Emotional mastery is the key to living a life that you direct. The ability to have absolute direct power over what you feel in every single moment—no matter what happens around you—is one of the most important skill sets you can have.

Whatever you feel, you’re not feeling it because you have to feel it. You’re feeling it because you’ve chosen to feel it. In order to master your emotions and consciously choose the emotions you want to live in, you need to understand these three forces and how to use them to your advantage.

There are three forces in the world that determine what you feel. Together, these three patterns create any—and every—emotional state.

1. **Physiology**

   Emotion is created by motion. Whatever you’re feeling right now is directly related to how you’re using your body. If you slump your shoulders and lean your head forward, you’ll move toward a state of depression. However, the next time you find yourself in a negative state, stand up, throw your shoulders back and take a few deep breaths. You’ll find that you’re able to put yourself in a resourceful state. From this state, you can make stronger decisions and enjoy a sense of certainty that will keep you calm in the face of uncertainty.

2. **Language**

   Language comes in many forms, one of which includes the questions you ask yourself, either aloud or inside your head. If you ask, “Why does this always have to happen to me?” you’ll create a much different set of emotions than if you asked, “How can I benefit from this?” or “Where’s the gift in this?” or “What’s humorous about this?”

   The language patterns you run play a significant role in the meaning you give a situation—and the emotion that situation creates in you. When you feel negative emotions taking over, look at the language surrounding your situation. How can you shift it to create a more empowering state?

3. **Focus**

   Where focus goes, energy flows. And where energy flows, whatever you’re focusing on grows. In other words, your life is controlled by what you focus on. That’s why you need to focus on where you want to go, not on what you fear. When you next find yourself in a state of uncertainty, resist your fear. Shift your focus toward where you want to go and your actions will take you in that direction.

   When you can influence your emotions, you can choose to spend more time in positive, resourceful emotional states. From these states, you’ll make the decisions that will help you reach your highest potential and enjoy your life in every moment.
The 6 Steps To Emotional Mastery

1. Identify What You’re Really Feeling

When you’re experiencing this negative emotion or Action Signal, ask yourself, “What am I really feeling right now?”

Get clarity on the emotion. “Am I feeling angry, or is it something else?”

2. Understand the message of your emotions - They Serve You

Understanding helps you master your emotion, solve the challenge, and prevent the same problem from occurring in the future.

Here’s some Empowering Questions to find the empowering meaning in any negative emotion or situation:

a) What else could this mean?
b) What can I learn from this?
c) How do I want to feel?
d) What would I have to believe to feel that way right now?
e) What am I willing to do about it right now?

3. Find Confidence

The fastest, simplest, and most powerful way to handle any emotion is to remember a time when you felt a similar emotion and realize that you’ve successfully handled this emotion before.

If you handled it in the past, you can handle it again today.

Ask yourself, “What did I do then to deal with this emotion?”

If you do the same things, you will get similar results.

4. Get Certain You Can Handle This Not Only Today, But In The Future As Well

Again, you want to remember the ways you’ve handled this negative emotion in the past, and rehearse handling situations where this Action Signal would come up in the future.

Ask yourself, “What are 3-4 ways I could change my perception when an Action Signal comes up?”

Here’s a few suggestions:

To change your perception, ask yourself, “What else could this mean?” or “What’s great about this?”

Another great question would be, “What can I do now to feel the way I want?”
At first your brain might say, “NOTHING!” But if you push yourself and keep asking, you will come up with an answer.

5. *Take Action*

The final step is to get excited of the fact that you can easily handle this emotion and take some action right away to prove that you’ve handled it.

And when is the best time to handle an emotion? When you first begin to feel it!

You want to kill the monster while it’s little.

Obviously, to know how to master your emotions takes practice. The more that you use these 6 steps to emotional mastery, the better you will get at mastering your emotions.
The 10 Signals of Emotions

Every negative emotion has a message or call to action it’s trying to give you. We want to identify that message, then learn and use our emotions to better us.

1. Discomfort

This is also known as boredom, impatient, unease, distress, or mild embarrassment.

Message: Discomfort is a GOOD THING because it is your subconscious telling you that you can be more. The message is, you need to either change your perception or change your actions.

Solution:
   a) Use the Emotional Forces to change your state.
   b) Clarify what you do want.
   c) Refine your actions. Try a different approach and see if you can immediately change the way you’re feeling about the situation, and/or change the quality of results you’re producing.

2. Fear

This is also known as low levels of concern, intense worry, anxiety, fright, and terror.

Message: The anticipation that something that's going to happen soon needs to be prepared for. This is good, as it gives you massive energy to prepare.

Solution:
   a) Review what you’re feeling fearful about and evaluate what you must do to prepare yourself mentally. Figure out what actions you need to take to deal with the situation in the best possible way.
   b) To antidote your fear, make the decision to have faith. Know that you’ve done all you can to prepare, and understand that very few fears in life ever come to fruition.

3. Hurt

Also known as a sense of loss or having an expectation not met.

Message: We have expectations that has not been met. Or, there’s been a loss of intimacy or trust. This is good, because it shows you have a big heart and care about your life.

Solution:
   a) Realize that in reality you may not have lost anything. Maybe what you need to lose is the false perception that this person is trying to wound or hurt you.
   b) Re-evaluate the situation. Is there really loss here? Or am I judging this situation too soon, or too harshly?
   c) Elegantley and appropriately communicate your feeling of loss to the person involved? For example, “The other day when x-y-z happened, I misinterpreted it to mean that you didn’t care, and I have a sense of loss. Can you clarify for me what really happened?”
4. Anger

Also known as resentful, furious, enraged, or irritated.

Message: An important *rule* or *standard* that you hold for your life has been violated by someone else, or maybe by you. This is good, as it gives you a passion and fire for you to make things right.

Solution:
a) Realize you may have misinterpreted the situation completely. Maybe the person breaking your rules don’t realize how important it is to you.
b) Realize that even if a person did violate one of your standards, your rules are not necessarily the “right” rules.
c) Ask more empowering questions: “In the long run, is it true that this person really cares about me?”; “What can I learn from this?”; “How can I communicate the importance of these standards I hold myself to this person in a way that causes them to want to help me and not violate my standards again in the future?”

5. Frustration

Message: This is an exciting signal. It means your brain believes you could be doing better than you currently are. The solution is within range, but what you’re currently doing isn’t working, and you need to change your approach. This signal is telling you to be more flexible in your approach.

Solution:
a) Realize frustration is your friend. Brainstorm ways to get a result. How can you flex your approach?
b) Get input on how to deal with the situation. Find a role model, someone who has found a way to get what you want.
c) Get fascinated by what you can learn that could help you handle this challenge not only today, but in the future.

6. Disappointment

Also known as being let down, sad or defeated.

Message: An expectation you have had is probably not going to happen, so it’s time to change your expectations to make them more appropriate for this situation, take action to set and achieve a new goal immediately. This is good as it shows the depth of the caring you have and the high standards your set.

Solution:
a) Immediately figure out what you can learn from the situation that could help you achieve the very thing you’re after in the first place.
b) Set a new goal, something that will be even more inspiring, and something you can make immediate progress toward.
c) Realize you may be judging too soon. Often it’s just a temporary challenge. Remember, “God’s delays are not God’s denials.” You may just be in “lag time”, or have unrealistic expectations.
d) Realize the situation isn’t over yet and develop more patience. Re-evaluate what you want and develop a more effective plan.
e) Cultivate an attitude of positive expectancy about what will happen in the future, regardless of what occurred in the past.
7. Guilt

Also known as remorse or regret.

Message: Tells you that you’ve violated one of your own highest standards and must do something immediately to ensure you’re not going to violate that standard again. This is a good, because it’s your internal compass for doing what you believe to be right.

Solution:
1. Acknowledge that you have violated a critical standard you have for yourself.
2. Absolutely commit yourself to make sure this behavior will never happen again in the future.
3. Rehearse in your mind how, if you could live it again, you could deal with the same situation you feel guilty about in a way that is consistent with your own highest personal standards. Utilize guilt to drive you to hold yourself to a higher standard in the future.

8. Inadequacy

Also known as unworthiness, anytime we feel we can’t do something we should be able to do.

Message: That you don’t presently have a level of skill necessary for the task at hand. You need more information, understanding, strategies, tools, or confidence. This is good because it moves you to learn, grow and contribute to others.

Solution:
1. Ask yourself, “Is this really an appropriate emotion for me to feel in this situation?” “Am I really inadequate, or do I need to change my perception?” If so, then you need to find a way to do something better than you’ve done before.
2. Appreciate the encouragement to improve. Understand you don’t need to be perfect. You can begin to feel adequate by committing to constant and never-ending improvement.
3. Find a role model – get coaching from them.

9. Overload Or Overwhelm

Also known as grief, depression and helplessness.

Message: Re-evaluate what’s most important to you in this situation. May have unrealistic expectations of trying to deal with too many things at once, or trying to change things overnight. Grief happens when you feel like there’s no empowering meaning, or your life is being negatively impacted by people, events, or forces that are outside of your control.

Solution:
1. Decide what the most important thing to focus on is.
2. Write down all the important things and put them in a list of priority.
3. Tackle the first thing on your list, continue to take action until mastered it.
4. Start focusing on what you can control. Realize there must be an empowering meaning.
10. Loneliness

Also known as feeling alone, apart, or separate.

Message: The *Need to connect* with people. This is good because it shows your love of people.

Solution:
a) Realize you can reach out and make a connection immediately and end the loneliness. There are caring people everywhere.
b) Identify what kind of connection you need.
c) Remind yourself that what's really great about being lonely means, “I really care about people, and I love to be with them. I need to find out what kind of connection I need with somebody right now, and then take an action immediately to make it happen.”
d) Reach out and connect.