

Master Your Emotions

Date

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~ Thibaut Meurisse

1. Knowing how you feel → first step towards taking control of your emotions.
↓
2. determines → quality of your life!
↳ emotion can make your life → miserable or truly magical.
3. Events that happen
↳ no meaning in themselves
our interpretation!
↓
4. Ego → self identity you constructed over life
↳ how it works? → depends on your level of self awareness
↳ fades away → as you become aware of it
5. Most of your emotions → based on → ① your personal story
② the way you perceive world.
↳ Temporary visitors.
6. EMOTIONS COME AND GO! → unpredictable in nature
↓
7. accept them → learn to let them pass → w/o the need to identify with them.
↓
Allow yourself to feel sad → w/o saying —
① I shouldn't be sad
② what's wrong with me?
8. No matter how mentally tough you've experienced → you'll → sadness, grief, depression
its okay.
9. interpret emotions → create suffering → not emotions themselves

not a problem → but → mental suffering you create is .
→ simply observe it → with as much detachment as possible
→ α $\frac{1}{\text{energy}}$ exist only in your mind. ✓

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10. Negative emotion → helpful → sometimes you need to touch rock bottom to get to top.
↓
often serve a purpose → can be a wake up call.
↓
LET THEM GO. → DON'T REPRESS.

11. Journal → deeper understand of emotion works.

12. Thoughts → leads to → emotion.

13. Make sure → remove the habit of cluster -ve thoughts.

14. No matter how great your life is → if you spend most time focusing on -problem, you'll be more depressed.

15. DON'T LET YOUR MIND OVER - DRAMATIZE.

16. You attract thoughts → that matches your emo state.
↳ oppo is also true.

17. A PROB EXIST ONLY WHEN YOU INTERPRET A SITUATION BEING A PROBLEM.

18. The quality of sleep → affects your emo. state.

19. "fake it until you make it"

↳ you can change the way → by changing you feel
↳ body posture, facial expression

20. ACT DEPRESSED → and genuine feeling will follow.
→ change your mental + phy → wellbeing.

21. EXERCISE → anti-depressant

↳ necessary → for mastering your emo.

22. Use Visualization → to elicit positive feeling.

23. CONFIDENCE ENHANCE → replace words that show self doubt
↓
"I WILL" ← to words that display confidence

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36. PESSIMISTS → accomplishes → far less than their capability.

37. Feeling Feeling the emo → over & over → allows you to better access it.

38. Create dream/goal journal

39. Writing down small accomplishments → +ve emotion

40. When exp -ve emotion → Ask → what causes this emotion?
Distract → get Busy. → what can I do at my point?

41. Emotions will fade with time

42. DO IT ANYWAY → Leave your feelings alone & do what you have to
 ↳ Mature adults → do what they want to → whether they feel like it or not.

43. THANK YOUR PROBLEMS → understand they're here for a REASON

44. ANALYSE YOUR -VE EMO

① Identify story behind it

② Take pen & paper

↳ write → reasons why you have these emo?

③ How did you interpret what's happening to you?

④ See if, you can → LET THE STORY GO

45. Write down emo → journal → how you felt → Analyse

46. CREATE DAILY RITUALS → Meditate
 exercise

47. Junk food

-ve impact your energy level

repeat affirmations
 gratitude journal

} positive Emos

48. YOU HAVE THE POWER TO FIND MEANING & JOY EVEN IN WORSE SITUATION

49. Throughout day → You act either → fear or of love
out of Learn To identify → master Emos

50. YOUR BRAIN IS BIASED TOWARDS NEGATIVITY

51. Constant Worry → 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 thinks
40 → you stop caring what —" —
60 → you realise no one was ever thinking about you at first place.

54. PEOPLE ARE SIMPLY TOO BUSY WORRYING ABOUT THEMSELVES

55. Success is not a limited resource.