardless of the past.

7-GUILT

Painful emotions of regret and remorse that we avoid most in life. Nobody wants to feel pain and therefore this is a huge indicator emotion to not do what you just did. Going against what you believe in, live by and is a part of who you are is always going to be painful. Why? Because you're being disingenuous to yourself. It often happens at the cost of trying to gain the affections of someone else or the desire to gain something without the patience and wisdom required for it.

Often impatience, greed, desires and choices driven by the ego will lead you into breaking your own rules, standards and values, causing you to lose self-worth and inner peace in who you really are. Don't compromise yourself but DO have realistic rules not impossible ones or else you'll have no choice but to keep breaking them and punishing yourself for trying to be a perfectionist.

MESSAGE

It is a message that you have violated one of your highest standards and values and that something must be done to make sure that this will never happen again in the future.

SOLUTION

1. Acknowledge that you have violated an important standard that you hold.
2. Don't beat yourself up. What's done is done but immediately commit to yourself that you will never do this again.
3. Either lower your standards and rules for life or raise your game to meet those standards.
4. Forgive yourself knowing failure and mistakes are essential for growth.

8-INADEQUACY

Feeling of unworthiness when we feel we can't do something we should be able to do. This often happens when you falsely compare yourself to others. Everyone is different as a person and the life they have lived. Even identical twins become different people and should not be compared to each other in life and progress.

It is unfair for you to compare yourself to anyone as every person is unique. You cannot compare your chapter 1 with someone else's chapter 10. You'll always feel inadequate. Instead focus on who YOU were yesterday and who you want to become today. The race is against yourself, not someone else in becoming a better version of yourself.

MESSAGE

Understand that you do not presently have the level of skill needed for the task. It is telling you that you need more information, understanding, strategies or confidence.

SOLUTION

1. Rethink the way you are perceiving things and ask yourself again "Am I really inadequate?".
2. Take the situation as an encouragement to improve in that area. You can begin to feel adequate again by immediately taking action and constantly trying to improve in that area.
3. Find a role model and get some coaching from them to shorten the learning curve and give you reassurance when you need it.

9-OVERWHELM

Grief, depression and helplessness emotions that people perceive when there is more going on in their life that they think they can handle. It's all about prioritizing your tasks, goals and dreams. Once again false comparisons often put you in a state of panic to beat someone else or at least catch up to the achievements of others.

Even trying to impress someone often leads to taking on more tasks than you can handle and so the ego drives such choices. The idea is to make sure you work on tasks that you're passionate about, that are urgent for your significance long-term. Which tasks and goals will bring you back a bigger return on investment for you? Focus on those and delay or completely drop the other ones that have no significance to your happiness and peace of mind.

MESSAGE

A message that you need to re-evaluate what is most important in your life.

SOLUTION

1. Decide what is the absolute most important thing that you should focus on.
2. Put the things you want to accomplish on paper in order of importance. That alone can give you a sense of power and start accomplishing them one by one.
3. Take action and start checking off tasks on your list.
4. Realize that you are now in control.

10-LONELINESS

Anything that makes us feel apart or separate from others is a sign loneliness. It usually means you need some love and connection and often it's as easy as spending time with family and close friends. Other times it can be intimacy and one that requires connecting sexually. Other times it can be a spiritual loneliness and requires reconnecting to your Creator.

It's very important to become comfortable in your own company. Being alone is not the same as being lonely. Usually if you are someone that becomes good at being alone, you require less time and company of others, especially if you have a long-term goal you are continuously focused on. Boredom often opens up doors of negative thoughts and wasteful actions, leading to less achievement and less self-worth.

MESSAGE

You need a connection with people and it is a great reminder that you love and care about people (which is a good thing!).

SOLUTIONS

1. Immediately start reaching out to people. There are caring humans everywhere.
2. Identify what kind of connection you want.
3. Take immediate action, reach out to people and chat with anyone you can anywhere, anytime!

Always remember that these emotions are sending you messages. You can always make them disappear by taking action and using this document as a guide. I hope this has been beneficial for you.

If you want a deep dive into your current problems, charging your emotional intelligence and learning the tools to become confident and happy in your relationships. Then book my 100% discreet and confidential coaching using the link below. Also, [check out the testimonials of some of my past clients:](#)

[One to One Coaching with Ansar](#)

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www.ThrivinginRelationships.com