

## Using “Mind Set” to Control Your Emotions

We all have strong rational styles and symbiotic emotions they can upset us and others and get in the way of what we are trying to accomplish.

- **Analyzers** need to reduce their excessive **Fear**
- **Directors** need to reduce their excessive **Anger**
- **Relators** need to reduce their excessive **Sorrow**
- **Socializers** need to reduce their excessive **Joy** (ecstasy)

This isn't easy, especially when we are strong in a style and need to reduce the over use of its emotion at an upcoming stressful event (or just use it less at work). Rational styles “sort out” emotional expressions to make sense of them and then proceed accordingly. Unfortunately, emotions are so quick that we can't sort them out fast enough—the damage is already done. But we can sort them out if we plan ahead. This is accomplished through what I call “Mind Set”, which automatically negates emotional outbursts as they erupt.

If you have already tried the Mind Set technique you know that it is momentary, you can't use it once to program the rest of your life. But the continuous use of it over weeks can help you to control it much better. Mind Set is *necessary* when you know you will be distressed the next day; it is very helpful to control the excessive use of your strong emotion daily.

### To use the mindset technique, do the following:

1. The **night before**, before retiring, find a non-distracting place to do your mind-set, think about tomorrow and how your strong emotion might upset you and others.
2. Next say to yourself “I will NOT become angry (or fearful or sorrowful or ecstasy) tomorrow”—“I will love everybody and they will love me”—“Yes, tomorrow is going to be a GREAT day!”
3. Repeat step 2 again.
4. The **next morning** when you awake or when you are doing something that doesn't take any concentration etc., say the following:  
“I will NOT become angry (or fearful or sorrowful or ecstasy) today”—“I will love everybody and everybody will love me”—“Yes, today is going to be a GREAT day!”
5. Repeat step 4 again.

This simple technique will help you to negate the negative effects of your excessively used strong emotions to accomplish what you desire.

Remember! You need to do this every night and morning for a few weeks if you expect it to become a natural part of how you handle your strong emotion.