

# DEVELOP TOGETHER

*"Helping You Make Positive and Long Lasting Changes to Your Life."*

## How To Control Your Emotions

Sometimes our instincts make us react quickly to situations in a negative way and we've always accepted that's just the way we are, even though there can be further consequences to this negative behaviour that create even more negative reactions in ourselves and others. Wouldn't it be nice if we could avoid this vision circle?

When bad things happen to us, on any scale, we often have an instinctive emotional reaction like sadness, frustration, anger or something else. For instance, you might be driving to work and another driver cuts you up. Many of us we be annoyed by this and react with varying degrees of anger which could included sounding the horn, shouting offensive words or making offensive gestures towards the other driver. This unfortunately could happen several times on our journey to and from work every day, and these negative reactions can build up and then sit with us for the rest of the day. This in turn effects how we function and communicate with colleagues and customers which can make us seem like a grumpy, angry or tetchy person that people need to walk on eggshells around. But is this really who you are or how you want to be perceived? The great thing is that it doesn't have to be.

We've all had times in our lives when we've been rather happy, either because someone's surprised us with a thoughtful gift, we've been given a pay rise or just because it's a beautiful day. So we do know how to be happy and calm and what that state feels like.

Close your eyes right now and think of a time you've been really really happy. Try and remember as much detail about that event as you can and relive that feeling of happiness in your head. How happy do you feel right now? You did that all yourself. You controlled your emotions. You made yourself feel happy and positive and you can do this anytime you like. The more you practice this, the quicker you'll become at being able to bring about that positive emotion, particularly when you're experiencing negative events.

So your emotional state no longer has be the effect of external events, as you've now learned how to cause yourself to feel whatever emotion you want, preferably a positive one.

If you have any questions about this, please email [info@developtogether.co.uk](mailto:info@developtogether.co.uk).

Kind Regards,

*Rob*

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