

Managing Emotions

The Power of Framing - by Sgt. Steve

How you feel about incidents and situations greatly depends on how you mentally frame them. What really matters is the decisions you make and the opinions that you choose to form about them. Incidents and situations aren't inherently good or bad; what you decide they are makes them feel good or bad.

"Your decision is the leader, your emotions and feelings just follow the leader."

You label each incident and situation with your judgment. Your emotions just read that label and feel the corresponding emotions.

THE "LOST TOOTH" SCENARIOS



The Prom Queen

The high school prom queen is all ready for the big dance when suddenly she trips and falls. She knocks out her front tooth. Right in the middle of her award-winning smile is a big hole, and she is mortified. This is the worst thing that has ever happened to her and she is beside herself with self-pity and frustration.



The 6-Year-Old

The 6-year-old loses her front tooth, and she is beyond excited and happy. She can't wait to show the tooth to her friends, and she is eagerly anticipating a visit from the tooth fairy and some big money under her pillow.



The Hockey Player

The hockey player gets his front tooth violently knocked out by a puck to the mouth. He spits out the blood and continues his game. He doesn't really think about it because these things

happen when you play hockey.

When asked how he feels about it, he chooses to look at it as a rite of passage and a chance to display his toughness. He smiles with a big hole in his grin and goes on to have a good day. After all, no amount of being upset or complaining is ever going to put that tooth back.

It can be losing a tooth, losing a job, winning a million bucks, or a surprise turn of events. 99% of the time, your feelings about it will depend on the opinions you make. Your opinions and judgments are up to you; you can choose an opinion that will make you happy, or you can choose one that will make you sad. It's up to you.

"It's not things that upset us but our judgments about things"

- EPICTETUS

NOTE: As always, this Stoic advice should only be applied to yourself. We don't go around telling other people how they should feel. This concept does not work when we are talking about grief or the death of a loved one. Some things are just going to feel bad and there is no way to out-think it.

**Amor Fati,
Sgt. Steve**