Emotional Management

When someone is doing something or is about to do something, in a way we don't want it to be done and we are not able to accept it, we become angry.

When someone is doing something or is about to do something, in a way we don't want it to be done, but we are able to accept it, we tolerate it. When someone possesses something which we don't have, or someone produce the results which we are not able to produce, and we are not able to accept it, we become jealous.

When someone has something which we don't have, or someone can produce the results which we are not able to produce and we are able to accept it, we get inspired.

The emotional equation is simple.

Something + Acceptance = Positive Emotion

Something + Nonacceptance = Negative Emotion

'Something' or 'someone' is not making us feel positive or negative, our own 'acceptance' or 'nonacceptance' is giving rise to the positive or negative emotion.

It's not the world but our response to the world that determines the quality of our emotions.

Next time, don't ask who or what is disturbing you. Instead, assess who or what you are not accepting which is the reason behind this disturbance in you.

Replacing nonacceptance with acceptance turns the negative emotion into a positive one.

Emotional management involves stopping to blame 'something' or 'someone' and responding to life with 'acceptance'.

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