# The best kept secret about emotions & contro

### Loving control

can be about wanting certainty, security, or both.

- Certainty-related control: *knowing* and manipulating a specific, preferable outcome
- <u>Security-related control</u>: *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 anyyyyythingggg.

#### 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.

...sound like you yet?

#### 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 highwayand 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 incontrollable things like other people's emotions, flight delays, slow checkout lines, and/or sad things that happen(ed) in the past or future.

## The best kept secret about emotions & cont

### secret ingredient to success that people don't talk about.\*

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

a). Totally get orb). 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?

is like the

## The best kept secret about emotions & control

When you experience physical...

hunger  $\rightarrow$  growling stomach  $\rightarrow$  eat a snack you've got on hand

tiredness  $\longrightarrow$  can't keep your eyes open  $\longrightarrow$  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.



## 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.

# The best kept secret about emotions & cont

Consider your experiences with these:

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

Fear Anger Jealousy Excitement Sadness Shame

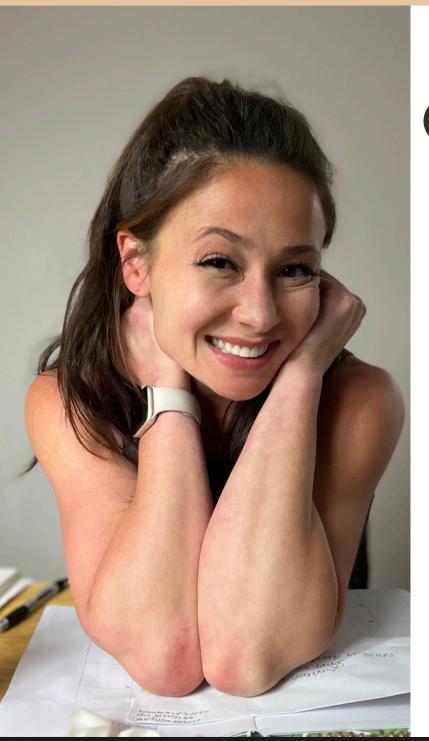
## 6 THINGS TO KNOW ABOUT THESE less commonly prepared for emotions:

- 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!

# The best kept secret about emotions & control Enjoyed this much?



Freebies Folder

### SUBSCRIBE

for my most practical tools, tips, and guides on all things mental health, EMDR Therapy (my specialty), and the relationships within and between all of us.

- O R -

GET SET UP WITH SOME REAL THERAPY SESSIONS WITH ME TODAY.



Disclaimer:

This is a spark notes alternative, created by a Licensed Therapist/ therapy client, to enhance your ability to plan for a more fulfilling future, despite your past circumstances However, this is not a researched, evidence-based method to solving clinical mental health issues in itself, as it merely represents a type of thinking utilized in a larger evidence-based protocol (EMDR) that can be conducted in a professional therapeutic capacity. For more individualized consultation questions regarding specifics to your situation, please reach out to a Licensed Professional Mental Health Counselor in your state.