

Emotion

Control

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Self Help Report

Emotions can master our minds, take over our lives, and destroy our future. It is up to you to deal with your emotions while learning how to command and master the emotions. The emotions are human makeup that stems from natural inborn sources, while as the emotions grow (birth – child – adult) the emotions learn, believe, misconceive, disbelieve, teach, lie, deceive, etc. The emotions are powerful, since emotions stem from the hearts learning as well, which the heart is deceptive. This is where fact-finding comes into play, since if you do not have facts you will lack confidence, self-esteem, self-assurance, self-trust, self-respect, and all those other words that make a human being whole. This brings us to problems. The problems include acting on impulses, becoming angry, experience sadness, emptiness, and the like. Most times when you hear of alcoholism, drug additions, nicotine additions, criminal minds, psychological problems, and the like you are hearing about people who have not mastered their mind to command their emotions.

Now we can move into impulsive response to see how the emotions work.

Impulsive Response to How to Command and Master the Emotions Self-Help

Have you ever meet one of those people that talks, talks, talks, yak, yak, yaks and never seems to shut up? These people can drive you “nuts, nuts, nuts.” The problem however is not the person as a whole; rather it is likely the person has Bipolar, which is a chemical imbalance in the mind that forces impulses to act out without reasoning or thinking. Alternatively, it could be that the person has difficulty controlling his or her emotion, which includes emotive, emotionalist, and emotionalize. While it takes you to control your emotions, whilst commanding and mastering your mind, to deal with these people, it takes the person to gain control of his/her emotions. Still, encountering this type of person can put loads of weight on your mind as you struggle to hear what the person is saying, and as he/she talks in rapid successions.

First, we must look at the problem. The problem is within the person and not the person him/her self. Toss out that old saying, “You have a problem,” since the person is never the problem, rather it is the source inside the mind, which sparks the emotions. This brings us to emotions, heart, feeling, and thinking. This person needs to understand his/her human makeup more clearly, since it is the ultimate method in getting to the problem. Therefore, I will define emotions, feelings, while briefing touching basis on the feelings.

Emotions: Emotions sometimes are obsolete. This means that the emotions are no longer useful or in usage, rather it is imperfect. Emotions are sometimes complex and stalwart state of the mind response. The responses

can induce or expose physiological alterations. The emotions are parts of our mind that works with the conscious while promoting sensitivities and feelings, such as anger, sadness, joy, fear, etc. What underlies the emotions produces results. We can discuss this underlying source shortly.

Now, **emotional** state of mind is at what time a person is sensitive and may act on his or her emotions. We can also consider **emotionalism** whereas a person will tend to place higher value on the emotions, rather than his or her thinking processes. This is a person, which speaks, or acts out excessively on emotions, rather than thought. Then we have **emotionalist**, which another excessive usage of emotions person. This person will illustrate his/her emotions by usage of his/her conduct, rhetoric, or thoughts. Rarely will the person demonstrate reasoning. Continuing we can see that **emotionalize** people imparts from their characteristics of emotions, while **emotionless** people lack the ability to show emotions. Still, **emotive** people relates to the emotions, while using expressions or expressing the emotions from arousers.

Now let's think for a minute as we review the emotion definitions. Look through the information and tell me what type of person you think we are talking about at the beginning of this article? We can see this person often expresses emotional actions. We can see this person is also emotionalism, as well as emotionalist. The person also has signs of possibly slightly emotive. A person in command and mastering his emotions will show emotive responses, as well as emotionalized responses through conduct, language, and thoughts. The emotionalized person imparts his emotions by communicating knowledge and information while giving quality to impressive or interesting to him.

Still, we have considered that all aspects spoken in the article of emotions comprise each one of us. The difference is we all have different background, experiences, beliefs, and teachings. In addition, we all handle what we learn differently. This brings us to feelings. It is important to understand how feelings connect to our emotions. As we write I want to point out that I am a firm believer that understanding what you are dealing with is the first step in healing and moving toward commanding and mastering the emotions. Furthermore, once you have an understanding of what you are dealing with you can grow to accept and move forward.

We can see however that the persons spoke of in this article are acting on impulses, which stem from varies methods of the emotional responses. Feelings overall mark the emotional responses. In other words, if a husband strokes his wife's hair, it sparks an emotion, which provides her a sensational feeling.

How to Command and Master Your Emotions

The emotions are not an easy task to master. To command the emotions you need some intense abilities to look inside you and pull up some of your leadership qualities to put the mind to work. Emotions are feeling packed thoughts that stem from the heart. The heart is deceiving and will mislead the mind, thus to understand emotions you have to go deep and beyond and put your emotions to the test by understanding and controlling the heart.

Still, emotions are good-working sources provided to us through a wonderful creation. It is possible to understand the emotions, which could lead you to command the emotions and become the master of your mind. Yet, what does it take? It takes removing doubts, lies, deceit, hate, envy, and all those ugly other words out of your head and heart. If you have traps, blind spots, or tripping triggers you will not master, nor command the emotions to do anything.

Now, we can go on many levels to command and master the emotions, however we can start with the basics for now. At one time in your life, you will have to grasp a truer meaning of religion, because false religion (False Christianity) is a prime source of lies. In other words, many churches teach lies and people believe them. While there is one true religion, which is spoken of in God's word, the fact is the majority of religious leaders teach you untruths. The fact is superstition is a lie and the Catholics first taught it during the 1800s. Why am I telling you this? Because the mind wanders and thinks, as well, the emotions feed from the heart and mind. IF the head has lies, it will affect the heart and emotions, which in turn puts the emotions in control and you on the backlines trying to figure it out. Still, you have an inner child within that either helps you or else harms you.

Today we are going to work on your inner child. The inner child is the person that you left standing in childhood and that still plays a vital part in your mind, emotions and heart. If you have impulsive response, thus it is because you have an inner child driving you feelings and/or emotions. Most times these impulses will infringe on other people's rights and may even hurt their feelings. This is at what time you unleash the leader inside you to gain control.

The problem is you have practiced obeying those impulses. The key is to practice to control your impulses by controlling your child within. The more you practice the more your emotions and heart, as well as your feelings stemmed from the heart and emotions will obey your commands.

A person that has not mastered his emotions will often make other people's life miserable. Most times these people live for the minute, instead of taking it one day at a time. The person often views his/her loved ones as slaves while he/she dictates their every move. Sometimes the behaviors lead to excessive alcohol usage, drug usage, excessive eating, poor diet, tempers, uncontrolled emotions, and a saddened heart.

How can you overcome this behavior? You can turn those impulses and slaving emotions into a positive force. Now you are the slave of your emotions. You must take control of these emotions. This means you will need to develop that child within you and retrain the child so that he/she begins to see that maturity has to take place. It's time to grow up child.

Impulses in itself are not a bad mechanism. In fact, we have impulses incorporated into our personality. In truth, it is a natural element. Impulses are inspiring mechanisms, motivating sources, and a force that communicates to our minds in an effort to promote actions. For instance, your friend asks you to go to the movies and your favorite film is showing, you impulsively say yes and rush out the door to go to the theatre. You acted on impulse in this instance without forethought likely. Now, if you would have seated self, thought about the request, consequences and your surrounding responsibilities before responding, you would have commanded your emotions, mastered your thoughts and unleashed the leader inside you. The first scene shows your child coming to the fore, while the second scene shows maturity taking control. Unleashing the mind is a step in commanding and mastering the emotions.

Unleashing in How to Command and Master Your Emotions

Mastering and commanding emotions are not an easy sport. It takes great effort, loads of work, and an ability to laugh. Sometimes we have things

hidden in our subconscious mind that breaks down our personality, character, and self-worth as a whole. The key is unleashing those memories, words, influences, etc and making them work in your favor.

The emotions are powerful since it pulls from the heart, mind, and experiences. Throughout our lifetime, we experience hurt, illness, pain, trauma, and the like. It takes you to let go and let live, otherwise the emotions will destroy you, and possibly destroy the life of others.

While many things compose our emotions, today we are going to unleash lies told to us, since these lies are destroyers of the emotions, mind, and heart.

What can you do? This bothers me that I have to give away this type of information in an article that I will sign off copyrights, however I feel it more important to help you learn and grow. This information written today is also in an upcoming book I have written, which will take you deeper and beyond what you can imagine the human mind to perceive.

Today we are going to unleash superstitious beliefs so that you have freedom to control your emotions.

Superstitions as defined are practices or a belief that stems from lack of knowledge, or ignorance. It is a fear (a damning emotional trait) that fears the unknown while trusting in chance or the supernatural. The fear is buried in the subconscious mind and at what time triggered, targets the emotions. Thus, irrational and unreasonable hopeless attitudes take control as the

person's subconscious dwells on falsified concepts prepared for cause or acts of causing to happen. Most times a person experiences coincidental sights, which ingrains the thoughts deeper within the mind. For instance, if the belief is strong sometimes at what time a person crosses a black cat's path, he/she will experience a flat tire. An evil source makes the person continue to believe the irrational thinking that has no concrete evidence of its existence.

Oh, the power of the mind...we can induce power into our own minds by believing in something strong enough. However, once we start searching for facts and find those facts, the beliefs will wilt away. We then start seeing more clearly, which promotes thinking and think before acting on emotions. Emotions are feelings. Emotions show our feelings.

Emotions in some respects are obsolete. It is a disturbance of the mind, which stems from the heart and past influences, teachings, beliefs and experience. Emotions are also exciters. It is the emotional facet of the conscious mind, which brings in feelings. The state in which we start to feel turns into expressions, which come in many forms of actions, including anger, aggression, impulsively acting out, and the like. Most of the bad experiences were we have expressed emotions stems directly from fear. This brings on anger because we cannot understand those fears.

Emotions are either positive or negative. For instance, she expressed compassion for her lover. This is an emotion triggering feeling, which holds good results. He expressed anger toward his child who acted rudely in public. This is not a good emotion. The emotion expresses a feeling of fear. Obviously, this man is afraid of embarrassment. Who isn't? The trick

however, is to turn that negative into positive by unleashing those fears and leaving room for you to command and master your emotions.

For instance, “young man, I am not about to tolerate this behavior. This behavior holds consequences, which will not make you happy. I feel disappointed at what time you misbehave in such a way. These people are looking at you as if you are a clown. You want people to respect you and not look down on you; therefore, the consequences of your behavior will result to disrespect.” As you can see, maturity, command and mastering of the emotions is seen in this illustration.

Yet what do we see in this child? We see a child searching for attention. We see a child allowing his inner child to go free. Yet, the point is we must find the facts, unleash the fears, and remove other obstacles in our way that hinder us in life from succeeding. Commanding and mastering the emotions takes skill in how to develop and understand.

Emotions and How to Command and Master Them

Self Help

Do you let emotions take you over? Do you allow your emotions to destroy your life slowly? If so then listen up. The first step in learning to command and master your emotions is to understand the source. Emotions stem from feelings, heart, and psyche. Therefore, we must understand emotions, heart, feelings, and psyche to come to a point of acceptance.

Emotions: Emotions are at times complexity, since the responses come from a set state of mind. Physiological changes sometimes take place as the emotions response. The emotions work jointly with the minds conscious. This response promotes our sensitive feelings. Some of those feelings sparked from emotions include, anger, fear, joy, sadness, happiness. The underlying sources, such as beliefs, teachings, learning, etc all contribute to how the emotions response. The emotions create changes, which presents self in emotional, emotionalism, emotionalist, emotionalize, emotionless, and emotive. The state of mind where a person is emotional displays sensitive to a response. In other words, the person likely does not like what he is seeing or hearing and responds on the emotions rather than thoughts. At the point, the person is displaying higher value placed on the emotions, which leads to an emotionalism state of mind. If the person response with anger, thus this person illustrates emotional-emotionalism-emotionalist response, since his emotions are excessively acting out and seen in the behavior, conduct, thoughts, or language. Now, if the person acts out thoughtfully, he is demonstrating an emotionalized state of mind. Thus, he separates feelings, emotions, and thoughts. Emotive people tend to relate to the emotions, yet they express emotions from triggers or arousers.

Feelings: Feelings are physical basic sense. In other words, the body response to touches while recognizing sensations. This is an aware and recognized response. Now on the emotional level, feelings are states of reactions. For instance, she showed joy from his remark. This is a response known as compassion, sparked from sensational feelings. Now if a person is susceptible to the impressions of others, thus sensitivity sparks the emotions,

which gives rise to feelings. For instance, she felt overwhelmed and deeply hurt at his statement. This is an overly sensitive emotion.

The emotions are conflicting or opposite backdrops of the mind (psyche). That is the emotions contrast from the awareness of the mind. This means that the emotions separate from the mind's thoughts, perceptions, and recognized sensations. On the other hand, the mind can work with the mind by illustrating high awareness through acknowledgement.

Examples of emotional response both commanded and non-commanded: A woman response emotional to the touch of the man, yet although she is married she, response to the touch and gives into his desires: We know where this is going. The woman is allowing her emotions to control her, rather than thinking of the consequences of her adulterous behaviors. The man is also giving into his emotions, therefore no commanding or mastering of the emotions exists in this situation.

The woman touched him desirously; he pulls away from her touch and explains to the woman assertively and responsibly that he is already taken. She tries to persuade him; yet again, he pulls away and stresses his place, while slowly moving away from the woman. This man is showing control of his emotions and desires. Thus, he has command and masters his mind.

In both illustrations, you see, desire, feelings, emotions, thoughts, sensations, and so forth. This brings us to the psyche. The psyche is the conscious mind, which presents awareness. While I will not break off into defining the awareness and conscious mind, I will say that by now you should see what is needed to command and master your emotions.

Now we can see that the heart is where the personality stems, as well as where considerations, compassion, love, emphatic, sympathy, affection, and the like all come from. Pull this heart together with emotions, mind, and feelings and what do you come up with; can you see it? Physiological changing is part of understanding how to command and master your emotions.

Physiological Changing in How to Command and Master Your Emotions

How to understand the heart and emotions

Physiological changes transpire as the emotion response to particular feeling stemming from actions, words, etc. Physiological itself relates to the physiology, which reviews characteristic organisms that are healthy. The changes are seen in the physiology aspects of biological sciences of the mind, which focuses on bodily fluids (salt) known as physiological saline. This is an essential biological fluid, which takes us to a medical and mental level in some instances; therefore, we can continue to understand how it fits into emotions. Yet, what makes the emotions change? For instance, if the emotions respond to fear or love, thus it is a response that involves the changes in physiological. It is the preparing to act on the response. Now, I have my own philosophies as to why some people have intense emotional

response that produces fear, anger, and the like, however this leads us to another topic. Yet, I will say that depending on the degree of salt, e.g. if too much salts has targeted the biological perspectives which touches the psychological perspectives, I see a problem.

The emotions respond to physical and psychic reactions, such as fear, anger, joy, etc, while actions and words express the emotions and feelings. To command and master your emotions you will need to learn self-control.

We can now review what makes us as a person and how it reflects on the emotions. The heart comprises our dispositions and personality. Rather it states our behavioral tendencies. The heart is an incliner of the emotions and thoughts. The heart is based on morals and emotional responses. The heart is our innermost feelings, character, and/or inclinations. The heart then is the center of our emotions, thoughts, feelings, actions, etc. This brings us to reviewing inclinations, since the heart promotes feelings, which pushes the person to make decisions based on what sparked the feeling. The heart inclined the emotions, which also moved the feelings.

Now we can see that inclinations are the root of commanding and mastering the mind. This brings us to the root of inclinations, meaning that you must train the heart to do what is right and verify the facts to find a control of mind. How can we do this?

Let's look at beliefs shortly, which include customs. We all have beliefs, which are customs, stemmed from practicing a particular thing. For instance, she believed that it would rain tomorrow. This is common, since we have

weathermen down through the centuries who have told us what the weather will be the next day or in the next week. Thus, the woman practicing listening and hearing the weatherman lead her to believe the source. The fact is weathermen have been wrong many times, yet this is ignored because other times the weatherman is right. What do we see? We see an inclination backed by habit that makes this person believe. What is the point?

The point is all the elements discussed in the article points to commanding and mastering the emotions. It is important to recognize your body and mind to master and command the emotions. If you are not in touch with self, it is difficult to understand the functions working within you. The heart is the root; the root is inclination, the body and emotions response to physiological changes, and the mind acts on the changes within us. For instance, Billy screamed at Sarah, yelling, “You stupid moron.”

Ok, now Sarah could sink down to Billy’s child level and allow her emotions to take over and continue what looks to be an argument or fight. On the other hand, Sarah could respond saying, “So you are saying,” which is a paraphrase, a leadership trait, and control of the emotions. This will halt the argument or fight about to occur. Now, think of this logic and see how you can work toward mastering and commanding your emotions. We all have to learn how to command and master our emotions.

Learn How to Command & Master Your Emotions

Going through everyday life is hard, because you have to deal with everyday emotions. If you are like me, then I know that you have many emotions that you express throughout your day. I would like to take the time to tell you how you can learn to command and master your emotions. No, you do not have to go to a therapist or nothing like that; you just have to learn that emotions are, only meant, to be carried out to a certain extent.

Let's begin with talking about sadness. I know that occasionally you have something in your life that causes you to feel sad, down and out. I have learnt that at what something happens in your life you should just go with the flow. Even though you may be sad, you still have to live your life and move on. I know that, at the particular moment you feel like you could cry a river, and you should, but once you get it all out of your system, you should be able to look at the situation from another point of view. The outside view, where you take the time to look at the situation from a wider angle, sometimes you are not able to prevent things from happening, sometimes

situations are destined to occur and you can't do anything about it. That is part of life that you should just face and grow on. However, if there is something that you can do to prevent from being sad you should. Think about the things that make you sad and try to avoid them altogether, if you avoid the things that make you sad then you will not have to go through the hassle of dealing with those painful emotions.

The next emotion that I would like to talk to you about is happiness or joy. Happiness is at what time you can't stop smiling for anything in the world. It's as if someone painted a smile on your face and you just can't take it off. If you experience happiness, then you are one of the lucky ones, because most people don't even smile or laugh. I guess they don't have anything to smile or laugh about. Otherwise, something is seriously wrong in the mind. If you share the happiness you have with others make sure that you do not express your happiness too much. If you do then your friends may think that you are a little crazy. However, if you do not have any happiness, then you should work on finding things that make you feel a sense of happiness and start building on them so that you too can be happy with all the rest of us.

There is one emotion that I know is in every household, and that is anger. At what time things don't go your way, you start blaming everyone else for your bad day. At this point, you shouldn't, if something makes you mad, cuss it out or beat it up, and don't blame the other people in your household because they are not the ones that made you mad. If one of your family members is to blame then you should avoid punishing them and go for a walk or a drive just to get away from things. Most times when a person is mad it is because they fail to have control of their minds. Anyone striking

out at another person is only showing that he/she is not the master of his/her emotions and something within is in command. Do you know how to master and command your emotions?

Do you know how to command and master your emotions?

Sometimes as human beings it is hard to command and master your emotions, that is why I hope that the information that I am about to share with you helps you out with your emotions and the struggle to command and master the mind. The emotions stem from feelings, which stem from the heart. At what time a person feels hurt they will often lash out, rather than gain control. Therefore, it takes you to control the mind and gain power of self.

In order to command your emotions, you must be able to understand what it is that you want to be, whether it is happy, mad, or sad. You are the only one that can control and command your emotions. If you want to be happy, then tell yourself that you are going to be happy today, if you want to be mad, then be mad and make everyone else mad too, if you want to be sad, express your feelings and understand that things can't get any worse, they can only get better.

In order to master your emotions you must be able to know what extent you can be stretch out to and then try not to be pushed to that point. If you are able to say, "I need to cool off" then you are on the road to success. If you

are able to tell yourself that you know that something bad is going to happen if you don't cool off then you already know you're high and low points. All you have to do now is build on them.

I am going to tell you a couple of ways that you can help command and master your emotions.

- 1) Instead of getting mad and taking your emotions out on someone else, you should avoid the situation for a while. Do something that will take your mind off the situation until you can think clearer.
- 2) Instead of being sad and crying all the time, try to think about why the situation happened that made you feel sad, once you realize that it couldn't have been prevented then you will be able to understand and accept the situation. If the situation was a death that made you sad, then you have to keep the memories of the one you lost alive and remember all the good times you shared with that person and know that they love you.
- 3) Instead of being jealous, realize that if something does happen between you and the one that you love, that there are plenty of single people out there. Most importantly one of those people are meant for you, just because the first relationship don't work out doesn't mean that the next one won't. All men are different and all women are different. If you want to remain with that person you should try to work on things, talk to the other person about them so that you will be able to discuss how each other feels. I have learnt that in a

relationship, you can't be with someone that you can't trust. If you are with someone that you can't trust then you are better to call it quits because you will always find yourself questioning his or her every move.

There are many ways to deal with emotions. It takes you to get in connection with your own mind so that you have some control. The mind can play tricks on you, accordingly getting in touch with your mind will help you spot those tricks. Being a parent requires how to command and master your emotions also.

Being a Parent Requires How to command and master your emotions...

Being a parent is already hard enough without having to involve your emotions. Once your emotions kick in, you are in for a ride. As a parent, you will feel every emotion that is humanly possible because your children will take you there over the years and as these children grow, you will continue down the emotional path of raising children. It never ends!

At what time your children cry, you will cry because they are hurting physically and/or mentally. The only thing you can do however is to help them cope. Your children may cry because their puppy died, or their hamster ran away. These things may be little to you, but they mean the world to your children.

At what time your children are mad, you will be mad because someone has caused them to become angry. The only thing you can do is find out why they are mad and talk about why it made the child mad. Your children may be mad because they can't go to the park or because he or she lost their basketball game. Children often get mad for reasons, thus it is important to find out why.

At what time your child is in pain, you will feel pain because you are there mother or father and you don't want them to feel hurt. Your children may have fallen and scraped their knee or fell off his or her bike.

At what time your children are sad, you are going to feel sad with them, because, seeing the child hurt makes you hurt inside as well. As parents, importance is placed on sharing emotions. Your children may be sad because of something that another student said to them at school.

At what time your child is happy, you will be happy, even if you don't agree with what they are happy about, it still will make you smile. If they are happy about an achievement then you should feel happy with them and give them some kind of reward. This promotes good working emotions.

At what time your child does something wrong, then you should correct them because it is up to you to raise your children the way that you would want them to be raised. It is important to give positive discipline, rather than hurt, harm, or beat the child. A spanking is good, only at what time you have control of your own emotions. Beating a person will only lead to super major problems:

Being a parent is tough; however, there are ways that you can work harder to be a better parent. As a parent, you are entitled to feel emotions and express your feelings; you just want to make sure that you know the difference between the two.

If you work hard to learn how to command and master your emotions I am sure that you will be a better person overall. You don't have to be the sweetest mom, but you need to know that there is a place and time for everything.

I hope that you have found my information to be helpful and I hope that you will be able to learn from what I have said. I am sure there are going to be times that you wish you could just run away but you can't. If you know how to command and master your emotions then you should be able to be a wonderful parent and a wonderful wife and/or husband. Emotions are very tricky and sometimes you may not understand why you feel a certain way until something happens to confirm that you feel that way. Dating is something we all do at times. Therefore, we need serious control over our emotions while dating.

How to Command and Master Your Emotions while Dating

In a relationship, it is sometimes a very bumpy ride. As far as your emotions go, being in a relationship is like being on a rollercoaster that will not stop until someone fixes it. That is why it is very important that you learn how to command and master your emotions while dating. I am going to tell you from a girl's point of view, so for all you girls that are reading this, I hope that you learn a lot. Men in hopes will gain from this information also. We don't want to leave you gentlemen out.

Let's start with this situation: your boyfriend looks at another girl each time you two go out and you get mad. What would you do? I know what I would do without any question. I would ask him did he like what he seen and then if he answered yes, I would tell him that he could go be with that person. That's just me, but that is the wrong way to go about things. You should not say a word, if this were to happen to you. I know you may ask me "why, are you crazy," but no I am not. The truth is, if you let your boyfriend know that you are mad, he will do it even more. Just because he is male and he can get away with it, or at least thinks he can, doesn't mean it's true. Still, you must recognize the types of looks, i.e. if the person just glances in the direction a female is walking, it doesn't mean he is interested in that woman. Now if he stares and expresses interest with the eyes and body, then he is a dumper.

If you act as if it doesn't bother you, then he will get mad and be asking you "why don't you care if I look at other girls"? That's when you should speak up and say "I do care but if you want to look at other girls, then you are showing me that I am not what you want, and if that is the case you should be with that girl because I am too good of a girl to go through any drama with you over another girl." That is the truth, if your boyfriend is looking at

another girl, then you should know from that, that he is not the one for you. If a guy is really into you, then he won't be capable of taking his eyes off you for a single moment.

Another situation I know that happens in dating is at what time the guy in the relationship and he goes out with another girl behind his girlfriends back. Girls, if this is the case with you, you should dump him right away and save yourself the hassle of going through all the drama that he is going to cause. This is taking command of your emotions, since you are stopping them before it gets started.

I know that this may seem hard to do if you care about that person, but if he is going to go out with another girl behind your back, then there is no use in being with him. Because if this is the case, what else will he do behind your back? Believe me there are plenty of fish in the sea, and you will find one, especially one day one that will sweep you off your feet. If you are in a good relationship, then I am happy for you, but if you are not I recommend that you try to find someone that is right for you. This is not only taking command and mastering your emotions, its taking full charge of your life. In marriage and in love requires emotional control.

How to Command and Master Your Emotions in Your Marriage

At what time you take the walk and take those vows, you are stuck with the person that you are married to “until death do you part.” That is unless of

course you get a divorce and we don't want that to happen. Instead, I am going to tell you how you can command and master your emotions in your marriage.

If you are married, then you know that there are times when you are going to get jealous over another woman looking at your husband. This will also happen to him at what time another man looks at you. You shouldn't feel mad because you are married and he or she isn't going anywhere. So, instead of you getting mad and ready to fight, you should work on ways to let it just slide right on by.

If you see another woman and/or man looking at your man or wife, you should look at her/him and smile. If you are nice, it will literally kill them on the inside. However, when you look at the person and smile make sure that you give them that "he looks good, doesn't he, smile." Remember we are talking about a person looking at your mate in a lustful manner.

However, if this doesn't work for you, you should fight fire with fire. The next time you go out with your man, you dress to kill. That way all the guys will be looking at you, and you will get all the attention. This will eat your husband up on the inside and he will want to leave you at home from then on. The point of this whole conversation is to let you know that you have to show each other that you are still attractive so that you want have to worry about someone else looking at your man, because you know he is going home with you. This helps minimize the problems that cause a person to loose control of their emotions.

Another thing that I would like to address would be the anger that is expressed in a marriage. At what time you or your spouse gets mad, do not take it out on one another. If you had a bad day, do not come home and take it out on your spouse, leave your work problems at work.

If something happens at home that makes you mad, walk outside to cool off. If that doesn't work, go for a ride or a walk so that you will have time to clear your mind. It is not good to let emotions build up on the inside of you, because one day when those emotions are ready to come out, they will and who ever you unleash them on is going to be in trouble and that trouble will come back to you.

You don't want to hurt someone that you love and care about, since it will only cause you hurt too. You should treat your family members with the up most respect and honesty. You should keep no secrets from your spouse and if your spouse does something that you do not agree with you should tell them about it, rather than letting it go. However, don't try to talk about it when you are angry or you may say something that you will regret later.

I hope that you will learn from my advice, I know that I have to do some of the things that I recommended myself so that I can handle my very own marriage. It's your command to master your mind.

Your Command in Mastering the Emotions

How to Command and Master your Emotions

As you wish, your emotions will command. Are emotions getting you down? Are your emotions taking control of you? Emotions are tricky little critters that stem from many sources. As we grow and develop in life we go through many trials and errors, while listening to something we may or may not believe along the path. The problem often comes however from

underdevelopment. The key then to commanding and mastering your emotions is to learn how to develop what is inside of you.

To help you see an underdeveloped mind we can consider the people that become angry over the simple things, or even the large things in life. Sometimes these people can go to extremes and physically harm others, or else they can say things they really do not mean. Physical abuse is one of the major problems we have in life, and this action shows that these people are controlled. This is why they act out in the way that they do, because they know they are controlled. Something inside of these people is their masters. Fear is the ultimate master of these people, and all the people in the world that struggles to control their emotions.

Emotions are rooted from heart, inclinations, feelings, thoughts and physical elements within, yet it goes back to roots of learning, teachings, beliefs, and the like. We have to decide what's inside of us and how we deal with it to start working toward commanding and mastering the emotions.

Let's consider anger for a moment. Anger is a strong heart inclinational feeling that stems from something displeased triggering the emotions. For instance, he showed hostility to Susan and made her angry. Hostility displays often bring opposition to another person. Now, where Susan's anger goes, or else how she expresses this anger will determine if she has control of her mind, which means she is commander and master of her emotions. Anger is an intensified emotional state of mind.

While anger itself means nothing as long as its intensity is subdued or controlled. However, if the intensity level rises it could show through verbal reactions. Then we still see feeling. On the other hand, if the anger expresses rage the person may act out violently either verbally, which means the person has no self-control. If the anger intensifies further, leading to fury, we have a mind that is overmastered by emotions and its destructive wrath could lead straight to insanity. Generally, some form of psychosis is behind this type of mind. The person often acts out emotionally in lunacy, foolishness, folly, stupidly, idiocy, or just plain mad. This brings us to wrath. A wrathful mind will often act out of revenge toward others. While a person is in a fury, the person may accuse an entire group of people. Indignation is an anger that puts emphasis on righteousness. In other words, the person may accuse everyone around them of ignoring them, while this is a righteous communication, it has no justifiable cause at most times.

Sadness is an emotional that is affected by hurt feelings. Regrets, grief, deplorable, situations of distress and more can cause sadness. It's how you deal with it. For instance, we all have experienced a death in the family. This often touches the heart, which expresses feelings and targets the emotions. Now, we can cry, grieve and feel stressed for a short time, however there will come a time we just have to let go. This sounds cruel, but you have to dig in the mind to see where you are blaming self, or the person that died to take control of your emotions and move ahead. Families joining to master and command their emotions are an understatement.

Families who Command and Master their Emotions

Have you ever seen an entire family that has mastered their emotions while in command of their minds? If so, let me know because I want to move into that household. The world is filled with too much chaos for any, one family to ongoing master and control his or her emotions. Still, families have hope, since a few helpful suggestions can take them on the road to commanding and mastering their emotions most times.

Say, in a family of four we have to consider four different people with four different personalities. As you can see an understanding of personalities is required to start commanding and mastering the emotions. If a person is in a relationship we only have two personalities to consider, however the two come from two different backgrounds and both have their own beliefs. Likewise, in the family of four different beliefs exist, yet it depends on the length of time the family has spent together to determine the depth of the beliefs and if the beliefs have altered. The personality overall is the quality of a person. The personality distinguishes one person from the other. Some personalities have flaws and may suffer mental or physical illnesses that separate them from another person. It does not mean the person is crazy, rather it means this type of personality has something special to offer.

This takes us to another level, since having an understanding of personality helps, but it is only a start. While all of us have a personality that separates us from another many of us share similar or same beliefs. This makes a difference in families and in life. Infringing upon one's belief is a surefire way of stirring up emotions.

Beliefs are what make us the person we are also. However, beliefs could be altered at any given time, yet many people fail to alter such traits of humans. Why, because many people find it, too big a task to search for facts and to search beyond facts to find the truth, which is often in front of their face at the start. For instance, some people could live for centuries believing in superstitions and never take the challenge to find out this is a superficial belief. There is not one shred of concrete evidence or one fact that states superstition is truth. As you can see, this presents problems because people

set themselves up for falls. In other words, the beliefs bear a strong point in emotional issues.

Yet, this is not the only problem. People storing and holding guilt, hate, animosity, lies, etc are all prone to allow their emotions to master their mind. Instead of being master of the mind, the emotions command these people. Therefore, we have to move all negative thoughts from the mind in an effort to grow into becoming the master of the mind. By adhering to this advice and taking, the steps to achieve you will soon feel a wealth of relief off your shoulders, which puts you in command.

Emotions can work in your favor or against you. It is up to you to remove the obstacles in your way to train the emotions to work in your favor. You can start by sitting down and thinking. Consider guilt. Is there some area in your mind where you feel guilty about something you did or said? If so, consider what you can do to remove that guilt to start mastering and commanding your emotions. Next, you can sit down and think of the hate you harbor inside and follow the steps to wiping it out. The mind requires training to work sufficiently.

How to Command and Master your Emotions through Training Self Help

At what time you go to the gym you begin to train the muscles, joints, and overall body. During the process you start working out three times each week, starting the first session at 15 minutes, working up to one half hour, and gradually working out one hour three times per week. You have your equipment picked out, which includes all equipment that works on each section of your body. Gradually, you start feeling good, looking, good, and ready to reach the top of the world.

Likewise, the mind requires training in order to gain control, feel good and ready self to reach the top of the world. What you feed the mind comes out

in your behaviors. If you feed the mind bad, thus bad will reveal itself, now, later, or sometime down the road. Gradually, the emotions and mind will obey mischief and bad, until one day you find yourself in a miserable life wondering what happen along the way. Likewise, if you conform to acting out on the bad that you feed your mind, you will gradually run into trouble.

We can look at a few examples of someone with a guilty conscious. This person thought bad, acted bad, and now feeling bad as a result. Furthermore, he does not have control of his mind; rather his mind controls his every move, word, action, etc.

Consider:

Two couple marries, and somewhere down the road, the mate starts up an extra marital affair. He hides it for some time believing in his mind that he won't be caught. The truth comes out in our lives somewhere down the road. All the lies a person tells will catch up with him or her later. The light will shine and others will see those lies. This man is caught dead in his track. His wife instead of yelling, screaming, and making the situation grow worse, says nothing. She shoots him painful glares as he makes eye contact with her. She continues her days and nights acting as a wife, yet she refuses to engage sexually with her husband. Now, he is unaware at the moment that the wife knows about his affair.

A few weeks pass, and the wife shows her husband a trail of his unrighteous actions. She confronts him finally. As she does, he tries to deny what he has done, and she says to him. "I am not dim-witted, don't you act dim-witted either." He breaks down. He starts accusing his wife, making excuses and

blaming her for his affair. He is dead wrong and knows it, yet it feels better at the minute for him to cast the blame. Finally, he tells her that he will put an end to the relationship, because he doesn't want to loose his wife. He swears to try hard to undo all the pain, hurt, sorrow, miserably, grief, and acts that did not include love.

What do see? You see a cheating man with low morals, values, standards, and maturity. This person harmed his family by acting out on his selfish desires. Now, emotions are packed in this scene, yet what do you see?

The wife is commanding and mastering her emotions. It shows in her actions, since instead of blowing up, she slowly addressed the problem. As she addressed the problem, she acted maturely. This woman has a trained conscious mind. The man on the other hand, has many problems within, and requires daily mind training in order to become the master of his mind, so that he can command his emotions. Train those emotions!

Training in How to Command and Master your Emotions Self Help

Train that mind. If you want to command and master your emotions, you will need to train the mind accordingly. We wander through life learning along the way. As we learn, we toss the information in our mind like salads to shred through the details, locating the facts. What seems real to your mind? What is logical? What is reasonable? What are the facts? These are a few questions you may want to ask self. The questions can help, you learn to command and train the emotions, to master the mind.

Life is either hard or bearable. We all make our own life, i.e. we try, and others will pose on our lives attempting to tear us down. We have to battle each day to conquer the enemies in our way, i.e. the people that are friends, which show enemy traits. People sometimes get in our way unknowingly and for no particular purpose,

To train the mind, you must understand that self-control, hope, confidence, self-esteem, self-assurance, and all those other words fit into the equation. The more you build on your human requirements, the higher the possibility you will grow toward mastering and commanding your emotions.

Let's consider how these humane qualities fit into the equation of mastering and commanding the emotions. What does it take to build self-esteem? Self-esteem firstly, is confidence and a satisfying feeling of being self. As you can see as you work to build your confidence, you will build self-esteem in the meantime. Confidence is a little bit more difficult, since you have to become aware of your inner powers. This is not always easy. However, you can monitor self closely at each task you handle while previewing and reviewing the details to see what you come up with, and each time you achieve move ahead after rewarding self.

Rewards don't mean to go out and buy a new car each time you do a good deed. Rather, just smiling, doing the fist/elbow move and saying "Yes," aloud could be your reward. It is showing you recognize self-actions and deeds and it is bringing power to the mind. Confidence is also learning to rely on self. Thus, it brings us to independence, which is a human requirement. This feature of our characteristics works hand in hand with all other requirements of humans.

Confidence is also a faith. This faith is a self-assurance that a person believes in self and his or her abilities to achieve. Confidence also includes certainty of one's words, actions, abilities, etc. If you have certainty then likely you have built on finding facts that promote convictions. Convictions

are power beyond the norm power, since it, shows you are fact packing based. Confidence also builds trust, i.e. people will trust you as well as you trusting self.

Confidence is a cool mind that feels the freedom to make the next move without feeling doubt. Doubt is one of the major elements that cause people to feel emotional strung out. If you have doubts, guilt, hate, anger and the like instilled in your mind, thus the mind is the master and commander of you. You want to learn positive things to build during the process of becoming the master of your mind, while commanding your emotions. Sometimes the mind will play tricks, making you think you have confidence when you do not. This is a superficial display, thus check the training, and mind often to train the emotions. This will help you stay in charge of your mind and emotions, rather than falling back into the same patterns. We all need building blocks to achieve our missions in life.

Building Blocks in How to Command and Master the Emotions Self Help Building Human Qualities and Mechanisms

The building blocks are elements we choose to incorporate in our life. Rather the building blocks are already there, yet it takes you to build those elements. Building blocks include pieces of our lives that have been shredded through life's tumbles and falls. For instance, if you recently come out of a bad relationship, you will need to reconstruct the pieces to make you a whole person again. This helps you to learn control, which helps to command and master the emotions. Most people in my area are unwilling to give love a second, third, fourth, fifth, sixth and the list goes on, giving it another chance. They often say, "I've been there; done that; don't want to do it again." Alternatively, they say, "I tried love; it didn't work, so now I am out to have fun." Their emotions rule them.

As you stumble and fall throughout your lifetime, you are tearing down the human qualities, mechanisms and the like the pastes you together. Some of those qualities include confidence, self-esteem, self-assurance, hope, faith, and the like. Once these qualities and elements of human makeup are torn apart, it often takes great effort to build the blocks. The problem is doubts

set in, inferiority complexes arise, guilt takes over, grief, and blaming steps in the door, thus tearing you down. Thus, the emotions become the rulers.

Since we have considered a breakdown in relationships, let's consider inferiority. Inferiority is a critical significant view of personal inadequacy, which often is a consequence either in diffidence or from overcompensating in overstatement. In other words, the person will compensate by placing higher value of self in one area, while recognizing flaws in another area. This person has a self-esteem problem. Often counselors will deem inferiority complex issues as an exaggeration. This is not always true, since background has something to do with it. Someone in this person's life has degraded, put down, torn down, and shredded this person's humane mechanisms, thus the exaggeration in most instances is placed on counselors. However, the person has a degree of exaggeration, since many of these people have abilities, qualities and the like that surpass others.

Overall, inferiority complexes are collections of national inferiorities, cultural and provincial accumulations. How do you build on inferiority to control the mind and command the emotions? First, you look in the mirror and start changing the things about you that you want changed about others. This will help you build confidence and self-esteem, which can wipe out those inferiorities. The problem is media, television, and the world as a whole places high emphasis on sexy, sexuality and the like, thus it has created nothing more than an ongoing chain of problems; and inferiority complex is on that list.

Now, let's say you had recently left a bad relationship. What do you need to rebuild or reconstruct to make you complete again? Do you feel guilty? Do you believe it is your fault the breakdown occurred? If so then you must realize it takes two to tangle. Consider what the mate has done throughout the relationship without blaming. Do you feel grief? Do you feel less than adequate? Do you feel attractive? Are you blaming him or her for the failure? Are you taking any responsibility for the let down? Do you have doubts of your abilities? Do you feel like you will never give love another try?

You must move these blocks from your path to build the mind, learn to master, and command the emotions. This helps you get with the program.

Getting with the Program in How to Command and Master the Emotions Self Help

You have to get with the program to learn how to command and master the emotions. Sitting back waiting for it to happen is only wasting time. There are many ways we can get with the program while taking control of the mind.

Hi, it took me years to learn how to command and master my own emotions. Unfortunately, I came from a background of severe trauma. Still, I was able to master and control my own mind throughout the years. I had assistance of a counselor, but it took me to complete the mission, and now here I am informing you on how to command and master the emotions. If I can do it, so can you.

All of us go through days when we feel lousy. Sometimes we sit around, brows raised, eyes peering in the distance, and mouth in a frown. This is a lousy expression, rather an expression that you feel lousy. What can you do? What is making you feel this way? Is it rainy outside? Are you bored?

If it is rainy outside, consider that the rain brings us good rewards. The rain helps to cultivate the lands, keep our fruits and vegetables alive, and does

many other things to provide us rewards. Therefore, ask why you would feel lousy on a beautiful day. Ask why the rain makes you feel gloomy, or lousy. As for boredom, my philosophy is as long as you use the creative mind you can always find something to do. I've been bored an equivalent of five minutes out of forty years of my life. I use my mind and boredom is not an issue. If you are feeling bored, take control of your emotions and command your mind to do something fun, creative, entertaining and so forth.

Do you feel grumpy? Is your mouth in a pout? Are your eyes squinting? Are there creases in your face from the frown you are wearing? We all feel grumpy at times. Sometimes it is by reason of illness, colds, or stress. What are you feeling at the moment? What can you do to relieve your stress? Do you have a cold? If so, can you lie down, relax, and pamper self so that you can heal quicker? There is always a solution to emotional states of mind.

Maybe you are feeling lonely. Are your eyes open wide while staring into the distance in a puppy dog sadness stare? Is your mouth a line without a frown or smile showing? Well dear, loneliness is a state of mind. If you are lonely instead of letting the emotions rule while you drool, pick up the phone and call a friend. Call a boy/girlfriend. Call someone in the family. You don't have to feel lonely. I usually entertain myself. At what time a person is lonely they often produce in their own state of mind a feeling of isolation, desolation, or bleakness. Lonely is the feeling stemming from the emotions that makes a person feel isolated or shutoff from other people. Take control of your lonely state of mind, and start commanding and mastering your emotions by doing something about it.

Do you feel outright utterly worn out? Are you slouching on the couch? Are your eyes falling deeper into a shut down? Are your body members dangling? Is your mouth in a frown? If you are feeling this way get some rest so that you will wake up refreshed. This will clear the mind so that you have control to master and command your emotions.

As you can see, getting with the program is a top-notch solution for working toward commanding and mastering your emotions. Fight those emotional days!

Emotional Days in How to Command and Master your Emotions Self Help

Some days at what time the emotions express self, we learn strategies to master and command the mind. Other days, the emotions take over our entire being, we find ourselves lashing out at others, yelling, screaming, nagging, cussing, fighting, accusing, blaming, criticizing, judging, and the list continues. There is no stopping those overwhelmed emotions, so it seems!

Do you nag, nag, and nag? Is there no end to your complaining? If so, are you related to my youngest son, or x-sister-n-law? Just kidding, anyway these people have a problem. The problems they deliver reflect on others and all the problems they have come from emotional stimulus. Both named parties in this instance has mental disorders and personality flaws, therefore we can consider you. Are you ok? Do you have physical or mental problems that make you nag, nag, and nag? Are your complaints valid? The truth is naggers get on peoples nerves. Therefore, it is time to take control of your mind before you end up alone one of these days. Sorry for the boldness, but please let the truth set you free.

We all have days in our lives when we feel like the world has let us down. The trick is realizing that while life can get you down, most times you can do something about it. Some days you may feel insignificant to life, and may feel smaller than the rest of the people in the world. The trick is finding your

skills, abilities, talents, accomplishments and discovers what you truly can do for the world.

Sometimes we feel that goals are out of our hands. We seem to fail to see that we can reach those goals. We allow the trappers in our mind and emotions to take control. The key is removing those blockers and stoppers, and use that critical thinking cap and creative mind jointly to find a way out. Remember words without actions produce nothing.

Some days you just cannot rise up to the juncture. At the time, you just feel gloomy. Your eyes are dangling down at the ground as you stare aimlessly into the environment, but emptiness takes control of your time. Well, perk those lips up instead of letting that mouth drop, dangle, wrinkle, and frown. Spark up those eyes and do something nice for you to motivate your next action. You must realize that someone else in the world is in worst shape than you are now, therefore pick up your torture stake and get into the groove.

Sometimes at what time we rise out of bed, it seems difficult or next to impossible to get going. We may throw out behind in the hand, arms cupped under our chest, legs holding us up, while the eyes are still closed. Well, this is showing lack of motivation. Did you get enough rest? Did you go to bed early to meet next day demands? What are you doing to make your day miserable, instead of mastering and commanding your emotions?

Sometimes we feel blue. Sometimes paranoid creeps in making us think that ‘everyone is out to get you.’ This is sometimes true. Realizing that this

“Paranoid Schizophrenic” thinking at times is true can help you cope on blue days. I lived with a paranoid schizophrenia who said this to me for years, turned out sometimes he was absolutely and politically correct. Still, you want control and never allow paranoid thoughts or emotions to rule your life. Not every is here to get you and take you away.

We all have bad days in our life that target the emotions. The key is doing something about it, rather than allowing it to keep you down. Spelling out emotions can help you learn and grow!

Spelling out Emotions in how to Command and Master Self Help

Do you understand emotions? If not let me spell it out for you. Emotions are nerve-wrecking, nagging, stress risers, getting you nowhere triggers, feelings, thoughts, etc. If you are experiencing ongoing emotional difficulties, you may need medical or mental help. The fact is if a person feels ongoing depression it is a biological reason behind the depression. Therefore, if you have excessive difficulties get to the doctor now.

One thing you want to realize is that we are all human beings. As human beings we are imperfect souls that strive to perfection and feel let down at what time we realize there is no such thing in this lifetime. NOT ONE SINGLE person has the ability to perfect anything regardless of who says they can. This is a proven fact with evidence backing its claim. Therefore, you want to strive to do your best, since it is all any of us can do. Yet, your best is different from my best; therefore, learn at your own best ability. For instance, we cannot expect a mentally ill person to do better than someone who is not suffering disability, and yet while this is true, most people expect more from those mentally ill than they expect from the so-called normal society. The fact is most mentally ill individuals will try harder than the average to achieve, yet they often fail along the path. This happens to you too. We are all people, “one nation under God.” No one person in this world is better than the next. If you think you are, get to the mental health facility, since you may have a grandiose personality disorder, tendency, or trait.

Anyway, moving on, emotions are controllers or elements in our mind that we can control. Let's test your emotion. Are your eyes bugged out of your head and your chest all puffed up? Are you feeling anxious and frustrated? If so, how are you handling it? Do you know with your body expressions if

someone is watching you, you could make this person feel threatened? In other words the chest puffed out could pose a threat to someone else that may not have control of his or her emotions and will go on the defense line.

Sometimes at what time we feel frustrated or anxious we might go off in a nail-biting fury. We might even pull out our hair. This is a true sign that your emotions have control. Now think of what you can do to end this control-freak element of your mind. If you don't use your head to think of a relief you will go into the next stage perhaps, i.e. escalating to binge eating without thinking twice.

Sometimes we go through days at what time the blues take over. On this day you may feel that you are floating in a deep blue sea of emotional grief. While floating take a moment and consider what it is you are feeling inside? Think about what you can do to relieve the emotions of the stress you are feeling. At what time you feel grief you might feel like letting those tears flow like a waterfall, however as you feel the pressure of tears rise, you find it difficult to let go, simply because you just don't know why you feel sad. Think! What happen in the last week? What went on in your life that could have led to this feeling? Is there a solution to work through it?

As you can see, spelling out emotions, and how it functions can help you find ways to master and command your mind. The mind is a channel of windows that we must open and go with, rather than closing the doors to alertness.

Emotional Alertness in How to Command and Master your Emotions Self Help commander and master

To command and master your emotions you will need to enhance the alertness or awareness of your emotional mind. If you are wondering how this is done, then think of opening the windows of chance and opportunity in your mind. The mind grows and learns, while processing what it sees, hears,

acts on, and the like, all stemming from physical developments. The windows in your mind present visions, which are eyesight mental images pictured in the mind, at the same time, the mind hears.

The mind functions through language through input and outputs, i.e. our actions are languages that the mind accepts or disagrees with, thus putting is in or out of control. For instance, if you drink all night and know you have a meeting to attend to the next day, the mind will shut down on that day and not function as well as it would had you got a good night rest. In other words, what you do comes back to your mind. Now you see emotions working, since the next day you may feel anxious, stressed, nervous, frustrated, tired, and miserable and all those other emotional-packed words.

Look at the list of words. Tell me what you are thinking. You probably see stress and say, "Oh yes, I am familiar with that dreadful word." Well, the fact is stress if not controlled leads to anxiety, depression, nervousness, dread, fear, sadness, lack of motivation, frustration, gloomy, and we can continue. As you see, we need to reduce stress in our life in order to command and master the emotions. This brings us to removing stressors out of the way to reduce stress.

Stressors are pains in our (we won't go there) lives that cause us to feel stress. Stressors can be death in the family, financial burdens, martial problems, relationship problems, problems in friendships, child problems, and the list can stretch for miles. Stressors are reducing items we can minimize to make room for a free mind. How can you do this? How can you minimize your stressors?

Bills are the number one problem for many people today. While this nasty greed based problem creeps in all our lives, it is possible to make it happen. For instance, if your mind is overwhelmed from the mountain of bills coming in, did you know you have recourses to reduce those stressors? This brings us to pulling up resources and using each one to its fullest. The resources could be asking for help, taking extra work, requesting cutback on amounts and the like. There is no end to the help available to you.

Children nowadays are major stressors, yet we can't get rid of them. The children today are influenced by media, television, peers, teachers, and many other influences that misguide and mislead their way. Sometimes we just have to take action right now, rather than putting it off, and sometimes we just have to let go and let them learn the hard way. The best solution is catching the child on a good day so that you can teach him. This will open room for you, since the emotions of the child may be in good working status.

As you see, alertness of the mind is essential while dealing with problems. If you are alert, you will have the ability to take control at what time control is needed. The mind response well to alertness and that awareness includes understanding what is inside of you. You will never know your limits until you take the steps to put action in full force. Now, pull out those dust cloths, Windex, and open the windows in your mind.

Windows in the Mind in How to Command and Master your Emotions Self Help

Sunny Days along the way

You walk to the door and peer out a dusty window, peering through the specks of dust to watch the rain falling down. As you stare through the dusty windows, thoughts cultivate in your mind and you start to look back. As you look back in the windows of your mind you begin seeing shreds of broken trails, yet you just can't find the details to figure out what you are thinking. All of a sudden, you feel sad, gloomy, and a bit of stress starts to develop. As you continue to look out the dusty window, a feeling of overwhelmed

emotions creep in and you lose control. Now you feel like the hammer is pounding nails in your brain and you just want it to stop, but it is out of your control.

Cleaning up those emotional impact dust spots

If you pick up a cloth, and spray some Windex on the window you can remove those dust particles to see more clearly. Likewise, if you clean up those dusty spots in the windows of your mind you will have a fighting chance in commanding and mastering your emotions. The key then to commanding and mastering the emotions is to open up those darn tooting windows in your mind and let the information flow freely. Quite putting on the reins in your brain, rather go with the flow.

Going through the channels of your mind

The mind is a channel of communication, information, knowledge, wisdom, traps, misleaders, etc and all have windows that open or close. If the windows are closed in your mind, you won't have the ability to take control. This presents a problem, since now you will often act out on emotions rather than giving forethought to thinking before acting. This brings us to attention.

We all like and want attention. It is part of the human makeup. Now if you are thinking you will see where this is heading, otherwise you might think, "What the heck is she talking about. First, we were talking about windows, dust, Windex, and cleaning and now it is all about attention? Hum!"

At what time your emotions are in an uproar attention is needed. If you don't pay attention to the open window, it may close and cause you problems later. Therefore, instead of rejecting get to the point. Find out what you are thinking. Find out why you are thinking it. What caused you to feel this way? What made you think of this issue?

Attention is the actions or state of mind to attend to a specific issue. As you attend to the issue, you will see that application of the mind begins, which focuses on the issue while using human senses and thoughts to consider the issue at hand. This will put you on a thinking trip while you view the open windows messages, meaning and details. Pay close attention, since you just might learn something new about you. The more you learn about you, the closer you will become to commanding and mastering your own emotions.

Now after you wake up and smell the coffee, put your new learning and findings to the test. Go all the way, until you are the controlling of that memory that controlled your mind. Now, pick up the cloth, Windex, and start cleaning that dusty window externally, since I can't see clearly, when dust is in my way. After you clean, the window take time to look outside again, since you just might see sunny days. Now ask, what do you expect of you?

Expecting Too Much in How to Command and Master your Emotions Self Help

What do you expect from you? What do you expect from others around you? Do you know? Can you even define expectations and if so, do you know what this means to you. Expectations can be helpful in survival, or else damning in our lives. It takes you to put expectations in their boundaries and own up to what you expect from self as well as others. Expectations are stressors, which lead to stress. What follows stress is sadness, misery, depression, grief, poor health if continued, and the list continues. This is a lack of controlling the emotions if you all stress to continue to the next levels.

Overall, two levels of expectation either make us or break us. One level of expectation is expecting more than you can achieve. This puts weight on the emotions, which weighs down the mind and finally you are out of control.

Another form of expectation includes assurance. For instance, Lisa was sure she could finish the job by tomorrow. This is a positive expectation placed on self, which could make Lisa feel confident by tomorrow.

The problem is most people place too many expectations on self as well as others. They will often strive for perfection, which it takes total disaster to help them to see that perfection is out of human kinds reach. A person showed this yesterday. He was expected something from a friend, which let him down at the last minute. At this time, he phoned me and bore the weight on his shoulders, lifting it and sending it to me. He mentioned that he should have asked another friend, since the person strived for perfection. I saw immediately that I was dealing with expectations, high emotions, and people expecting perfection. Furthermore, I seen these people had their mind set, therefore I wasn't about to waste my time trying to correct the irrational, irresponsible, illogical thinking signaled. The irresponsible comes in since this person was expecting others do what he should have done his self. In fact, I had already told him that designers were already available to handle the issue. Therefore, there should have never been a problem in the first darn place.

Anyway, the point is if you place high expectations on others it will come back to you. This will close the windows in your mind, which causes stress to increase. As you see from what I am saying, sometimes we bring on our

own heartaches, which weighs down the emotions and mind, thus we lose control.

If you are experiencing stress, you will need to reduce the stress to remove the blockers. This will clear the mind and help you to focus on your next step. Don't sit around waiting for others to do the work for you, rather get busy, and get it done now. Two of the most helpful tools in relieving stress are writing and music. Combine the two and you may have a good day.

As you move along in your journey to commanding and mastering your emotions, don't forget to use your imagination, sense of humor, supporters, rewards, goals, faith, changes and more to help you move along productively. For instance, using the imagination is it possible you can take a step that will send you closer to your goals. As for sense of humor, can you see past the rough times and make something funny come of it? For instance, I am on a rollercoaster ride that is going to send me to the funny farm if I don't do something now! Now we can make a list.

Making the List in How to Command and Master your Emotions Self Help

I will do ...

I will do ...

I will do ...

If you sit down and make a list of I will dos, you may be making lists for the rest of your life. Now, if you make that list and knock it down one at a time you just might have a finalized list of to dos done by the time you are through working.

In other words, put actions behind your expectations and goals to reach your demands. It takes effort to do anything in life. Sometimes we can do things that take little effort at all, which most of us welcome, however other times it could take a lifetime to achieve an intended goal. Well, if you want to

become master and commander of your emotions, prepare for life to get the job done and do not stop working when the load seems light. Still, once you reach a level you will find it easier thereafter.

Some people make I will do lists, put them down, and never look at them again. If you are one of those people, go read the next article about how to blow a bubble with gum.

On the other hand, if you are reaching and ready to work to master and command your emotions, listen up.

Consider:

I will sweep the floor

Now consider how long it will take you to sweep the floor

Now consider the pressure you will feel if you fail to sweep the floor

Now consider that it takes two minutes or four at most depending on the size of a floor to sweep

Now consider you two days later saying I will sweep the floor, darn I forgot to sweep the floor.

See how this works. Do you see stress lifting off the person finishing his or her to do list? This person can move on to the next task in their life. Heck, now as I write this batch of articles my mind is about to explode. I have until tomorrow to write 50 on emotions and commanding the emotions, while I prefer to have a darn good time and relieve the stress. If I decide to go out like that, the problem is I am going to be behind tomorrow, which will increase my stress. Still, I know I want to have fun, since after writing day in

and out without little room for anything else in my life, I know I have a job to complete. Anyway, I am going to find the humor in my situation, use my imagination, and have a darn good time telling you how to command and master your emotions.

Let's stop here for a minute. I am writing you I will do list. I want you to read the previous paragraphs and try to look between the lines and write down what you see that could benefit you along your goal to master and command your emotions. Get busy, since I am cooking and working in between. I will give you ten minutes.

Ten minutes up. What do you have? Do you see we are having fun by using a sense of humor, imagination and thinking as we work to control our minds? My mind feels refreshed. How about yours mind...are those emotions cooling down so that you can move ahead now? What did you say? No. Then read that sentence again and try this again. I am trying to put you to work. If you don't cooperate with your emotions, how in the world am I going to get through and how are you going to command and master your mind?

I will do ...

I will do ...

I will do ...

I will get it done!

The Story to How to Command and Master your Emotions Self Help

We all have good and bad days in life. Most of us wander through life dealing with stress, sad days, gloomy days, suffer grief and the list continues. In an imperfect world sometimes, you may wonder how any of us could have sanity much less the ability to master and command our own emotions. Yet it can happen. Emotions are helpful tools we are provided to stress feelings, expressions, love, hate, like, care, considerations, etc. Emotions are helpful, yet the mind must be free of ill thinking, otherwise the emotions will lash out. For instance, if you are going through life feeling guilty, it will reflect in your actions, words, and behaviors.

The key is to remove the entire negative out of the way and work toward positive reflections. The negative includes hate, anger, hurt, sadness, depression, grief, etc. Once you go along the road to achieving you will notice that you have more control of your mind, which leads you to master your emotions. The emotions and mind however can play tricks on you. Therefore, you have to make sure that you look inside to stop those tricks before they get ahead of you. This will put you in control.

Stress is a leading reason the emotions uproar. If you have loads of stress then you will need to work toward getting control of your life. You can work to reduce stressors, which is a stress enforcer. The more you put forth effort to better your life, the sooner you will achieve your mission. This brings us to see that goals, plans, and effort are a big part in gaining control of your own mind. If you set reachable goals for self, you will find a huge weight come off your shoulders, which will produce fruitful minds. This brings us to goals.

Now think of a goal for self. Make the goal a small one at this time. Later you can work toward your long-term goal. After you set the goal, think of what you can do to achieve that goal. Write a plan, which includes room for emergencies and disaster. Next, put the plans and goals in motion and put a little effort in toward achieving that goal. Each time you have success, you will feel your confidence elevate along with your self-esteem, which is essential for building a healthy mind.

Continuing, you will need to complete your task of reaching your goal. As you reach, the goal set up the next small goal that works toward the long-term goal. This will help you to grow into a pattern of achieving. This is all part of training, which can help you to cultivate a new life pattern.

If you have issues in your life, such as drinking excessively, drugs, partying all night, hanging with the wrong crowds and the like, you may want to consider how to improve your life. Is it possible you can find new friends that will feed you positive influences? Is it possible you can get help for possible additions? Conforming to a new way of life is the only way out of your situation, which in turn puts you on the road to mastering and commanding your own emotions. Still, you need to work toward productively by setting small goals for self. It is important to reduce stressors if you are this type of person so that you do not fall back into the same harmful patterns.

The key to remember is that we all make mistakes and none of us is capable or perfection. If you are striving for perfection, you will fall flat on your face. There is no mystery in commanding and mastering the emotions.

The Mystery of How to Command and Master your Emotions Self Help

Some people think that commanding and mastering the emotions is a mystery. Contrary to their beliefs, it takes a bit of skill, loads of effort, and the will to move ahead. If you want to be a slave the rest of your life, then you will go through life thinking it is a mystery to master and command the emotions. One thing you must understand is we all have at one time been a slave, and today slaves still exist. I hate that word, since I am bona fide leader, rather than a follower, and I hate what history has proven as nothing more than a failure. People are human beings and should be treated accordingly, anyone thinking otherwise as some serious issues.

However, it is a hostile topic, but I am willing to go there to bring out a so-called mystery. What is mystery? If you think about it, a slave attends to his masters every need. The slave is obedient, since he is aware that punishment follows insubordination. This is the same thing that goes on in military, yet who is the true leaders. The true leaders are those willing to abide by demands and rules placed upon them without complaining. Slaves from along time back have shown true leadership qualities. These people are

outstanding examples we can follow, since they had control of their own minds. The people were in command of their emotions and the master of their own mind, while their masters were lacking in this area.

The masters were control freaks. These people had no conscious mind; otherwise, they would have not treated these people in such a way. Therefore, these people would have difficulty controlling and mastering their emotions, since they do not have a working conscious.

So what are the traits of a commanded and mastered emotion mind? The traits are submissiveness. People misunderstand this deep respect. Woman has shown these traits for centuries, yet people will take advantage of them, because they fail to see respect is given to them, and that they lack respect self. Submissiveness does not mean that you do everything other people tell you to do. Rather, it means to give respect to others, while holding and standing firm to your beliefs. If someone violates your beliefs, you will speak up. Many misunderstand this submissiveness. We all have to show submissiveness whether we like it or not. The key is to understand that submissiveness is a will to respect. The dictionary may define it as a quality of submitting to other people; however, it goes a bit deeper than some dictionaries understand. Submissiveness thus in all respects is a fine quality that brings emotions to a boundary.

This brings us to boundaries and limits. We all have to have boundaries and limits otherwise, we will not have control. Once we set boundaries and limits for self, we can move toward achieving more successfully.

If you think about it you will see what I am saying to you is true. If you learn to respect self, as well as others you will not have room for guilt, grief, displeasures, and the like. This will help you learn and grow more smoothly.

As you can see, we all have the ability to maintain our own minds. However, some people find it difficult since mental illnesses and biological problems arise. Still, these people can find relief as well.

As you can see, there is no mystery in commanding and mastering the emotions. The key is putting forth effort, learning to do what is right and staying away from the harmful things that contaminate the mind. You must work inside out to master and command the emotions.

Working Inside Out in How to Command and Master your Emotions Self Help

You have to work inside out to master and command the emotions. This requires an ability to analyze self, while searching for details in the mind to uncover new information. Sometimes you may run into areas where it seems more than you can take, however a true master will command the memories to flow smoothly through discomfort zones. Facing discomforts is part of a leader, thus if you want to command and master the emotions, you have to develop leadership qualities.

Working inside out will help you to discover who you are. Many people cannot find their identity, which makes it difficult to control and master the mind. Establishing the identity is a start to mastering and commanding the emotions.

You can start by sitting down, clearing the mind. As you clear the mind, close your eyes. Look inwardly. What do you see? If you feel pressure around the head use your fingers to massage the temple area. This will help bring stress relief. Now think of your emotions. What are your emotions feeling at the moment? Think about your emotions and as they flow freely, allow them to come forward. Do you feel sad? If so, why do you feel sad? Do you feel depressed? If so, why do you feel depressed? Do you feel

angry? As you can see, if you debate mentally you can learn to understand your emotions.

Understanding your emotions can help you get a grip on your identity. Now you can sit down and think about what type of person you are? What are your goals? What is your purpose in life? Many people fail to see their purpose in life, which stresses the emotions. Once the emotions are stressed, the person often finds it difficult to master and command their own mind.

To help you see the process of working inside out we can consider a few traits. Let's think of fear, which is the ultimate root of emotional triggering. Fear can make a person feel withdrawn from others around him. This is a trait of introverted identity, which reserves the person from achieving his ultimate goals. It holds back the person, yet to defeat it you must look inward to determine why the feeling exists inside you. Once you find a reason, along with details you can move ahead to master this fear.

Another action, feeling, expression etc that stems from fear is at what time a person feels overly sensitive, thus he might think everyone around him is criticizing his every move. We see many people who have this fear, because people will go on the defense line to defend their actions, words, etc. The truth is something inside is bothering the person. It takes you to look inward to find the problem, form the details, and work through the issues. This is a step in commanding and mastering the emotions.

Self-deprecating is another area problem that shows fear exists within the mind. The fear comes out through critical insults, offensive actions, words, belittling, or disparaging. This person has a fear inside, which likely stems back to childhood. The problem is deep, however if you look inward find the problem, accumulate details and surrounding information you may find a way out.

Some people have problems showing assertiveness, which is a leader quality that helps a person stay in control of his own emotions. Most likely, this person endured wrongful punishment along his way in life. The person likely has no boundaries or limits established, and fear that someone will harm him if he asserts his thoughts, facts, opinions, etc. The trait is tricky to understand, but it takes power of the mind to work through the problem to resolve the fear. It is a fear holding him back, and he must face that fear to gain command and mastery over his emotions. Traits of fear can hold a person back from commanding and mastering his own emotions.

Traits of Fear Stumbling How to Command and Master your Emotions Self Help Traits of Failure

We all have internal mechanisms that prevent us from achieving to our highest level in life. Some of us have more mechanisms than others do, since some people are able to overcome their inner fears, traits, and other obstacles that get in their way. To help you gain comprehension, along with showing you what you may fear to discover we can consider traits.

Traits are distinguished qualities. The key is to learn to discern those distinguishing qualities. One of the qualities we all have is fears. This is a quality based issue that we all must address sometime or another in our life. Some of the basic traits of fear include withdrawing, sensitive to criticism, self-deprecating, assertiveness fear, unhappiness, stress avoidance. This is the internal level of the fear we must consider, which we will, however we must also consider the trailers. The trailers include interpersonal reactions to the symptoms developed, along with symptoms that may be normal or extreme.

Withdrawn could be extreme, such as emotionally detached from others, or it could mean to withdraw to recall motions that are under a preliminary course of action. This means you are withdrawing to debate the circumstances, given self-room to make a wise decision. The ladder is a detachment that reaches extreme and interpersonal levels. Now, withdrawn could show traits of introverted personality types, or it could show that a

person is observant. It could also show that a person is inhibited, reserved, and unprepared to face his/her own fears. If you show traits of withdrawn character, you might want to ask why you feel this way. Search inside to find more information about your identity, reasons, details, specifics, and personality to decide if the trait is hindering you from commanding and mastering your emotions.

Extreme Withdrawn to Normal Withdrawn:

Extreme is the next level past normal response. The normal response may start with a basic fear of rejection or embarrassment, and lead to the avoidance of enjoying activities with others, in fear of their own discomforts. This is a lack of leadership quality that puts the emotions in control. The conclusion of extreme takes a person to inhibiting self from social gathering, as well as feeling uncomfortable with self while in social arrangements. This causes stress, which the emotions become overwhelmed. The key to achieve is to face your fears head on and become your own commander.

At what time a person feels everyone around his is criticizing him, it is a trait of fear, which brings us to interpersonal and sometimes extreme issues. This is a big emotional achiever stopper. In other words, these people haven't learnt yet the difference of culture, language, deciphering, dialect, and how they relate. It is likely this person suffered abuse or neglect somewhere in their life, which makes them feel someone is out to persecute them. The trick is clearing up the emotions, making room for thoughts and to sit back and listen. Don't expect to hear what you want to hear, rather listen to what you are hearing from others around you. This is the start of

minimizing the problem, which will bring you in direct contact with control of the mind.

At what time a person feels criticized he or she will feel inferior or inadequate, which means he or she has not found nor accepted their own abilities, skills, identity etc. This person will often feel anxious, which is a major overwhelming trailer and stopper of the emotions. The person may hunger for closeness, yet will reject it as it comes their way. This is a grave fear within, which causes the emotions and mind to blunder.

Previewing and reviewing the details of this information can help you see how additional traits, such as self-deprecating, assertive avoidance, unhappiness, and avoidance of stress follows. The trick is to master these fears so that the mind has freedom to move. Sometimes we all fall on our faces, as we present “fall guy” qualities.

Fall Guys in How to Command and Master your Emotions

Self Help searching within

We all have issues we must address within us to learn how to command and master our emotions. The haunting memories from our learning, teachings, development, traumas, dramas, and the like play a large part in comprehending emotions. While we can go to many levels, it is essential to understand what makes us act or respond to particular situations. Why do I do this? What am I thinking?

People who take the fall often fear their own emotions. In other words, the person often hangs out with the wrong crowds and is often in situations at the wrong timing. The internal, interpersonal, normal and extremes is the case we must consider to understand these types of behavior patterns.

Internal issues resulting from these responses may include gullibility. The person may judge others, yet draw up wrong conclusions. For instance, Mary thought James was a nice person. James showed characteristics of good qualities, yet James had hidden behaviors that lead Mary to drugs.

Most times these people fail to take time to get to know others, rather quickly takes up friendship with the person. The person lacks acknowledgment of abilities and skills, and will often show this lacking through his or her underachieving. In other words, the person's ambitions are not directed toward their goals in life. most likely, this person has not set goals, made plans, or else jumped track while achieving those goals.

The trick is to set goals within reach, study inner abilities, development, limits, skills, etc to find a way to get on track. This will help you to learn to command and master your emotions.

Likely, this type of person will not show anger or pleasure at what time it is appropriate. This is because the person fears assertiveness, which in his/her mind they believe assertiveness is aggression that leads to hostile reactions. The key is to learn aggressive and assertiveness to comprehend true meaning and then practice assertiveness and leaving room for the emotions to express.

The person likely has a tapered or constricted set of interests. This limits happiness, wellbeing, welfare, safety and the like. The person needs to cultivate self-control, long-suffering, consideration of self, and the like to move toward commanding and mastering his or her own emotions.

These people are often conventionalist, which means they conform to social acceptance and customs of styles, behaviors, etc. This trait is a lacking of imaginal usage. For instance, she accepted that drugs were safe to use. Alternatively, she grew accustomed to lowering herself to others. In all aspects, it is a lack of finding truths; rather the person believes what they are told, rather than finding proof of the facts.

Often these types of minds fail to analyze situations. For instance, she drove hap haplessly down the road and abruptly stopped at a bar without plan. As she entered the bar, she met a man who told her a sad story, which into disaster, since she was placed in a dangerous environment after giving the man a ride. As you can see these “fall guy,” traits can lead to extreme

dangers. This brings us to interpersonal, since most times other people will take advantage of this type. The person will often find ease of social gathering, and will often trust others that have not shown proof of trustworthiness. This puts them at danger. This person is often unintuitive to his or her own motives, and often follows others rather than lead their own way.

As you can see, cultivating a new way of thinking is sometimes what we must do to learn to command and master our own emotions. What is your style?

Styles in How to Command and Master your Emotions

Self Help Learning

What is your style? Does your style of identity and personality, along with behaviors, etc pose hindrance to you? Is your style a blocker to commanding and mastering your emotions, or do you have style that helps you achieve?

Styles can include dependent, eccentric, extroverted, introverted and so forth. It is important to understand these styles, since comprehending is to understand you, and what makes you tick. To help you see we can consider a few styles.

Eccentric:

These people are said to advance through life at a different level than most. The eccentric types are often forgetful, narcissistic, or unreasonable according to theorists. This is often true, yet we must understand why this person may forget. The reason a person of this style forgets, is that they are failing to see true reality, while they move along the life with unrealistic views. This brings this person to incompetence, which is a major emotional trigger. This is unnatural, which the person has to develop a new way of thinking in order to master and command his own emotions.

Now the eccentric is not all bad, since this person does not always conform to social beliefs, rules, policy, etc. The person abstracts his ideas from people and life situations, which means he or she is capable of seeing beyond normal. This brings us to see that the impractical or narcissistic phrase may be turned around to, others. In other words, the person may find reality from fact gathering, in which he can prove without doubt, yet others are conformed to their own way of thinking.

These types of styles move toward complex learning. In other words, the eccentric mind could move into computers, law, etc. One example of an eccentric style was seen in Einstein who proved colleges wrong. As you can see this is a good style, yet it needs development, along with leadership qualities to help this person be seen in true light. We often fail to understand how knowing this information can help us to achieve. This is why I am helping you to understand the eccentric mind.

Most times theorists, philosophers, guessers, and opinionates base their logic on irrational finding. Rather, the people will research and study a handful of people and make claims on everyone with eccentric styles. This is not always true. The fact is there is no concrete evidence that eccentric people have strange and egotistical behaviors. The fact is most times eccentric people will consider people in a different light, because they realize people will steal your energy, damn your progress, burn your time, and take your money if you allow them. These people have cultivated a different way of living, and often these eccentric minds achieve beyond what others achieve. The problem is the eccentrics have difficulty organizing their life.

Now if you look the extroverted style you will slight similarities and big differences of thinking patterns. Internally extroverted minds are outgoing, and often lack introspective. This is contrary to eccentric styles, since these people adhere to deeper reflective thinking. The eccentrics are laid back and observing, while the extroverted views through a normal eye. Often these people are loquacious, which leads to uncontrolled emotions. They may

show normal friendliness, however it could lead to fleeting thoughts, superficial actions, and failure to show familiarity. As you can see all of the rights and wrongs reflect on the emotions, which causes a person to lose control. What we need is development and comprehension of our own abilities, skills, learning, teaching, etc and to find the facts. How does a dependent mind grow to command and master his or her emotions?

Dependency in How to Command and Master your Emotions Self Help Dependent People

If you are always depending on others to carry your load, it is likely you will not move toward commanding and mastering your own emotions. However, there are traits of a dependent person that makes them surpass others and

opens the roadway quicker to gaining control of your own mind. To help you see and understand we can consider:

Dependent Person: A person may feel stressed from policy, rules, and guidance, since it is a threat to their weak personality flaw. This person strives to meet his or her own needs. Often these types of people had areas in their life where illnesses, dramas, or traumas existed, which hindered their development stage. The person may feel internally timid, which is a fearful trait. This is often visual in the person's behavior patterns. The most positive quality of this type of person is his or her will to become humble. This is a modest trait. The person often unassuming, and is meek in many ways, a fabulous natural quality.

Briefly we can see dependent people need to cultivate natural qualities and eliminate qualities that could lead them to harm. This is a step in learning to command and master the emotions. A person of this nature may lack confidence in self. The person's humbleness often prevents them from seeing their skills and abilities in full light. Therefore, we need to set boundaries and limits to the humbleness, since we do not want to eliminate such fine quality to achieve.

It depends on the dependency level; however, some of these types of people lack control of emotions, since they often have difficulty controlling their aggressions and anger. We see fear here, since this person has not established a realism of discomfort, and a will to assert self. If the person asserts self, he or she may fear danger. Therefore, we see abuse in this equation. Someone along the path has mentally altered this person's natural mind and interrupted his or her developing stage.

Now we can move into psychology at a deeper level, however the point is we need to help these souls to learn to control their own minds. We must remove their fears in order to achieve this mission. These people often fear desertion, which means the person has not learnt to love self. We need to bring this person to a comfortable zone with self to help him or her move ahead and learn positive examples. This will clear the mind of all the negative instilled inside of the person. Fear and negative are two major sources of hindrance, i.e. stopping the person from gaining control.

The type of person we are considering is a submissive natured person. This is an outstanding quality; however, it needs development in order to prevent overly submission. For instance, we can preview a sample of a submissive nature, which is natural. Terry followed Larry's rules to the detail.

We see an example of an employee following the employer's advice carefully. This is a submissive natural trait. Now, Carry followed Cork's rules beyond what she believed.

We are picturing relationships where Carry does everything that Cork wants her to do, although it is against her beliefs and nature. This is excessive submissive qualities that are unnatural and needs cultivating and development. This will help Carry to lighten the load and free her mind of fears, which brings her in command of her emotions.

A dependent person may feel a strong need for others to like them, and will conform to actions that he or she may not like. This brings an unpleasant

feeling to the emotions, which causes harm. Therefore, we need to get this person to see that as long as you like yourself, it does not matter what others think of you. You can like me or not, yet it is not going to change who I am and what I know I can do as a person. You don't make me in other words; I make myself who I am!

The conventional styles today are something to consider while growing to master and command your emotions.

Conventional Styles in How to Command and Master your Emotions Self Help Learning

Consider a set of aspects of human makeup so that you can see how it reflects on the emotions. Consider how these elements of human makeup targets the emotions. Consider how they either puts, you in command or hinder you from progress. Think of the list as a building block and start building from scratch. What we are about to do together is to build and develop your persona, so that you can achieve in life by comprehending you

first. We are working within and learning to understand more effectively and honestly while facing our fears and reality.

Conservative – Traditional – Conventional – Unadventurous – Conformist – Traditionalist – Old School – Avant-garde

Traditional or traditionalist is the process of establishing one's role in life, which is a honorable quality, yet theorists believe that due to the change in time, this is a flaw in personalities. This is unrealistic, and not true. (I.e. unless you conformed to wrong customs and beliefs with no facts to back you) A conservative, traditional personality type is not, necessarily unadventurous; rather these people do not set self up for dangers or falls. This is not a bad quality. AS you consider the meanings of this type of personality trait, or style, consider the following list to see where it fits into the equation. As you move along start the development process, since this will take you to the steps in building the mind.

Social Issues – Relating – community – laws – rules, policy

How do you fit into society? How do you relate with society? Do you conform to their rules although their rules are wrong? Do you listen when the rules are correct and factual based? Do you work hard to change laws that are against nature? What type of social people do you relate to and are these people positive influences? How does the questions and meaning help you to develop and gain control of your mind?

Morals – ethnic – morality – principals

What is your ethnic standing? Do you know Morality is outdated, since it composes virtue, honesty, integrity, godliness, probity, decency, and honor?

Do you see how it is becoming outdated? Do you see that sometimes you have to change your thinking, rather than conforming to someone else's way of thinking? Do you see that you have to cling to your own beliefs regardless of what society tells you? Do you see principals as a leadership quality?

Religions – Faith – belief – creed – religious conviction

Think of your religion and consider doubts? Do you have concrete evidence that your religion is backing its beliefs, faith, creeds, and religious convictions of facts? Alternatively, do think that misleads are in your way of growing emotional stable? If you have doubts, what level of effort are you willing to put in to removing those doubts? Are you afraid to face your fears? Are you willing to get the facts although it may feel uncomfortable? Are you willing to go beyond the teachers head to prove the doubts and not concern self with how people view you?

Respect – admiration – high regards – deference – esteem – reverence – value

Ideas Developed – facts – truth – realistic

Homesick (Nostalgic) – inner needs

Needs – wants – desires – wishes – requirements

Understand – appreciate – recognize – know – value – identify – empathize

Loyalty – devotion – faithfulness – trustworthiness – constancy – reliable – steadfast – dependable – fidelity

Change – Are you afraid of changes? Are you willing to grow with changes?

Avoidance – Escape – evasion – prevention – averting – forestall

Dependent – reliant – needy – humility

Trust – faith – belief – conviction – expectations – confident – hope – reliance

New – another – additional – extra – further – original – novel – fresh – modern

Strange – odd – outlandish – perplex – astonishing – funny – surprise – curious – foreign – different – novel – new – exotic – eccentric – bizarre – peculiar

Fear – terror – horror – alarm – trepidation – dread – panic – apprehensive – phobia – worry – concern – anxiety – nightmare

Easy – simple – trouble-free – effortless – undemanding – straightforward – uncomplicated – tranquil – laid-back – relaxed – comfortable – calm

Difficult – tricky – hard – thorny – complex – intricate – demanding – arduous – tough – challenging – strenuous – problematical – testing – grim

Confusion – misunderstood – mystification – perplex – puzzle – uncertain – disorder – turmoil – mayhem

Developmental transitional – Developing – growing – learning – characteristic – psychological – account

Stress – trauma – anxiety – pressure – nervous tensions – emphasis – weight – urgency – tension – highlight

Problems – evils – tribulations – harm

Identity – individuality – uniqueness – distinct – characteristics – self – personality

Now, I want you to spot the positive meanings in each of these traits of human kind, and I want you to start building them and incorporating them into your person. Review carefully the negative and see how it can help you to grow and command and master the emotions, while considering what you

can do to eliminate problem areas. Understanding the emotions is the steps to commanding and mastering the mind.

Understanding Your Emotions in How to Command and Master Self Help Learning Tools

Understanding emotions can help you to grow to command and master your own mind. Lack of understanding is one of the primary reasons people fail in life. People often scare at what time something different comes their way, which is another reason people fail.

Emotions are tools we have naturally instilled inside of us. Emotions deliver messages, which include sadness, happiness, joy, hate, anger, fear, etc. If a person allows his or her fears to rule, thus the emotions will drool.

Therefore, you do not have control. For instance, most people fear their anger. It is ok to be angry, yet it is not ok to behave out of anger in an

aggressive manner. A person behaving out of manner is illustrating that his mind is the master and commander of him or her.

A person acting on anger will swing between emotions. The person acts out on fear, which is the root of his anger. The person may fear abandonment or else engulfment. For instance, the army overturned the town because of its fear of attack. For instance, she was afraid of desertion, afraid that he would reject her and leave. These are examples of controlled persons, who have not learnt to master or command their own emotions. Why, because the person has not come in connection with self, which means he or she is out of touch with her/his own identity. This also means the person cannot relate to his or her own fears. What are you afraid of and can you identify this fear?

A person acting out of emotions will often shift their self-images to others around them. For instance, he accused her of being responsible for his infidelity. The person is making excuses for his immoral acts, by placing blame on the mate. This is not taking responsibility for one's role or actions, thus his emotions master and command him.

A person will act on emotions by showing signs of revengeful nature, thus holding grudges against those he or she allegedly feels that hurt him or her. For instance, she struck out aggressively at Matt after he assumingly accused her of lying. In the illustration, Matt has not technically accused her of anything, yet obviously, she has lied, otherwise her emotions would be in control. Thus, she continues to hold a grudge against Matt for a length of time. This harmful emotional stimulus will only hurt this person.

Sadness stems from grief, sorrow, unhappiness, misery, dejection, woes, gloom, etc. Most times sadness if uncontrolled will lead to depression, melancholy, despondency, desolation, and the like. Despondency makes a person feel hopelessness, which brings on desperation. If you see how sadness can turn negative and control the emotions, you will also see that controlling sadness is essential in commanding and mastering your emotions. For instance, Jerry was Mary's best friend. Jerry died in a car accident eight months ago today, and Mary still cannot fight the sadness. This is leading to major problems. Mary needs to accept that Jerry is gone, and that she cannot change the unchangeable. Death is inevitable. Jerry died in an accident, which is a twist of cause and effect. Therefore, Mary needs to see what caused the accident and what effects took hold of the cause to move ahead. Acceptance then, is the start of moving toward commanding and mastering the emotions.

If you cannot accept change, you will not accept emotional response. For instance, Mary believes that Jerry is gone forever, and that she admits that she will not see him any longer. Mary acknowledges and understands. She is not denying the reality and truth, thus leading to grief.

Now you take it from here and see where you go?

Grief and How to Command and Master your Emotions

Self Help Learning Tools

We all experience grief sometimes in our life whereas we must overcome the grief at one point to master and command our emotions. Some of us cling to grief, which leads to disaster. Understanding what grief is and what traits grief adhere to can help you learn and grow to master and command your emotions. This will also help you overcome death of loved ones, damage from relationships, and the like.

When grief is justified, it causes true feelings of loss. This is an emptiness backed by a reality that someone is gone. For instance, if person losses his job, someone close dies or a calamity causes a disturbance a person will often feel grief. Likewise, people feel grief while rejected.

It is important to realize that such grievance is temporary and will leave soon. It is important that you realize that the events are what triggered your emotions, which lead to grief. Although the feelings at hand are intensified, it is important that you are aware that joy will return. You may experience loss of sleep, poor diet, and spurts of tears, but this is only natural for now.

Problem: Kay's friend Corky died of a major heart attack last night. Kay feels sad, grieved, and feels empty inside. Kay experiences loss of sleep, overeating, and sometimes under nourishes self. Kay also feels like crying at what time she doesn't know why.

Solution: Kay recognizes that her friend is gone for good. Instead of focusing on pessimistic overviews and imagining a dark and gloomy future, Kay realizes that she must continue her own life, since other people need her. Kay looks at the positive outcome of the situation, and moves ahead so

that she can put the past behind her. The reality is faced, Kay accepts and a positive future is in the making. Kay has control of her emotions, and realizes she will have new friends. Kay has ultimately accepted the change in her life that was out of her control.

Kay instead of feeling a dissatisfied emotion or allowing a dissatisfying emotions cling to her, refused to allow her emotions to gain control, while moving out her morale to acceptance. In other words, Kay maintained control of her confidence, self-esteem, spirits, drive, and the like. Kay realized that at times she would feel apathetic, lethargic, while expressing lack of interest in her current life activities etc, and realized that she would feel indifferent, listless, and droopy at times, but she did not allow this to stop her moving ahead. Kay knew at times she would feel removed energy, i.e. Kay would lack of will, and knew that sometimes she would feel irritable.

As you can see understanding, grief and emotions and how they respond can help you to gain control. Grief brings on unhappiness, distractions, worry, fear, self-analyzing or blaming, exhaustion, somberness, suicidal thoughts, entrapment, blocks, helplessness, sensitivity, difficulty coping, underestimations, etc. Grief is a major impact on the emotions, yet if you see positive outcomes, you will surely have command and mastery of your emotions.

Consider helplessness. What does this mean to you? Have you felt helpless? Did this emotional stimulus take you to defenselessness, nakedness, exposed, and vulnerable? AS you can see if you look between the lines

uncontrolled emotions is defenselessness, which concludes that a person feels he or she is in danger. This presents fear the ultimate master and commander of the mind. Break and retrain your fears.

Now, consider your grief while thinking about your fears. Do you see danger? Is this danger realistic, or is it irrational perceived? Now it's time to practice!

Practicing in How to Command and Master your Emotions Self Help Learning to Achieve

Practice is the ultimate solution for minimizing problem areas that give emotions control of our lives. Practicing to do what is right is the healthiest solution in gaining control of the emotions, which produces fruits of growth. In this article, we can consider a few practices to help you cultivate and develop your emotions, in order to grow toward success.

Practice means to put something into practice to achieve. It means to carry out efforts that lead to success. Practice means to apply self, observe, perform, and follow rules while rehearsing to achieve a targeted goal. It is an exercise of exertion to move ahead. Now, I am going to give you a list of words, definitions to follow, which I want you to break this down while considering what it means to you. Finding meaning is the ultimate source of backing practice.

Meaning – senses – imports – denotations – connotations – significance – worth – consequence – implication – value – importance –

Insignificance means to have no meaning. This major emotional stimulant leads to nowhere.

Practice:

Think of your senses. What does sense mean to you? Does it mean intellect? Does it mean common sense? Does it mean sound judgment? Does it mean wisdom? Does it mean sagacity? Does it bring you to see significance of understanding your senses? Do you see it as a feeling? IS it an impression, sensation, awareness, or perception? What does it mean to you?

For the next week, I want you to practice becoming acquainted with your senses. I want you to learn what those senses mean to you. I want you to learn how to use those senses to your advantage, along with learning to find meaning of your senses. This is a process of development or developmental transitional change. As you consider the senses, consider denotations, since its significance essential has the same meaning.

Practice:

Next, I want you to consider import. I want you to consider bringing your senses to a cause of action, while finding meaning in what is in fact, expressed in your emotions and senses.

Practice:

AS you move along in your practices, use your connotations to suggest changes, associate with patterns of your emotions and senses, while implicating those changes. Think of the nuances that hinder you from progress, such as grief, dread, fear, hate, sadness, and the like. Use your powers, such as suggestions, overtones, implications, associations, and the like to bring your senses to the front.

Practice:

What is significantly inside our emotions that hinders your senses from flowing naturally, and what can you do to remove these significant hinders from your emotional path. Practice eliminating these harmful significant emotional blockers.

Think

Think of your worth. What do you as a person mean to self and to others? Do you place values on self? Do you have principals? Do you have beliefs? Do you have truth? Do you have trust? Do you trust others around you? Think of each question carefully and find a meaning for self to analyze your emotions. For instance, if you do not trust others around you, logically you would want to think about whom you associate with and if these people have given realistic reasons not to trust them. Now, if you want to go further, master, and command your emotions, if you find people that are untrustworthy in your life, ask, am I ready to make new friends? Am I ready to let friends untrustworthy go to command and master my own emotions. Do you see how untrustworthy friends can harm your emotions? Changes can lead to positive or negative direction.

Changes Leading to How to Command and Master your Emotions Self Help Growing and Learning

Changes are a fear packed mechanism in our lives that hinder us or else help us move ahead to achievement. Technically speaking the only true people in the world entitled to fear change are those suffering Multiple Personality Disorder (MPD) currently known as Disassociate Identity Disorder (DID). The only reason these people should fear change, is that amnesia is the ultimate symptom of this disorder that causes a person to loose memory, and alter personality. This includes changing habits, thinking, beliefs, friends, etc. IN other words a personality appearing will have his/her own friends, beliefs, habits, etc, contradicting the other personality. Now, use this as an example to see why you should never fear change. This is not striking out against these souls in life; rather it is making a valid point to understand change, which hinders emotions. In fact, MPD patients are driven most times to master and command their emotions, only fears and flashbacks of memory hinders their path.

What are changes? Changes are alterations in a life, which modifies a personality or lifestyle, and often varies in transformation. Often the

transformations bring on revolutionized adjustments, which bring forth amends. It is a modification in variations of differences, amendments, adjustments, conversions and the like.

As you can see, change has nothing to fear since it can only bring in amends if you do what is right. The true fear in change is seen in difference. For instance, the old traditional belief that black men are dangerous is unrealistic and untrue, which brings on fear. Do you see where this is going? I said unrealistic and untrue. Changes can help us to advance in life.

Examples of changes can help you to see positive and negative changes and how they help us to grow. For instance, Mary was 50 pounds overweight and invested her bodily parts to exercise a change of biological, physical, and mental changes that would lead her to weight loss. She started an exercise program, diet, etc and laboriously worked toward her goal. The changes Mary will go through will only bring in fruitful rewards.

Now let's consider Mary in the same situation, yet reverse to negative changes to see what happens. Mary, 50 pounds overweight resented her self and often felt ashamed of her appearance. Mary allowed her emotions to rule while continuing to feel ashamed, she gradually started binge eating, drinking alcohol, thinking suicidal, and eventually seen no worth in self, which gradually she died a death caused by her negative changes.

This is a sad, sad, sad event, which is an emotional stimulus. Gratefully in the first scene, Mary was able to control her emotions and master her mind so that she moved toward positive changes while accepting her fears of

change. In the last incident, unfortunately, Mary's emotions ruled as she followed her own induced grievance to death. Mary could not see her worth or that she was human regardless of her size, thus Mary seen no way out of her situation.

In the last event, Mary was afraid (overwhelmed by fear of rejection) of the transformations of exercising. Mary was afraid of modifications in her life, as well as terrified of adjusting to a new lifestyle. Mary was afraid to revolutionize, while altering her appearance. Mary was timid of amendments owned to her, and terrified differences. This brings us to see the ultimate master and commander of emotions, which is FEAR!

Are you afraid of change? Are you afraid to face your fears? If so, plan to allow your emotions to master and command you. How to command and master the emotions includes growth.

How to Command and Master your Emotions through Growth Self-Learning and Helpful Tips

You can spend a lifetime trying to master and command your emotions, however if you are unwilling to grow, your efforts are purposeless. Let's look at slave/master for a moment to get a grip on its true unfound meaning. The meaning once learnt will help you to grow. Rather we are going to consider the qualities of each type of person to help us get a grip on facts.

Slave qualities:

Meek – Consider Meekness, which includes humbleness, submissive, docile, timid, gentle, mild, compliant, modest, and assertive: This is an outstanding quality of a slave. AS you can see, you need a combination of traits to train the emotions.

Humility – Meek, unassuming natured, modesty, humbleness, which contradicts arrogance: What an outstanding quality we can use to master and command our own emotions.

Hard worker: Hard worker is obviously, since it means you ware willing to humbly, and meekly put forth efforts to achieve a task or goal. What an outstanding quality.

Master Qualities:

Religions teacher – beliefs, values, attitudes, objectives, practices, cause, effects, nature, worship, divine, involvement, obsession, devotion, etc: As you can see, there are traits in religion teacher that could benefit you. Still, the truth is ultimately the master and commander of the mind. Many religious leaders use false teachings to mislead others, which interrupts the emotions and growth of person.

Skills are the ability to complete and gain through experiences, practice, and training. You will need to develop skills in an effort to command and master the emotions and grow successfully.

Abstract ideas can become damning, i.e. abstract ideas without concrete evidence only takes you to theoretical, non-presentational, conceptual, irregular patterns toward emotional detachment. This is not a good quality unless you intend to use abstract ideas to find facts.

Forceful is either good or bad. Forceful persons show power, vigorous, influential, valid, potent, dynamic, strong, compelling, persuasive, and cogent. This quality could give you the ability to convince others while showing strengths instead of weaknesses. Still, the quality while good can lead to bad, especially if you use the trait to dominate and control another human being.

Industrial people have the ability to manufacture and engineer new ideas, business plans, and trades, while working to modernize a task or goal. This quality is helpful in learning to master and command the emotions.

Leaders take the lead while directing others to productivity and guiding them along the right path. This trait or quality helps a person to remain organized in their goal to achieve.

Laws are what we all must adhere to; the downside is these laws are what brought in slavery. Laws are principals set by others that theorize a formulated plan. The formulas are rulings, bylaws, directive commands, commandments, etc. IT is the act of controlling another person. Thus, it is important to incorporate your own laws based on facts to clear the mind of any wrong, which sets the emotions free.

Complexity is an intricacy that includes involvement, convolutions, complications, and the like while working toward simplicity. If you are afraid of complexity, your emotions will rule you.

Judging is the process of assessing to bring forth a conclusion. This is the process we all use within us; however, no one has the right to judge others. This is a law against nature and God that will bring forth controlled emotions, rather emotions controlling you.

Critical is good and bad. We can use our critical mind to prevent falling into dangers situations, or else think seriously of decisions. We can make grave decisions based on critical thinking, which is an indication the emotions are in control. We can find significance, vital points, essential elements, and more while using the critical mind to make a valid decision. This is a good working critical mind. Next, we can see how religious beliefs can hinder the emotions from progressing.

Religion Hindering Emotions in How to Command and Master Self Help Learning Tools

Is your religion hindering you from growing? Did you know beliefs stem from religion? Did you know some of those beliefs are faulty and untrue? Consider that superstitions come from religious foundations or roots. While many may conclude the superstitions will not harm you, nor are they emotional stimulus that interrupts the emotions, the fact is superstitions are a harmful emotional issue we have all faced at one time. Where do beliefs of superstitions come from and how do these beliefs effect the emotions? While superstition is one false belief taught throughout, our centuries there are more to follow.

Did you know?

The saying commonly spoken in the world, such as “It’s God’s will” is not, factually based in some instances. For instance, a child dies and people will say, “It’s God’s will.” Thus, these people are accusing and blaming God for taking a child’s life. This is abstract ideas that have no concrete basis of reality or truth. If God is love and cannot lie, rather there are no ifs about it, why would anyone in their right mind think otherwise. This is a saying that comes from religious grounds, which has no concrete evidence to support its claim. The point is we sometimes believe what others tell us, although it is a lie. This brings us to lying. What and how does lying affect the emotions?

Lies:

Lies are dishonesty that deceives others into believing something is factual. Lies are a falsehood that fabricates ideas into mendacity theories, which brings in deceptions contrary to honesty. Do you see anything, positive coming from this transaction? No you don't. The logic should help you to see that honesty is a relief to the mind, which promotes commanding and mastering the emotions.

Many people believe that they have to give up a tenth of their gross earnings to a religious organization in order to go to heaven once they die.

Did you know?

Did you know that religious leaders mislead you into thinking you have to give a tenth of the mint by using the scriptures Mathew 23: 23? Do you know that in Luke 18: 12 you will see that a Lawyer beat his breast while boasting about giving a tenth of the mint? Did you know that Jesus pointing out a woman in the congregation that gave her last quarter and told the lawyer that this woman after giving from her heart had a better chance of receiving good judgments from God than what the Lawyer had? The bible clearly illustrates that recognizing the laws and love of God while following Jesus' footsteps is the only way you will reach good judgment of God. This brings us to deceit, which we covered in lies.

Deceit is dishonesty leading to treachery, trickery, and is a sham and pretense while cheating and duplicity is involved. It is a falseness that leads to guile, which leads to fraud, which contradicts honesty.

Now can you see behaviors, patterns, habits, lies and all the negative setting up in the two examples of misconceiving ideas? Do you see that this could lead to distress, depression, anxiety, worry, grief, and the like? Now consider what this can do to the emotions as you acknowledge the weight put on the mind.

The key is to find facts that support your beliefs in order to free the mind so that the emotions are not bottled up, or weighed down. This prevents the emotions from functioning properly, which only puts your emotions in control of you. You must also understand principals to master and command the emotions.

The Principals in How to Command and Master the Emotions

Self Help Learning Tools

The principals of commanding and mastering the emotions are easy to find, however it takes effort to uncover the elements that hinder you from growing. Principals are fundamentals that we setup for self-while consider basic needs, the most important goal, and the primary focus. Now controlling is devious scheming, which a person calculates based on abstract ideas. Yet, we need control of the emotions. To have control over the emotions means to respect your morale and rights, as well as respecting the rights of other people. It is a skill in managing our life through organizing, staying in charge, and having the power to stay in control. It is the process of commanding the mind to do as you direct. Sometimes you have to manipulate the mind, since it will play tricks on you. You also have to inject positive influences that do not restrain, nor dominate others or self. It is a dictating process, since you have to find ways to master and control your emotions to function properly.

An organized mind will manage his life appropriately to his needs. The organized mind will dictate, plan, control, and coordinate as he arranges to move toward a goal while adhering to schedules, daybooks, and goals. Still, he applies effort as he works along smoothly to control.

A master and commander of one's emotions are superior of his own feelings. For instance, he upheld control of his emotions as his friend called him a liar. The master and commander of emotions will manage his behaviors, words, actions and etc while continuing to follow his own commands and

subordinations. This is a self-disciplinary action process that is required to control the emotions.

A person in control of his emotions will uphold his principal to direct his emotions to positive influences. This person shows through behaviors, actions, words, etc that he has control of the stern wheel. This person is capable of leading self and others, as well as showing conduct that influences others. He is a funnel that leads to a point of piloting, which guides him along the tour in his mind to success.

Principals take a person to directorship. This puts the person in control of his own emotions, which makes him manager and boss of his own mind. He has full administrating right away, to execute his own thoughts without erupting anger, sadness, hate, etc.

A person in control of his own emotions can manage, organize, regulate, direct, and check his facts. This takes him to coordination, which makes it convenient to organize and arrange thoughts, ideas, etc.

To work toward the goal of commanding and mastering your own emotions, you need skills that are honest. In other words, you need a scheming mind, a plot, conspirator, and conniver to master your own mind. This sounds contradicting, however if you consider that to arrange a book to readable understanding you need all these elements. The plotter, schemer, conspirator, and conniver learn to manipulate the emotions so that the emotions and mind do not manipulate them.

The principal then is to understand basically how the mind functions. As you learn, consider the tricks that the mind plays. As you continue, you will soon see that learning is essential for helping you to grow in life, which brings you, closer to controlling your own emotions. Once again, think of your principals and what you expect to result from commanding and mastering your emotions to bring you closer to the main objective. Now consider what you must do to reach your goal in mastering and commanding your emotions. What are your internal findings?

Internal Findings in How to Command and Master your Emotions Self Help in Learning

Internally you must reach down inside of you and pull up some dirt, cleanliness, and the like to master and command your emotions. Internally you must gain an understanding of you before you can work toward commanding and mastering the emotions. Therefore, we can consider a few details to help you gain specifics while avoiding abstract ideas.

Are you egocentric? Are you prone to selfishness, self-centered, insensitive, egotistic, inconsiderate, and the like? Are you altruistic? Let's consider weighing out the good and bad in each type of trait.

Philanthropic (altruistic) is a person willing to give, and who is benevolent. This person is humanitarian based and is generous in nature. The person is bighearted and gives in good heart while avoiding nasty words, actions, and behaviors. What could result from this type of person? We can see a clear mind since this person has nature ingrained qualities that bring him to success. Thus, this person has the strong ability to command and master his own emotions. Yet, we want to be careful while demonstrating these qualities, since people will take full advantage of this type of person. We need boundaries and limits thus to produce fruitful results.

Egocentric again is prone to act out selfishly. An egocentric person will often seek gain for self rather than others, which incorporates greed in the mind. The root of evil is present; therefore, we have an unclean mind that is cluttered with grief, hate, distortion, dishonesty and the like.

A person of egocentric nature often hurts self as well as others, since he will act out without thought in most instances. Thus, this person is insufficiently

capable of seeing his own awareness and will miss seeing awareness in others. This person is indifferent, which only brings forth harm. The mind is cluttered, since fear is the ultimate purpose this person acts in such way.

Inconsiderate people give little thought to others around and are often insensitive to other people's needs. These people are careless in their actions, behaviors, and words and rarely care for what others feel from their actions or words. The unkind souls often gravitate toward debauchery, and the like, thus reflecting their own inability to control their emotions on others around them. They are prone to control and dominate. This person is incapable of realizing their heart inclinations, thus making them heartless.

As you can see callous people vs. goodhearted people are different in many aspects, yet all have the same need and that is to master and command their own emotions. Regardless of what a person tells you, or how he acts, the facts will reveal self. Therefore, if you want to master and command your own emotions work toward respect, consideration, honesty, trust, sensitive, sympathetic, control, etc. This is the only way you will achieve.

While we can look more into traits that will lead you to controlling your own mind, thus you still need to consider feelings, heart, and inclinations to achieve your goal. A few examples may help you.

Sheila was inclined to give Sarah a hug. This is a feeling coming from inclinations of the heart that only brings out good emotions. For instance, Sheila's feelings were hurt at what time Sarah took her wristwatch without her permission. Sheila approached Sarah and said, "I hate you."

In this illustration, Sheila is ignoring her inclinations of the heart, ignoring her senses and focuses while acting out on emotions. What Sheila really wants to say is that Sarah; my feelings are hurt, since you took my wristwatch without my permission. Do you have control? Men have it difficult at what time it comes to expressing emotions, since men are taught wrongfully to, never show their emotions.

How to Master and Command your Emotions - For Men Only Self Help Growing and Learning

Men have had it difficulty for centuries, since men are taught to not, show emotions. The old saying, “Big boys don’t cry,” has left imprints on men’s emotions for centuries. This is unfair to men, since men have emotions too, which include feelings and heart. It makes me sad that people misunderstand men in many instances, since men have feelings just like anyone else. I am a woman speaking as I write, however my findings and learning in life has taught me that men are people too. I’ve had many experiences in life and

many hurts. Many of those hurts came from a few men, yet women have hurt me too. I am not talking on a sexual level; I am talking on a human level, which is to point, out that all of us are inclined to hurt others. There is no acceptance of the rules, yet the rules often blame men for not showing their emotions.

Men have proven leaders from years behind us. Men build houses, buildings, roads, planes, cars, and the like. While women have shown their true leadership and achieving traits, men from old times has accomplished many things in life. The men are our leaders and it is up to them to provide to others, bringing forth good results. The bad deal is many times the efforts men put forth has lead to failure. This has placed a high-impact on men emotions. For instance, men have built cars for years, which are proven to deliver toxics to our system. It is causing damage to the environment. Men have a big weight of responsibility on their shoulders, thus master and commanding the emotions is a big chore, since men are taught not to show emotions in the first place.

So hey guys, how do you master and command emotions that never display self in the first place in most instances. Did you know that crying is a relief? Crying can help you disable negative emotions, which could put you in command. There is nothing wrong with a good cry now and then, regardless of the control freaks that tell you otherwise. Therefore, if you are feeling over weighted, let go. Sometimes you have to let go of your emotions to find relief. Relief brings you to command and mastership of your own mind.

Relief releases anxiety, tension and expresses feelings of release. It is a feeling of lightness, cheerfulness, and a factor that disengages anxiety. Crying releases pain caused from stress, which includes eliminating a hunger, boredom and the like. This takes the weight off, since it helps you to see the longer road in your pathway of blurriness as you start to release. Crying is an expression of the emotions and heart. Crying proves you are human.

The saying “Big boys don’t cry” is a dehumanizing belief stressed to another person. To dehumanize a person means to make the person less than human. This is the process of taking one’s individuality. It takes away the person’s interesting and creative aspects of the personality, while demolishing compassions, and sensitivities toward self and others.

The belief is a quality remover that minimizes desires and needs. It dulls the senses, thus making the person mechanical. Men are not machines they are people too. It is wrong to tell a man that he cannot express his emotions appropriately without infringing on the rights of others. It is wrong for people to criticize a man for properly showing his emotions in public while commanding and mastering his emotions. Therefore, the dehumanizing souls that have put you in this state of mind must ultimately be removed. Thus re-conform you mind to grow into mastering and commanding your own emotions. Much love to you gentlemen! Now we can view criticism to see where it takes us in master and commanding the emotions.

Criticizing in How to Master and Command your Emotions Self Help Guide

Are you ready to jump the gun? Are you fast to criticize what others say or do to you? Do you criticize your every move? Do you criticize the every move of other people? If so then you are not in control of your emotions.

Criticism comes in good form and bad form. Bad forms of criticizing leads to trouble and weighed down emotions. A person constantly criticizing self and others is showing disapproval of the person or self, while condemning the self or others around him or her. Criticism is a censure that disparagingly carps other people's rights, as well as a crime against God, since you are passing judgment on another person. This contradicts appraisal, which leads you to assessing ongoing, while constant analyzing others around you and

self. It is an ongoing evaluation. Thus, positive criticism is visual in constructive analyzing and appraisal while evaluating, assessing, analyzing, and moving toward positive.

Condemning others only weigh down the emotions, since at what time you are giving judicial response, it is a punishment to the party or self-involved. This is a blaming, accusing action that leads to mistrust, lies, and the like, which is another major setback on the emotions.

Therefore, before you cast down judgment on self or others use you head to think critically about the situation. Why are you criticizing? Do you think you are better than everyone else is? Do you have a grandiose personality flaw? Do you have the ability to analyze asses, evaluate, review, and appraise while taking in account what others and self say and do?

An over criticizing person is self-indulged and often thinks of self rather than care for what others feel inside. The person may have confusion in the mind, which is most likely truth. This big blocker prevents them from relating, accepting, and resolving which takes the person to commanding and mastering his or her own emotions.

To help you see at what time a person is overly criticizing we can consider a few examples:

Tim struck out angrily at Roy at what time he said Tim was late for his meeting. The problem is clear here, since Tim is feeling guilty for not showing up at his meeting on time, thus the escape goat becomes Roy, since he is someone Tim can blame or accuse for his failures. This is a fear rooted

that causes Tim to act in such a profound way. Therefore, Tim has to face and own up to his fears, learn responsibility, and move toward mastering and commanding his emotions. If Tim had control, he would have said something to the effect. “Yes, Roy, I realize I am late for my meeting, I need to get ready now so that I can try to make amends. This is showing that Tim realizes his failure. He is facing his fear. In addition, he is concentrating on ways to make amends for his lack of responsibility. He accepts and is taking control, thus Tim is master and commander of his emotions in this illustration.

As you can see, an evil state of mind, or mind filled with fear can erupt emotions and hinder us from progressing in life. IT is up to you to take control of your mind while learning to accept you mistakes accept discomfort and learn to take responsibility of your actions, words, and behaviors. We must learn to do what is right to have a clear working mind, which brings us in master and commander position. The emotions must be tamed. Children also need to learn to master and command their emotions.

Children Relating in How to Master and Command your Emotions Self Help Guide for Children

Children find it difficult to relate to their emotions, especially at what time they have to deal with peer pressures, school pressure, family pressures, sibling pressures, and the like. Children often drown their emotions in music, which sometimes leads to drugs and alcohol. This leads to other unproductive behavior patterns, which becomes habitual. We can see susceptibility is in the equation, yet kids are often misunderstood. Therefore, we are going to relate to music from now and afar to see how emotions relate and respond.

Relating Emotions to Music

Think of all the songs we've heard down through the years pertaining to emotions. For example, the Bee Gee's song, "Emotions taking me over," and other singers song songs such as "Emotions." As you can see, the songs

listed relate to emotions. The people unable to express their feelings sing in a song what they are truly feeling inside. What is being expressed is a need that has not been fulfilled. Sometimes, as people will allow music to drown out our sorrows and miseries. We search for lyrics that explain how we feel, using the lyrics to associate with our emotions and feelings. We all go through times in our life when we say, "I wish things were this way again."

The truth is we can't go back to a single moment in our history, however we can make better what the results came from our histories showing. In other words, bring back the moment by making it better.

Let's consider the song by the Bee Gees. "It's just emotions taking me over, caught up in sorrow, lost in my soul. If you don't come back, come back to me darling," Stopping here we can see many emotions and feelings expressed in a single line of lyrics. Yet, what are they saying to us? What are they expressing? The person is saying his emotions are taking over, and he is caught up in his own sorrows, which are lost in his being. In other words, he does not have control of his situation; therefore, a fear is making him feel sorrow inside. The person he wants to come back has the control and he wants this person to see this through his words and expressions of emotions coming from feelings and heart.

One of the greatest songs of our time is "Broken Road." This song expresses loads of emotions, yet this person is illustrating that he has overcome those emotions by accepting his pain and hurt and seeing them as paths to success. In the song he points out that "God blessed the broken road that led" him

straight to her. As you can see, he sees past the pain and suffering he feels and sees beyond to the road to success.

As you can see, seeing past the bad can lead you to good results, which in turn puts you in command and making you master of your emotions.

Think of a time when you experienced peer pressure. Think about how you handled the pressure. Review the situation carefully and see how you can improve the next time the situation comes your way. Think about the consequences. If you realize that doubts, fears, or other negative elements are in the way, consider how you can remove them.

Now think of your favorite song and think of how it relates to how you feel now. Consider assertively expressing those emotions without infringing on the rights of others as you do so. What you doing...you are working to master and command your emotions.

Chastising in How to How to Command and Master the Emotions Self Help Guide in How to

Do you punish self? Do you punish others around you? Do you constantly refine, imprison, and make your self-miserable? Chastising self or others is the product emotional stimulus, which means your emotions have control over you. What is your problem?

The problem is you haven't found peace in the mind. If you chastise others and self often, it is because you are not seeing things in full light. This is a

common problem in the system today, since humanity and humane are going down the drain and mechanical people are coming to the fore. For instance, my son was admitted to the hospital last night and his friend said, “Was he committed to a mental institution?” I said no, I am talking about admitted to the hospital and he said he wasn’t aware of this statement. How ironic. Anyway, the point is the minds of many people are often full of chaos from pressures brought onto them from society, law, etc. Nowadays, if you don’t think like the majority you have problems. This pressures the mind, since nowadays people cannot feel free to stand up for their beliefs.

Beliefs are important to people and if they cannot find accuracy in their beliefs and have the freedom to defend what they believe they often feel mentally controlled. The key is to find the truths that back your beliefs, which is the ultimate solution for setting the mind free.

The mind is not equipped to feel stressed ongoing without relief. Thus, at what time the mind is filled with chaos it often prevents problems since grief, sorrow, sadness, misery and the like all come out and sometimes attack others or self. If you are often punishing self, it is a negative form of discipline.

The key is to turn discipline in positive for by reprimanding the mind to think positive. You have to reach inward and work out to learn how to master and command the emotions. If you work inward, you will uncover new ideas, parts of your history and the like. If you have problem areas instead of fighting the memories, allow them to flow freely since it is a source of healing. Tell you mind as you move to areas of concern that it is

safe to express its emotions and it has permission to freely, deliver information. This is the process of reconstructing the mind working toward healing.

Emotions can play tricks, therefore it is wise to observe and pay attention as you move along to command and master the emotions. This will help you spot tricks that come to the front, and will help you to work against the tricks the mind plays. Refining the mind toward a positive direction is the process of polishing and cultivating new habits, behaviors, and way of thinking. The process is a form of filtering the information you achieve and distill it to rid impurities. Unfortunately, the mind is filled with lies, since down through the centuries you've had people leading you to believe things that you did not take the time to find the facts. The mind suffers at what time lies exists; therefore you will also need to put forth effort to verify information you discover in your mind.

The process of sharpen the mind is great, and this process will include observation, a willingness to accept self and changes, alone with an ability to feel discomfort at times and realize it is ok to feel discomfort. The thing is you want to avoid chastising self and others unless you have valid purpose to do so. Thus, check your validity. It is important that you develop smoothly to command and master the emotions.

Development in How to Master and Command the Emotions Self Help a Guide to Learning

Development is a growing process where you advance to maturity. This process requires training, yet it is often interrupted throughout our lifetime of growing. The process requires education, expansion, and enhancement of mind. The process of development starts as we grow and continue throughout our lifetime.

Sometimes throughout our growing stage, we are sent along the wrong path in life, and taught lies. The lies we are taught start at school, in public and the like. Lies are the leading problem why people find it difficult to command and master their own emotions. The problem is the development stage requires finishing to make things happen.

For example, women's development stage starts early however as the woman turns seventeen and up to the age 22, she starts to stress over issues such as relationships, and careers. Many women's development stage is interrupted since the woman's primary focus is on relationships, thus she is molded by this interrupter. At this age, a woman should focus on finding her own self before concerning self with relationships.

At the age between eighteen and 45, a woman goes through a series of biological and emotional changes. This is the time a woman starts making

changes in their life and begins to direct their path in life. Often women stress to balance relationships and work. The transactions places lots of pressure on the person, thus the mind begins to shatter. Rather the person starts to rely on the emotions more so than thought. This happens with men as well.

Men often go through changes since the role of man leans toward sexual expectations. If a man has problems with erectile, he often feels weighed down from the negative view of self or the negative view others place on him. Sometimes men are introverted and will sexually arouse to fetishes. These types of people are often timid, withdrawn, and nervous at what time sexual relationships present self.

As can see many issues prevent us from mastering and commanding our emotions. While the issues come along, we often find ways to escape the reality of the impacts. This is a fatal mistake, since it only hinders the mind from growing.

Our development must move along smoothly, otherwise we endure problems in our life. Thus, it takes getting to know self before worrying about relationships to move smoothly along life's journey to success. This brings us to see as human development exceeds we need goals, plans and an ability to achieve. The process is the part of life that is strong and helps us to grow smoothly. The process also leads us to see that leadership qualities must exist.

Leadership qualities include self-control. A person with command and mastery over his emotions will encounter situations, yet see a way out. The person uses advantages to allot freedom to move in various directions. To master the emotions you need to set limits for self, while growing to understand how far you as a human being can go in life. Therefore, you need reasonable goals in which you can achieve.

A person mastering and commanding his emotions is in charge. This person has the ability to set reasonable goals and work toward those goals. While demanding tasks present self a person in control of their own emotions can move the obstacles to continue his progress.

Thus, development is illustrating self-control, which is a self-disciplinary trait that helps a person to appreciate his own willpower, as well as to help him see when to restrain. It is a straight of the mind and a straight of the will to master and command a person's own mind. Do you have self-control?

Self Control in How to Command and Master the Emotions

Self Help Guide

Self-control is a strong trait we use to command and master the emotions. Self-control is a self-disciplinary trait that helps us to grow smoothly along life's path. Self-control helps us to discipline self while using our willpower to achieve. At times, we restrain our emotions so that we show others we have strength of mind and will. This is a great quality to achieve, since it helps you to master and command the emotions.

Self-indulgence on the other hand is a hindrance of development, which only causes emotional stress. Self-indulgence is the process of decadence, or hedonism. It is a self-pitying trait, which restrains the mind from growing. Decadence is a corruption of the mind where debauchery and depravity live. Decadence is a dissolution that leads to excessive weight on the mind, thus the person profligacy destroys self. In other words, the person is wasting the mind while recklessly thinking in a licentiousness, which only causes stress.

Comparing the traits, we can see self-control, and how the strength could help one to master and command the emotions. Yet we also need other qualities to achieve the goal of mastering and commanding the emotions. What else do we need?

We also need respect for self and others to achieve commander and mastership of the emotions. Respect is almost outdated, yet it still exists. Respect is self-control in action since it shows value of self and others. This

is an esteem trait of reverence. If you cultivate this trait, I promise you will see a big difference in the way you think.

Emotions are feelings we express, such as sadness, hate, anger, and joy. Sadness needs self-control, since if you are sad and have no control it will lead to grief. Once grief creeps in you will feel sorrow, unhappy, miserable, and find self-depressed often. You will feel wretchedness inside that only brings in melancholy feelings of gloom, despondency, and dejection. If you can will self to come out of the sad state, you will see pressure remove self from the mind.

If you are happy, it brings you contentment, pleasure, joy, and delight. Pleasure stems from the hearts inclinations, which rises to the emotions. Pleasure is a stimulation that brings a person satisfaction of self, and contentment within.

Still, we need to consider traits unselfish in nature. If you have a selfish mind it will only bring you distress. Selfishness is a self-centered mind that seeks own gratification, and is often an egocentric, egotistical person. These are bad qualities. It is important to have unselfish nature otherwise the mind is burdened. Thus you need altruistic qualities to achieve mastering and commanding the emotions.

Altruistic minds are unselfish, which means that the person has traits of humane. Humane is caring, kindness, gentle, humanitarian, civil, charitable, and loving. All these traits bring nothing but good rewards. Inhumane people exist around us everyday. These people do not have control of their

emotions, since they often treat others cruelly, heartlessly, sadistically, atrocious, callous, appalling, and merciless. If you consider atrocious you will see brutal, evil, wicked, fright and the like in between. This only causes a person to weigh down the heart and mind, which gradually the emotions will be so suppressed that the person will only act out atrociously to others.

We see self-control along with other traits can help us to grow without our emotions controlling our lives. Emotions that act out violently or out of anger are only causing harm to self and others. Evil minds are malicious and wicked and lack immoral. Thus, we need morale, morality, and morals to survive and master our own emotions. At what time emotions are hindered, the mind has little room to develop.

Hindering Emotions in How to Command and Master Self Help Guide

Men have many emotional hinders that prevents them from mastering and commanding their emotions. Some of those hinders include exaggerations of masculine, fears of showing weaknesses, and so forth. The problem is the person hides his powerlessness and/or impotence by acting aggressive or adventurous. The person has high demands on self, and is ambitious to win. It is a strong need. The person lacks his own individuality and originality.

Originality is important, since it brings us innovations, uniqueness, creativity, inventiveness, freshness, and helps us to use our imagination. Establishing an identity is also important, since it helps us to show unique qualities of independence, individualism, personality, and eccentricity. Therefore, we can see that establishing an identity and originality is essential in commanding and mastering the emotions. Still we need to place lower expectations on self. What do you expect from self? What do you expect for other people? Expectations are essential, since you can find survival through expecting, or else you can damn self. This brings us to see we need to have limitations and boundaries and not expect too much of self.

Men who place too much expectation on self is only allowing the emotions to take control. It is important that you realize that muscles are not what make you a person. I am a female and view a man attractive at what time he shows respect, love, considerate, and other healthy qualities. Forget that macho crap, I prefer a real man. In addition, you will be amazed that many other women feel the same way. As for weaknesses, we all have weaknesses. Allowing that weakness to reveal self is a way of healing and strengthening the mind.

Fear is the destroyer of emotions. If you wander through life, fearing your own fears you will not grow to master and commander of the emotions. Fear is worries, concern, and frights of something revealing self. Fear is a trepidation that takes us out of control, while putting anxiety and phobias in our mind.

Thus, we see that fear is a hindrance of the emotions, therefore we must face our fears, and otherwise the mind will destroy. For instance, I am a survivor of various traumas. I had to go inside my own mind and face realities that happen to me, yet I am a survivor of amnesia, so it was very difficult. The process entailed role-playing out the memory so that I could see more details of the incident to recover. The result leads to a feeling of relief and clearness of the mind. I am a Posttraumatic Stress survivor as well, which meant I had endured flashbacks, which caused great pain. Yet, as I worked to put pieces of my life back together by facing my fears, I feel a great strain lifted off my shoulders.

Review fear for a moment and tell me what you think your worst fear is. Do not worry, since you are role-playing believing I am in present of you and we can talk. This will help you to grow. This will also help you to find relief, which removes anxiety, worry, and phobias. The result is a clearer mind that puts you in control of your emotions. What are you afraid of? What do you worry about? What is inside of you that makes you panic?

As you quiz self you may feel discomforts, however it is important to learn to face discomfort since it is a part of growing and learning to master and

command the emotions. Don't be afraid; rather remove those hindrance out of your way. Fighting in how to master and command the emotions is the thing to do.

Fighting in How to Command and Master your Emotions Self Help

There are days that the emotions communicate self, and sometimes it is difficult to determine what the emotions are saying. We grow, learning line of attacks to master and command the emotions, yet sometimes we fail along

the way. Some days, the emotions take over our entire days, and we find ourselves yelling, screaming, nagging, cussing, fighting, accusing, blaming, criticizing, and judging others. Sometimes it seems we have no control over emotions in an uproar. What can you do?

Do you find yourself complaining often? If so you want to realize that your complaints must have validity, otherwise your emotions reflection affects other people. A person often complaining gets on other people's nerves, yet sometimes the complaints are valid. What is your complaint? Does it have validity?

We all have days in our lives when we feel like the world has placed weight on our shoulders. Life can wear and tear the nerves; however, it is possible to cope without up roaring the emotions. For instance, we must learn to change the things we can change, taking it one day at a time, and accept the things we cannot change. For instance, you have no control over violence in the world, yet you do have control. For example, you can control how you live your life and only associate with people that bring you advantages. If you socialize with people bringing in negative fruits you will only weigh down the mind. You must find your abilities, skills, talents and use them to accomplish your goals. This will help you discover that the world pressures everyone and not just you.

Setting goals that we can achieve is positive step in learning to master and command the mind. Goals are an aim to achieve what a person wants from life. Goals include plans, action, and thought to achieve. If you see how goals can help you master and command the emotions, then you are on the

right track. We seem to fail to see that we can reach those goals at times, which causing us to jump the track. We allow the trappers in our mind and emotions to take control of our life instead of getting back up and fighting to achieve. The key is removing those blockers while exploiting the critical mind and creative mind jointly to find a way to reach those goals.

On gloomy days, you may feel the world has you down. Your eyes may dangle, as you stare aimlessly in no apparent angle. The gloom may make you feel empty inside. The key is bringing self out of this mood, since it will only put the emotions in control otherwise. You have to fight.

We all have setbacks in life. Sometimes we go through trials and tribulations that make it next to impossible to get back up and fight. If you have a will and self-control however, you can get back up and start moving ahead. If you experience a death in the family, realize that everyone dies at one time or another and this is something you have no control over. It is not your fault, therefore pick up those spirits, and keep fighting to achieve and accomplish.

If you find it difficult to control your emotions you may want to sit down and examine self. Examining self will help you to see areas you can improve. If you have, fears learn to face those fears and move ahead. Now take some time to sit and think of what causes the emotions to control you.

Traits of Emotions in How to Command and Master Self Help Guide

We all have blue and gloomy days. How you deal with the situations determines if you are master and commander of your emotions. Some days we just stare off into nowhere while our mouth droops. We feel this gloomy emotion, yet sometimes we don't know why.

Some days we feel miserable, which makes us feel lousy inside. We might stare upward at the air with the eyebrows raised and the mouth sagging. Some days we feel grumpy. We might lay our head down, droop the mouth and with eyes half closed, we might just think gloomy thoughts.

At times, we may feel lonely. A lonely state of mind leads us to feeling alone. We may feel lost, lonesome, and feel like we don't have a friend in the world. We may feel deserted, abandoned, or simple secluded from the world. This brings in a forlorn feeling, which makes you feel sad. It is a pitiful look showing on your face with a despondent gaze. You feel hopeless and unhappy. What can you do?

If you feel lonely, is it possible you can call friends? Do you have family that makes you feel good inside? Using your thinking cap can help you overcome many emotions that effect your life. If you allow emotions to rule, you will find self-drooling often. A desperate mind creates intense emotions, thus trying to avoid desperation could be a way to learn how to master and control the emotions.

Desperation only brings in extreme anxiety, worries, fear, anguish, and the like. A person often feels distracted and feels hopeless. If the mind is distracted it will experience interruptions, diversions, commotion and so forth. This too brings in anxiety and agitation. As you can see emotions that expose self-need someone to control them. If you do not gain control of your emotions, your emotions will control you and soon not everyone around you will like your company.

What you need is to find entertainment that will help you to release your emotions. In other words, preview and review your mind to see if memories are available to lift your spirits. Entertaining the mind is an activity to pursue amusement. A hobby works wonders in healing the mind.

The world is filled with amazing findings. If you are willing to explore you will find self-feeling good most times. At what time a person feels good inside it often releases the mind from pressures, which puts them in the master and commander position.

Sometimes we feel weight on the mind, since we may think our boss, friends, family, or mate is striking out at us. We may feel pressured, and this often brings in negative feelings. What can you do? First, you could sit down and think carefully of the problem to decide if it is really you these people are striking at, or is it something that is bothering them. Most times people strike out and it is not you they target, rather it is a controlled emotion stressing them. For instance, Mary called Carl a jerk. Mary was mad since Carl did not arrive on time to take her to dinner. Well now, we all make mistakes and for someone to rise to anger and call names for tardiness is showing that emotions are controlling.

As you can see, emotions present self to others, yet many people fail to see what the emotions are saying. Therefore, you must understand and accept your emotions as they come out, and learn how to deal with each situation. Are you adventurous?

Adventures in How to Master and Command the Emotions Self Help Guide

Some people have adventurous minds that lead them to trouble. The world is filled with many personality types, thus is it any wonder we all have emotional trips. Do you know your identity and personality type? It is important to understand that knowing this information can help you grow and avoid problems later. This puts you in control of the emotions.

For instance, did you know that an adventurous personality type could run into serious problems if they do not recognize their identity? For instance, a

thick skin person could later lack guilt of his actions, words, behaviors, etc. A confident person could induce poor judgments in the mind, which could lead to hazards. A forceful person often becomes hostile, since the emotions are in control. Extroverted types could also show hostile behaviors. A rebellious person could lead to anti-authority and an assertive person could become aggressive. As you can see, a balance is necessary to achieve in life.

Balance includes equilibrium. Balance includes poise, sense, stability, steadiness, and the like. On the contrary, if the mind has no balance it will produce instability, and shakiness. This brings you to see that an unbalanced mind and life causes emotions to control.

The best way to train the emotions to work in your favor is to stop and think before acting. If you jump into something it is likely you will feel regret later. This is not always true, however most times it is true.

Training to think

You want to go out with friends on a school night, realizing you have a test tomorrow. The friends plan to stay out late. What should you do? Stop and think. School is education, which leads to goals. If you achieve your goals, you have a sense of accomplishment. This brings in good emotions. If you go out with your friends, you may fail the test after feeling tired the next day. Possibly your friends may feel hurt if you tell them no, however you must realize that your future is more important than a bit of fun.

You have a date. Your date and you go out to dinner and afterwards your date asks you to go to a bar for live entertainment. You go with his decision

and dance the night away. Both of you drink alcohol. Did you stop and think? No, because if you did you would see that neither of you are capable of driving. Still, you can think now and consider calling someone to drive you home. As you can see there is always, a choice in some of the decisions we make. Sometimes we do not have choices, however most times we do.

If you think, you will see options and alternatives. You will have a selection of choices and preferences. You will also see variety, wealth, and scales of diversity along the way. This brings a working mind in order. If you are adventurous in nature, you truly want to think about what you do.

For instance, you might decide spontaneously one day to go hunting at an off-season. This puts you at risk of fines and court cost. If you think before acting, you will examine consequences, which is the process of becoming the leader of your own mind. Some people live on the edge of life. They often need adventure and excitement to make them feel lively. The problem is living on the edge of life is interrupting the mind's growth. Again, you need to think before acting in all areas of your life.

Alertness When It Comes to Your Emotions

Command and Master Your Emotions

In order to command and master your emotions you are going to have to learn how to open doors of opportunities. You have to be willing to let your mind take in a lot of different information, regardless if you like the information or not. Believe me; I know how hard it is to control what comes out of your mouth in reaction to something that was said that you do not like. I often find myself biting my tongue a lot, and I shouldn't be that way but when someone does something that I do not like, I am going to speak up and if you do not like what I have to say then you can go elsewhere. That is why I would like to take the time to tell you a little about how you can command and master your emotions, so that you won't react like I often do because it is not good for you. At what time you are upset about something it

takes a toll on your body and makes you go through depression and fatigue. The realization is most times people say things that are not targeting you, however some days you tend to take things the wrong way. Rather you fail to see the true issues coming from the person.

Did you know that everything that you hear and see is entered into your mind and it is up to you how you act on a particular situation? Information comes in positive and negative form and it is up to you to distinguish between the two.

Everyday drama can cause a lot of stress on your body. I don't believe I have to say one word more to make you believe that, do I? As your body takes all the information in that you gather everyday, it also makes you put out an output by your bodily gestures or by your language in which you speak. Let me tell you about a situation so that I can inform you a little better.

My niece, on my husband's side is seriously in love with him and he can't seem to understand why I do not want to go around her. As I told him, I do not want to be around someone that is lusting over my husband especially at what time they are a minor and you are her uncle. That is sick in my opinion and that is why I do not want to be around her at all because if I am I am going to tell her what I think about her and her little fantasy because that should be the farthest thing from her mind. Especially when he is her uncle, don't you think? Do you understand what I am talking about? I know you probably feel the same way. However, when we have family gatherings I have to be around her and my temperature boils just thinking about being in

the same room but I have to maintain my cool so I have been practicing how to command and master my emotions so that I can let all this childish stuff go.

The problem here is the child has some issues, yet the husband needs to realize that realities exist in this picture. He needs to realize the truth, since it poses a threat to him. This brings us to see that we do not always see consequences, actions, behaviors, etc, thus our emotions most times are consumed. It takes you to gain control and not allow the emotions strike out.

When It Comes To Emotions You Shouldn't Expect Too Much How to Command and Master Your Emotions

Everyone has different expectations of what they want to do in their lives and with their self and we also have expectations of the others around us. Only you know what you expect from your self and others. Your expectations can either help you or hinder in you in this game we call life. At some points, we force our expectations to their boundaries. In result, we often find ourselves drowning in a pool of sadness and misery not to mention all the other emotions that we feel. You should never allow your self you reach this far, you should never let your emotions control you.

One expectation that we normally expect of our selves, is the fact that we expect more than what we actually can achieve. We know that we can do certain things but once we complete them we feel as if we can go a little farther with it, which in all actuality we can't. This makes us feel like we

have a lot on us and in return makes us feel like we are losing our minds. The second emotion that we sometimes feel is the need for assurance, we believe that we can get something done and in return, when we finish it we become excited about the fact that we actually did finish it.

The main problem we face right now is the fact that we put high expectations on others and expect them to meet those expectations. For instance, my brother in law and his girl friend of five years broke up. She actually left him for another man, so I thought that there was no way that they would get back together, because that was wrong. Well, to make matters worse she became pregnant by the guy that she left my brother in law for, so that made me think that he wasn't going to get back with her at no point and time now because she is carrying another man's baby. Well my expectations turned out wrong, I expected him no to go down that road again and he did...Not me! Once you leave, there is no need in coming back.

Another example of high expectations would be when you are in a relationship with someone and you expect them not to cheat. Well bad news, nine times out of ten they are going to cheat on you. You just have to be the one that catches them and breaks their back for doing it. I guess I may have high expectations of my husband, but if he ever cheats on me, I will hate to be him when I find out. Because I will express every emotion that I possibly, can, which shows that I have not come to master and command my emotions. This is because I haven't learnt to deal with my fears and past experiences yet, which is a major blocker in emotional control.

The point that I am trying to make is that high expectations of others can come back and bite you on the butt. When it does, you are going to be the one that suffers not them. That is why I urge you to take no junk off anybody and make sure that you don't expect too much out of someone. Just wait until they prove that they are capable of making your expectations come true.

As you walk down the road to commanding and mastering your emotions make sure that, you keep your head on straight. Good luck and I wish you the best.

Conclusion:

Thinking before acting is a great method in learning to command and master the emotions. The emotions can work in your favor or against you. The emotions are not an easy task to master. To command the emotions you need some intense abilities to look inside you and pull up some of your leadership qualities to put the mind to work. Emotions are feeling packed thoughts that stem from the heart. The heart is deceiving and will mislead the mind, thus to understand emotions you have to go deep and beyond and put your emotions to the test by understanding and controlling the heart.



Natural Help for Anxiety & Depression

Dealing with Anxiety

A fast-paced modern lifestyle can be difficult for both adults and children. Trying activities such as work deadlines, job interviews, school competitions and public interactions don't make it any easier either.

It's **not uncommon to find oneself a little overwhelmed** at the thought of a particular upcoming event or situation. Sometimes demands may be so great that it is difficult to slow down and take a deep breath, causing us to worry about everything.

The natural way

A lot can be done to **support a healthy ability to relax** and slow down. One way of doing this is to keep your mind producing its own natural feel good chemicals by eating lots of fresh fruit and vegetables and whole grain foods, getting plenty of fresh air and sunshine and exercising regularly.

Practicing relaxation techniques, meditation or even taking time for a regular walk on the beach can all help to reduce stress levels and facilitate a feeling of calm – helping us to wind down and relax.

Natural remedies can also help to **support the nervous system and to keep nerves settled and soothed** – to enable us to cope more easily with the everyday stresses of our modern existence. In fact, natural remedies have been used in traditional medicine for thousands of years **to support the healthy functioning of the brain and nervous system.**

In more recent times, research has confirmed this traditional wisdom. There are now many published clinical studies demonstrating the ability of a range of herbs to support the normal functioning of the brain and nervous system and maintain a healthy equilibrium - which will assist with staying calm under pressure.

PureCalm is a 100% safe, non-addictive herbal remedy that has been specially formulated by a Clinical Psychologist for adults and children.

PureCalm can be used to safely **maintain harmony, health and systemic balance in the brain and nervous system**, without harmful side effects. This remedy contains a selection of herbs known for their supportive role in maintaining healthy nervous system function. Due to the concentrated tincture formula, PureCalm Drops work quickly to maintain balance and harmony in the nervous system – exactly when you need it!

Naturally Helping Depression

Serotonin is an important neurotransmitter manufactured and found in the brain. Along with other neurotransmitters, serotonin helps to support **emotional wellness and sleep patterns as well as energy levels, sex drive and appetite**.

Serotonin also promotes healthy concentration, a positive mental attitude, memory and mental alertness. Other neurotransmitters such as dopamine, as well as **certain hormones like cortisol** are also involved in maintaining balanced mood and feelings of confidence and well-being.

While your feelings are not all about brain chemicals, the delicate balance between neurotransmitters and other hormones can play a big part in **maintaining emotional stability**, wellness and a positive outlook. Lifestyle, stress management and maintaining healthy relationships all contribute to happiness.

However, when there are challenges to face, a solid foundation of emotional health, **balanced brain chemistry** and a healthy self esteem will make all the difference to how we are able to cope or have the emotional strength to make changes necessary to improve our lives.

The natural way

A lot can be done to naturally **maintain emotional health and a healthy positive mental attitude**.

It is a good idea to keep your natural feel-good chemicals flowing by eating lots of fresh fruits and vegetables and whole grain foods, ensuring plenty of fresh air, adequate sleep, moderate sunshine and regular exercise. Many healthy foods (e.g. bananas, turkey and carbohydrates) contain nutritional precursors of serotonin and this makes them natural ‘mood foods’ to

maintain healthy serotonin levels!

Also, never underestimate the power of a few stolen minutes during the workday (or school day) to rejuvenate the spirit and relax the mind – **meditation, yoga or listening to a calming CD can all promote relaxation.** Smoking, recreational drugs and alcohol can all depress the nervous system and affect the balance of neurotransmitters like serotonin – so try to cut back or avoid these habits for the sake of your emotional as well as your physical health.

MindSoothe is a 100% safe, non-addictive, natural herbal remedy that has been especially formulated by a Clinical Psychologist for adults and teens, and comes in a compact capsule form, making it easy to take.

MindSoothe can be used to **safely maintain emotional health, balanced mood and systemic harmony** in the brain and nervous system, without harmful side effects. This remedy contains a selection of herbs known for their excellent and supportive function in maintaining brain and nervous system health, **emotional balance** and overall emotional well-being.

While the herbal ingredients in MindSoothe have been used for thousands of years in traditional folk medicine, more recently extensive research has supported the therapeutic and tonic benefits, as well as the safety profile of these herbs – meaning that you can use MindSoothe with confidence and without fear of side effects.