

INHIBITING DEFICIENCIES

4 INTENTIONAL EMOTIONAL CONTROL

How Do We Master Better Control of Emotions?

These cards outline various ways we can learn to control our emotions. A low reign on our emotions can cause us to react to them inappropriately. However, with better understanding, training, and practice, it's easier to realize that we can control emotions. It involves improving our ability to rationally rethink, when at the same time the mind is susceptible to adverse emotional influence. Intentional emotional control plays a crucial role in healthy mind development. It helps improve how well we structure our attitudes, motivate ourselves, and qualify healthy behavior, which in turn improves our EQ and empowers us in just about every realm of our lives.

UNDERSTAND EMOTIONS

To Master Better Control of Emotions

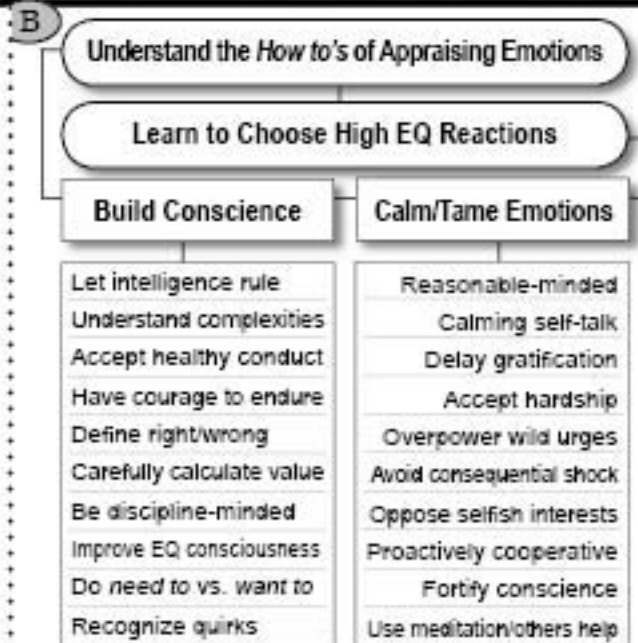


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UNDERSTAND THE ROLE OF INTELLIGENCE

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UNDERSTAND THE ROLE OF ATTITUDE

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