

# The best kept *secret* about emotions & control

**Loving control** can be about wanting certainty, security, or both.

- Certainty-related control: *knowing* and manipulating a specific, preferable outcome
- Security-related control: *being prepared* for any outcome, regardless of its quality

This is why wanting control can be less about ensuring any specific outcome and more about wanting a sense of security in being prepared for anyyyyyythingggggg.

We talk a lot about accepting a 'lack of control'

especially in the context of life transitions and undesirable environmental circumstances, resulting in general mental and emotional discomfort. When we talk about what we can control, it involves our own thoughts, feelings, and behaviors.

WHEN THE CONTROLLABLE SEEM MILDLY DEPRESSING, WE ENCOURAGE PEOPLE TO ACCEPT A 'LACK OF CONTROL,' AS IF IT'S THE BEST SOLUTION.

There's this negative undertone to liking control.

It stems from **CERTAINTY-RELATED CONTROL**

It's leads us to assume that those who prefer control in general, need things to be their way or the highway- and yes, sometimes this is true, but not always...

## SECURITY-RELATED CONTROL

What about a control-based need for preparation?

(a.k.a. *being prepared* for whatever outcomes may be possible in general)

I find this to be a common trait amongst goal-oriented, high-achieving problem-solvers. These are people that learn quickly, don't like wasting time, and function based on choices that they think will maximize efficiency; while also factoring in room for error and uncontrollable things like other people's emotions, flight delays, slow checkout lines, and/or sad things that happen(ed) in the past or future.

...sound like you yet?



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is like the *secret ingredient* to success that people don't talk about.\*

Because it tends to be a trait that people *either*

a). Totally get or

b). Think is totally 'extra.'

\*hint- I'm not just referring to financial, career, or relationship success

## When you're one of those people who "gets it"

you'd probably agree that most things, events, thoughts, occurrences, and feelings aren't separate entities being caused to exist on their own *just because*.

You know that there are little details, or other variables, that contribute to each of their causes, affects, intensions, and outcomes.

## So what are you missing or *not* maximizing your efficiency in... yet?

### CONSIDER THESE:

when...  
**physical *needs***

are running low,  
they come with  
**physical *signals***

when...  
**mental & emotional *needs***

are running low,  
they come with  
**mental and emotional *signals***

*So what?*



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When you experience physical...

hunger → growling stomach → eat a snack you've got on hand  
tiredness → can't keep your eyes open → go to bed early

## *Your love for preparation-based control*

always has you thinking 10 steps ahead, because you...

- *Know* the kinds of *situations that lead to* hunger and sleepiness
- *Are prepared for dealing with them* by packing snacks and K-cups and
- *Already made a plan* to go to bed early and sleep in tomorrow morning.

'Congrats,  
but there's more.'

## WHAT ABOUT PREPARATION FOR emotional needs THOUGH?

And I'm not just talk about basic 'coping skills.' I'm referring to knowing what things have positive *and* negative effects on your *more intense emotions*.

Put your love for control to more efficient usage;  
**FOLLOW PROMPTS ON THE NEXT PAGE.**

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Consider your experiences with these:

Take your love  
for control and  
preparation  
to the next level NOW!

**Fear**

**Anger**

**Jealousy**

**Excitement**

**Sadness**

**Shame**

## 6 THINGS TO KNOW ABOUT THESE *less commonly* prepared for emotions:

- Common Triggers of each intense emotion
- Successful Coping Mechanisms for each
- Successful Distraction Tactics for each
- Amplifiers- more commonly, ‘worsteners’
- Experiences that were managed well, for each
- Learning from each consecutive experience...

**SUBSCRIBE TO GAIN ACCESS**

to my plan in helping you

put all of this to action!



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xoxoxo,  
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#### Disclaimer:

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