

How To Deal With Negative Emotions

Negative emotions sap your energy and undermine your effectiveness. In the negative emotional state, you find the lack of desire to do anything. The mind is filled with thoughts of fear, doubts and insecurities. Your body experiences fatigue, tightness and muscle tension.

Notice that your negative emotions arise when you respond to something, attach a meaning to it and picture it in your mind. You add power to it by using words to label and describe the situation or emotion. You will then experience the sensation and respond accordingly, as you always, have unconsciously. The ability to deal with negative emotions will change your responses to situations and people.

How to deal with negative emotions.

Decision.

It takes a decision to change anything. Once you decide that you no longer want to allow your negative emotions to control your life, you will take action to manage them when the first hint appears.

Awareness.

You should condition yourself to become aware of your emotions and the stimulus that trigger them. When you are aware, you are able to look at it squarely. Train your mind to "catch" yourself getting into an emotional state.

Questioning.

It takes conscious awareness to question your limiting feelings and state of mind. Questioning yourself is a way to dehypnotize your way of getting into an automatic state. Question your reasons, assumptions and understandings in order to change the intensity and meaning you attach to your emotions.

Change your focus.

When you focus on hurtful feeling, fear and all other negative state of emotions, you will enlarge them. You need to refocus and divert your attention to what you want to experience. Instead of brooding and playing disempowering images and talking negatively to yourself, take a different action.

Since you have total control over your thoughts at any given time, you can shift your thinking. The best way to shift your thinking and refocus is to do something physically. Moving your body through physical activity changes your internal state of mind.

De-stress and relax.

When there is a lot of stress in your life, everything seems against you. De-stress yourself at intervals during your waking hours by taking time to relax and exercise breathing techniques. A calm and peaceful mind is able to produce positive emotions and a better outlook about life and events.

Accept responsibility.

Try to remind yourself that the cause of your anger, hurt and fear are not due to external situations or people. It exists inside you. If you can control and manage your negative emotions, nothing out there will affect your state of mind and body.

Short note about the author

Fatimah Musa provides information, tips and quotes to help people become aware that any future success starts with their personal growth. You can visit Fatimah at <http://www.about-personal-growth.com> or read more articles at <http://www.about-personal-growth.com/personal-growth-articles.html>.

