

# **Master Your Emotions**

**Respond Thoughtfully and  
Effectively**

[mindpersuasion.com](http://mindpersuasion.com)

## **Instructions**

Listen with headphones and eyes closed. Visualize any situation where you are in complete control of your emotions.

## **Tips for Success**

Keep a daily journal and record any objective evidence that you are becoming more in control of your emotions. Write down any positive comments made by others.

Please visit our forum to share your successes, or to ask any questions:

[mindpersuasion.net](http://mindpersuasion.net)

# **Affirmations**

I am calm

I am relaxed

I think before I respond

I control my emotions

I respond thoughtfully in all situations

I accept and manage my anger

I accept and manage my frustration

I find healthy outlets for my anger

I find healthy outlets for my frustration

I always think before I respond

I breathe deeply and calmly in tense situations

I avoid situations that trigger unhealthy emotions

I avoid people that trigger unhealthy emotions

I am always safe

I am always in control

I am always protected

I am always supported

I always feel safe

I always feel protected

I always feel supported

I control my instincts

I control my urges

I control my animalistic behaviors

I control my animal urges

I use the energy in my emotions

I channel the energy in my emotions

I accept and manage the energy in my emotions

I use my emotional energy for social success

I use my emotional energy for financial success

I use my emotional energy for artistic expression

I use my emotional energy for spiritual success

my emotional energy is a gift

my emotional energy is a treasure

I love the raw energy of my emotional power

I shape the expression of my emotional power

my emotional energy makes me incredibly powerful

my emotional energy makes me incredibly successful

my emotional energy makes me incredibly charismatic

my emotional energy makes me incredibly magnetic

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