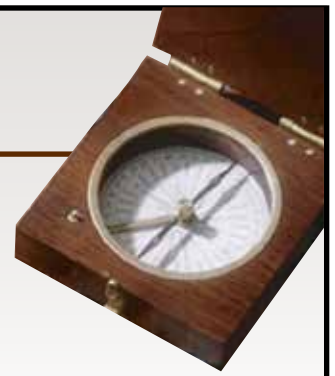


The Self-Government Principle of Emotions



“He that rules his spirit is greater than he that takes a city.”
Proverbs 16:32 (KJV)

Underline the key concepts found in this principle.

Ruling our spirit is managing our behavior or emotions. Our behavior is directly affected by our emotions, so in order to rule our behavior we must control our reactions. Ruling our spirit is not always easy because it is what we really are. Everything that we hear, see, smell, taste or touch is entered into our mind. It analyzes the situations and recommends a response. We then decide to react or respond, affecting our emotions and in the end our behavior. Ruling our emotions means deciding to discipline or manage our responses.

It has been said that it is just as bad to think something as to do it. This is not true, because thoughts alone do not affect other people. It is the action that causes the damage. We all have emotions and can get upset about things, but it is extremely important that we learn to calm and manage those feelings or they will harm others and destroy us.

Our behavior is to be managed and ruled by our spirit, meaning we can and are responsible for what we do. The value of a person is based on his ability to responsibly govern and harness his temper, habits and emotions. We communicate largely by our behavior. People judge us by our behavior because that's what they see. Uncontrolled emotions can ruin our reputation. Slamming a door or giving someone an angry look or gesture can communicate messages that you may be unreasonable. Words are important but the emotion we use to express them is even more important. At least 55% of our communication and impressions that we leave

on people are nonverbal. The way we dress, walk and behave all transmit a message. The non-verbal body language we use says as much about our character as our words.

The emotions in us are energy. If that energy is harnessed it becomes a valuable asset. The most valuable types of energy when controlled are those with the greatest potential for destruction because of their great power. Consider nuclear energy, when out of control becomes an extremely destructive force but does immeasurable good when harnessed. The key factor is control, which creates value.

When we are in a crisis and our primary reaction is explosive, we waste opportunities; we may lose our businesses and ruin good relationships. When these behaviors are frequent we may become branded as unreasonable, and be rejected or isolated. The drive to react by impulse takes us out of control. If we learn to calm our spirit we will be in control of situations, rather than situations controlling us.

BENEFITS

1. Be able to choose your responses and have consistency with your moods and attitudes.
2. Be more thoughtful and practice good behavior in all situations. You realize that what you sow, you will reap.
3. Avoid manipulation and in turn find more favor with others instead of barriers. You will handle yourself well while identifying problems and offering solutions.

Action Plan for Emotions



4. Have the trust and respect of others.

STEPS TO FOLLOW

1. Program your mind to master your emotions. Feed your mind on values based on truth and the right principles. This will help your mind to advise you properly. Remember that the mind is primarily a processor and will recommend responses based on how it has been programmed.
2. Remind yourself of the danger and cost of extreme emotional stress. The right self-control of your emotions has a great impact on your personal well being.
3. Learn to recognize your emotions and govern its energy. Ask yourself why you sometimes have such quick reactions. Give yourself some time before reacting. Ask yourself if this situation is worth your reaction and if it is, give it your full attention and energy.
4. Eliminate moodiness. Learn to be more tolerant and don't judge others quickly. Do not expect perfection from yourself or other people around you. Program yourself to make constant self improvements. Moody and unstable behavior can bring much harm to you as well as to others. This instability may be the result of internal hurts that may need to be resolved.

Emotions are good and necessary to our daily life; they energize our convictions and actions. Once we know what is right we need to give it all of our energy. Apply it to what you know you should do anyway; love others, spend good quality time with your family, tell

the truth and be transparent. Your emotions are like gasoline, so don't start your trip in life without a tank full. They will energize you for great achievements.

Remember... thoughts produce actions, actions become habits, habits form our character, and character determines our destiny!

REFLECT AND RESPOND

1. What circumstances have made it difficult for you to control your emotions in the past?
2. How has it affected you when others have failed to control their emotions?
3. How do you usually communicate how you feel? Do others understand you or are there usually barriers between you and others because of emotions?

Evaluate yourself from 1 to 10	1	2	3	4	5	6	7	8	9	10
Why did you give yourself this rating										
What benefits will you obtain by raising your rating?										
What specific action can you put into practice to test the benefits of this principle?										
Check list for the daily reading of this principle	M	T	W	T	F	S	S			

Completed

Not completed