

YOU can control YOUR emotions

If any of our readers are familiar with "Emotional Intelligence" you will know that one of the fundamental capabilities is Self Management. For those not familiar, "Emotion Intelligence" is a leadership methodology that creates a positive, empowered work environment. Study's have show a 20-25% increase in productivity among people working in such an environment. This months newsletter is going to discuss self management, specifically self control of your emotions.



John Gregory Vincent

External things cannot destroy you.....

UNLESS YOU LET THEM. "She drives me crazy", "I cannot stand how long this line is", "I must get this done by 5 or it's over". On and on it goes and guess what? None of these things is causing you stress, anger or frustration. YOU are causing it all. We drive ourselves crazy, we make every external challenge a crisis of epic proportions. You have to agree to react the way you do! "Self Discipline & Emotional Control" is a brilliant Audio CD Program available at www.pryor.com and it is where I learned how we react to things is, in fact, under our control, if we choose it to be. The truth of the matter is "She" does NOT drive me crazy. She does something that I notice and because of previous experiences with her or other similar situations, my unconscious or the "not-conscious" part of our brains reacts so quickly we mistake OUR internally generated reaction as being externally generated. This is extremely powerful because when you realize that you are reacting on some "previously recorded" emotion, you can CONSCIOUSLY do something about it. This is the classic "horse and rider" analogy. Your conscious is your rider and has the ability to be in control but typically we allow that good ole trail "horse", our not-conscious to be in charge. The not-conscious can be helpful when performing repetitive tasks and such (we don't have to think step 1 is, step 2 is... when heating something in the microwave) but when it comes to our emotions it is DANGEROUS to allow the ole trail horse to control our responses, unless we train it! So know that the ONLY reason "She drive YOU crazy" is because **your horse, not HER**, is making you feel that way. Now that you know this you can change how you react!

The second part of this is to what extent we react to external forces. Typically EVERYTHING is the worst possible thing we lump everything in to the highest possible "terrible" category and that is simply not true. Dr. Tom Miller in the program Self Discipline and Emotional Control talks about the "body scale". This is basically taking all your HORRIBLE things (long lines, missed deadline, contract cancellation, job loss etc) and putting it on a scale comparing it to bodily injury. So the WORST possible professional or personal disaster (outside of physical injury to you) equates to loss of all 4 limbs in terms of your "reaction". From there things go down all the way to something equating to a scratch. NOW we can CONSCIOUSLY judge, "just how bad is it?" and react appropriately. So that long line is annoying, maybe sprained ankle annoying but it is NOT loss of all limbs, so react accordingly..... When we measure each event and look at it from a "how bad is it?" point we are much more likely to react appropriately.

When you combine understanding ,WE cause our emotions, not other people or other things with reacting consciously (appropriately) you are WELL on you way to keeping your emotions in check. This WILL reduce frustrations, stress and thus allow better focus and higher productivity! Want to learn more about the many areas Genesis Consulting can help your organizations leaders and managers excel?

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