



### 1) Interact with situation, person, or feeling

- Write a letter to yourself and apologize for your
- Write a letter to yourself and forgive yourself for being human. Sometimes we don't have the control we think we have.
- Use a supportive person to talk to offer a little trust.
- Go to the person and apologize for your arrogance, selfishness, self-centeredness, your anger. If you apologize for your sadness, anxiety or depression, apologize for how your emotions may have effected them but not for some wrongness that you have done.
- Go to the place that you are avoiding.

### 2) Continue to practice \*remember you can use your emotion remote control

We know this process will take months of practice. We can always practice these steps over from step one. Practice is the key to change. Practice `each day. If you find that you need additional support and guidance please contact me at [oureemotionallife.com](http://oureemotionallife.com)

### 3) Deal with setbacks

All skills require practice and failure as part of the natural progression for learning. Be ready for setbacks and try not to be disappointed when it happens.

### 4) Practice more

Practice never ends. Be prepared to practice for months before we acquire significant change in the way we deal with our emotions.

### 5) Reduce emotional stress

The goal is to learn how to reduce emotional stress by becoming aware of our emotions, recognizing our triggers, understanding our unique personality, learning to control our emotions and how stress effects our life in an effort to improve our emotional life.