

# **TAKING CHARGE OF YOUR EMOTIONS**

**Nichoel Luciano**

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### **How To Stop Being A Slave To Your Emotions**

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## **"Taking Charge of Your Emotions" Bishop Charles E. Blake Sr. FULL on Vimeo**

Summary Mastering our emotions is critical, because our entire lives are based on whether we control our feelings or they control us.

## **10 Tips to Help You Take Control of Your Emotions | Psychology Today**

This means identifying the specific emotion that's causing your stress—because unless you know what you're feeling, you can't change.

## **Taking Charge over Your Emotions | World Changers International Church**

Feeling emotionally out of control? These 10 tips may help you manage your emotions.

Related books: [Singing Heart](#), [A Man Like Mike](#), [Dabby and Maxie](#), [Roux Memories: A Cajun-Creole Love Story with Recipes](#), [Write Good Online Content and Rewrite It \(Without Making It Dizzy\): Tips to improve your writing skills, adapt them to writing for the web, and reuse content for additional online publishing.](#)

To see what your friends thought of this book, please sign up. Is it the voice of your inner critic causing feelings of distress or the voice of your grandmother cheering you on from the sidelines?

It is apparent why each will have very different approaches to life, and why each. Letting go of grudges and forgiving yourself and others for personal shortcomings is immensely freeing, and immediately diffuses pent-up negative emotions. If a strong emotional state causes you to feel tense in your body, take a few minutes to try this relaxation technique. Don't react right away.

But they allowed certain emotions to stir within them for so long that they became... PhD, University of Minnesota is a licensed psychologist who has been helping clients overcome emotional challenges and specializing in issues of depression and anxiety for nearly thirty years.