

TIPS to overcoming emotional control

How not to be controlled by them.

1. don't try to predict the future
2. be a student of yourself (learn self awareness, stop pretending)
3. don't take everything as a personal attack (pro active not reactive)
4. empathize with others
5. predetermine to react Biblically (know the Bible/ train your brain)
6. surround yourself with emotionally mature people.
7. ask forgiveness when you over react and move on
8. Meditate on who you are in Christ
9. stop self-sabotage
10. never self medicate with addictions (alcohol, drugs, food, or spending)
11. quit trying to please people.
12. accept failure and mistakes as a part of life and move on.