

Emotional Conditioning

Everyday we are faced with challenges to our emotions. We consistently encounter people who are annoying, rude, selfish, loud, obnoxious, untrained for social interaction, lazy, arrogant, and numerous other adjectives that try our patience.

Our encounters with these people give us almost a virtually infinite number of opportunities to work on our emotional control. It doesn't mean that's how they are, but it IS how we perceive them, which allows us to work on ourselves and realize that we control our own words and actions.

It's not about using forceful communication to deal with them. It's about appropriate responses, as we may still have to deal with them.



“In moments of stress, controlling our emotions isn't just an advantage, it's a survival skill” –

TRTG

Emotions Can Consume Us Like a Cancer

In tense situations, emotions run high and can quickly spiral out of control. It's easy to be swept up emotionally especially if we are in a situation where someone is making demands of us, robbing or assaulting us. Being drawn into their emotions rather than controlling our own, can compromise our safety. Every day we encounter selfish rude, inconsiderate people who will push our emotions and our responses to do and say things we wish we haven't said or done.

How can we learn to exercise control when our inner voice is screaming for a vengeful response?

Understand Emotional Contagion. Emotional contagion is unknowingly adopting and reflecting the emotions of another person. It acts like a contagious disease and impacts our own emotions and actions. Understanding this natural response helps to know what we are training against.

Learn to regulate our breathing. Breath control helps us to maximize the oxygen we take into our bodies. Breathing in

through the nose and out through the mouth helps to get oxygen back into our bodies and in turn helps to regulate our nervous system to keep us calm.

Practice Self-Awareness. Learn to recognize how your body responds to your environment. Do certain people set us off? Do we have triggers with certain words, smells, visuals, that sent our emotions soaring? Recognizing how our emotional changes affect us physically is helpful to understand how we can live more consistently.

Recognize the emotions of others. Just don't acknowledge their emotions, let their emotions set off alarm bells in your head to raise your barriers to prevent their transference.

Training to respond to someone else's emotions, is a skill that allows us to maintain our sense of who we are, make better decisions and get better results.

By training ourselves to stay calm and rational, we take back control of our actions and ensure our safety remains our priority. We will act purposefully, decisively and with more integrity.