

Being in Control of Emotions

What Is “Being in Control of Emotions”?

- Not letting your urges—good or bad—take over.
- Avoiding immediate reactions.
- Making conscious (rather than emotional) decisions.
- Using past experiences, knowledge, and your intellect rather than your emotions.
- Doing what is right or best, even when it is not what you feel like doing.

Importance to You of Being in Control of Emotions

- Improving relationships (people feel comfortable around you).
- Relieving stress (because every situation does not demand emotional investment).
- Using energy to accomplish things (rather than to react to things).
- Having emotions taken seriously (when they are displayed only at crucial times).

Importance to Others That You Are in Control of Emotions

- You are more comfortable to be around (won’t “lose your cool”).
- Others can be candid with you (if they don’t have to fear your response).

How to Be in Control of Emotions

The four components of maintaining control of emotions are: knowing the factors that influence emotions, using strategies to remain under control, not acting immediately when making decisions, and maintaining control of emotions when urges occur.

Knowing the factors that influence emotions includes, first, knowing what is right and what is wrong, and second, knowing that life is not always fair. It is also important to know that both fear and anger make people act impulsively. Finally, one must know that peer pressure makes it hard to do what is right.

The controlled person uses strategies to remain under control. First, the person has a set of ethical rules. Second, the person uses intelligence to overpower emotional urges. Third, the person has prepared things to say and do when he or she is challenged. And fourth, the controlled person calms down quickly after emotional or exciting situations.

The third component, not acting immediately when making decisions, includes two specific steps. The first step is to set aside time to think situations over before making a decision. The second step is to consider the consequences of a decision before acting.

The fourth major component, remaining in control of emotions when urges occur, involves several specific techniques. One, the person does not act impulsively; he or she thinks before acting. Two, the person lets little things go, or gives in before the situation escalates. Three, the person remains calm when confronted or in difficult situations, and the person remains under control when supervision is removed. The person also says “no” or “yes” to him or herself when it is the best (wisest) thing to say.