

Master Your Emotions

How To Manage Your Emotional Reactions

"Self-Management is your ability to use awareness of your emotions to stay flexible and positively direct your behavior." Author Unknown

1. Take responsibility _____

Ephesians 4:29, 31-32 *Do not let any unwholesome talk come out of your mouths Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate ...*

Proverbs 19:11 *A man's wisdom gives him patience. It is to his glory to overlook an offense.*

2. _____

2 Chronicles 23:1 *In the seventh year of Athaliah's reign, Johoiada the priest decided to act. He summoned his courage....*

a) Learn _____ and plan in advance

b) Re-engage your _____

* _____

*Delay _____

Psalm 4:4 *Don't sin by letting anger control you. Think about it overnight and remain silent.*

* _____

3. _____

a) Journal about _____

Proverbs 14:8 *The wisdom of the prudent is to give thought to their ways...*

b) Talk to God about _____

Read Psalm 69 and pay attention to all the emotions

c) Talk through your experiences _____

Components of Self-Management

____ **Emotional self-control:** Controlling impulsive emotions, handling stress well, controlling your temper.

____ **Trustworthy:** Being honest and taking action that is in line with your values, able to admit mistakes and confront others about their mistakes, no white lies or exaggeration. Yes means yes.

____ **Conscientiousness:** Taking responsibility for personal performance. Reliable, careful with words, thorough.

____ **Flexible:** Being able to adapt and work with different people in different situations. Open to new information. Comfortable with change. Able to think out of the box.

____ **Achievement oriented:** Not passive. Willing to take appropriate risks. Self-motivated. Growth oriented. Optimistic. Continually improving performance, taking action before requested or forced, proactive not reactive.

____ **Optimism:** This is the ability to see good in others and situations. Challenges are viewed as opportunities.

How To Process Your Intense Emotions

Step #1: Stop and think about what happened

Step #2: Identify all the emotions you felt when it was happening: (Remember, you may have MANY different emotions for the same situation.)

Step #3: Uncover what thoughts are in your mind

Step #4: Did you have a negative experience in the past that makes this harder for you to deal with calmly?

Step #5: Consider what you did right in the situation

Step #6 Rehearse what you should have done or said

Proverbs 12:18 *The words of the reckless pierce like swords, but the tongue of the wise brings healing.*