

MASTERING YOUR EMOTIONS

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Proverbs 29:11

One of the hardest things to do is to master controlling your emotions. Your emotions allow you to express how you feel. They are an extension of your personality. They showcase who you are.

Your emotions are a magnet! They can attract peace or trouble. They can attract depression or happiness. Your ability to **CONTROL** your emotions will determine what will be attracted to you.

Proverbs 29:11 says, "[Foolish people lose their tempers, but wise people control theirs.](#)" Think about that. Every time you lose your temper and control of your emotions you are acting **FOOLISHLY**. Foolish behavior will initiate foolish thinking, foolish actions and it will result in making regretful decisions.

Every regretful decision you have made came from **MISHANDLING** your emotions. Most people understand they need to master their emotions. However, very few apply what they know.

It can be difficult to control your emotions. When you receive unexpected interruptions, encounter rude people, hear bad news and watch things change around you without notice, controlling your emotions is nearly impossible to do.

Knowing that these situations are part of life you have to prepare for the inevitable. The best way to control your emotions while expecting the unexpected is to **CONTROL YOUR ATMOSPHERE!**

ATMOSPHERE

An atmosphere is your **ENVIRONMENT**. You cannot control what happens around you. However, you can

control your environment! How you situate your environment will determine the **REACTION** of your emotions.

Emotions react to environments. For example, if your surroundings are doom and gloomy it will influence you to feel depressed. If your surroundings are loud and chaotic it will influence you to feel troubled.

In order to effectively control the atmosphere around you, ask yourself some questions. What bothers you? What makes you feel happy? What makes you feel calm? Asking these types of questions will help you situate your environment where you can **CONTROL** your emotions.

Here are some pertinent questions to ask yourself?

1. What gives me energy?
2. What brings me clarity?
3. What brings me peace?
4. What brings me happiness?

Answering these questions honestly will help you to determine what you need to put around you. Maybe soft music brings you peace. Maybe a well lit house brings you energy. Maybe an organized desk brings you clarity.

Asking yourself these pertinent questions will help you decorate your atmosphere with items that will keep your emotions in check. You will be surprised how **SMALL CHANGES** can produce **BIG RESULTS**.

YOUR EMOTIONS REACT TO YOUR SURROUNDINGS.

Control your environment at your house by decorating it with items that make you happy and comfortable. Do not allow people to stay around you who trigger negative emotions. Control your work area at your job through organization so you won't feel overwhelmed.

THE POWER IS YOURS! Your emotions should not control you. You should control your emotions.

Remember, a wise person controls their temper because life and death is in the power of the tongue.

Wise people understand that losing your emotions can jeopardize favor. They understand that losing their emotions will close doors prematurely. They understand losing their emotions will cause them to make foolish decisions.

If you control your environment you will control your emotions. When you control your emotions you will **CONTROL CIRCUMSTANCES.**

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