Marte. Page
Master Your Emotions ~ Thibaut Meurisse
Master Your Emotions - Thibaut Heurisse 1. Knawing how you feel, -> first step clowards staking control of your emotions. 2. Idelimines -> iquality of your life!
2. Mality of your life
L'emotion can make
2. Idetermines repeality of your life
no meaning in themselves
ou interpretation
The first section of the contract of the section of
4. Egg) - self identy your construited over life how it depends on works? your level of [self awarners]
have it does not made
works? Just level of Self crowners
· gas o care first
fodes away - as your become aware of it.
5. Mest of your based > 1) your personal strug emations on 3 the way you pareire would. Temperary visitars.
on @ the way you porcise would.
Jemperary visitors.
6. EMOTIONS, CONE AND GIO! → unpredictable innestore
6. 1. (0.1.0.)
7. [velest them] - clear to let _, w/o the need to identify
I then beis with them.
$\frac{1}{\sqrt{2}} = \frac{1}{\sqrt{2}} = 1$
Allow yourself to fal sad -> w/o saying - (1) I shouldn't be seed
O whats wary with me?
3. No matter how -> you'll -> sadness gruy, deferesion
3. No matter how -> you'll -> southers gruy, defectsion mentally tough jou're experence its okay
9. interpret emolions - create - not emolions themslues
9. interpret emotions -> vereate -> not emotions the visites suppring

had a brale > but - montal suffering you weeldte is > simply observe it - with as much dellochment als poseble point only in your miral. Date Page 10. [Wegative emotion] - helpful - sometimes you need to touch home bottom to get to top. often serve a cem be a wakerp well. perpose LET THEM GO. - DONT REPRESS. 11. Journal -> deeper underst of emotion works Thoughts -> cleads to -> emotion. 13. Make sure - remove the hartist of reluster -ve flought you'll be nove 14. No matter how _ , if you speel meditine _, igreat yeur lest is focusing on problem defressed. 15. DONT LET YOUR MIND OVER - DRAMATIZE 16. You attract thoughts -> that matches your emo state 4 oppo is also true. 17. A PROB EXIST ONLY WHEN YOU INTERPRET A SITUATION BEING 18. The iquality of sleep - affects your emo state 19. "Fake it until you make it" 4 you can change the way -> by changing -> facial empression you feel 20. ACT DEPRESSED - and gume faling well follow. scharge your mental 4 fel 21. [EXCERCISE] - anti-depresent recessary - for mastering your emo. 22. Use visualization - to elect positive feeling. 23. CONFIDENCE ENHANCE -> replace would that show sey don't - to word that diplay conficie " 4 WILL"

24. YOUR WORDS + YOUR BODY -> appets your emostion.
25. 8 breathig egcles/min - refief etress + 1 ausareness.
26. The more you - honor & accept - PAIN full
The NOW?
The NOW 27. Strong emotion = Interprtation + Idelification + Reputation .
28. REALITY IN ITSELF CAN NEVER BE UPSETTING. Lygen interp of relatity - create sufferg.
29. YOU ARE NOT YOUR ENOTION
29. YOU ARE NOT YOUR EMOTION 4 you are not, you are just feeling said. Said
30. MUSIC CAN AFFET YOUR EMO
31. if you dis-engage - from thought, resentment & sinply of observe em with time of
with time
they lose power!
32. Try to spind an entire week w/o complaing & see wheat happens.
33. What diff r people with happy life -> they choose to interp
34. TO CHANGE THE WAY YOUFEEL, CHANGE THE WAY
YOU THINK.
35. select exaction & Osk 2. Would 97 (Ye/No)

36. PESSIMISTS - accomplishes - far less them their copolielity
37. Fellig Feelig the emo - over & over & over - allows you to better access it.
38. Create decom/goal journal
Theretig idown small incorregioning
40. When end -ve emation - (Ask) - what causes this emati? (Duttreet) - get Bury. I what can I do at my peut? 41. Emotion will fade with time
42. DO IT ANYWAY -> Leave your folig alone & do what you how Ly Matur adults -> do what they whether they feel like want to it or not.
43. THANK YOUR PROBLEMS -> underdard they're here for a REASON.
14 ANALYSE YOUR -VE EMO. 1 Idniffy story behind it 2 Jake pen & Paper
How did you interpret what's happing to you? (3) How did you interpret what's happing to you? (3) See if, you can -> LET THE STORY OFO
45. Write down ena - journal - how you felt - Araye.
46. CREATE DAILY RITUALS -> Medidate excises possibil Emos.
-ve împat your energy head gratitule journal
48. YOU HAVE THE POWER TO FIND MEANING & JOY EVEN IN

49. Throughout day -> you act either - (from or of done)
aut of
Learn To identify - moster Emo
19. Throughout day -> You act either -> (from or of slove) aut of Learn To identify -> moster Emo 50. YOUR BRAIN IS BIASED TOWARDS NEGRATIVITY
51. Constand worky -> Trying to control events which you have no control.
52. What people thinks of you is none of your business.
53. When you're → 20 → you care what everyone thicks 40 → you step laving wheel—"—— 60 → you realise no one was ever thinking
60 → you realise no one was keer thinking about you at first place.
S4. PEOPLE ARE SIMPLY TOO BUSY WORRYING ABOUT THEMSELTED
J. Success is not a limited resource.