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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Managing Emotions vs. Controlling Emotions**

**By Susan Dunn**

**Managing Emotions vs. Controlling Emotions by Susan Dunn, MA, The EQ Coach**

**DEFINITIONS**

Managing Your Emotions – Being aware of your emotions and letting them happen. Understanding where they come from and what they mean. "Getting" the message they are sending. Knowing that you have a choice in how you respond to them.

Controlling Your Emotions – Shutting down when you're feeling an emotion. Not letting it surface. Stuffing it down. Not getting the message it's trying to give you. Faking it. Forcing yourself not to feel what you're feeling. Denying what you're feeling.

**COMPARISONS**

Being in touch with your emotions vs. Being out of touch with your emotions

Experiencing your emotions and deciding what you will do with this information vs. Shutting down the emotion, or reacting to it in a knee jerk fashion

Allowing all your emotions as valid sources of information vs. Being willing to allow only certain emotions you consider proper

**EXAMPLE**

Managing Your Emotions – As John James sat in the meeting, he realized his pulse was racing, his jaw was clamped, and his knee was bouncing up and down. When he examined the source, he realized that his manager was once again belittling the staff and claiming credit for what others had done and this was making him angry. He decided to quit pretending things were going to change, and to get his resume ready.

## Managing Emotions vs. Controlling Emotions

Controlling Your Emotions – Mary's husband demeaned her again and then struck her in the face. She told herself he was a good man and couldn't help doing that, and that it didn't really hurt. She "knew" there was nothing she could do about it, so she ignored her blinding headache and cramping stomach, and went on about her housework.

### KEY POINT

When you manage your emotions, you can 'get' the important information they are bringing to you, and then decide whether to respond, and if so, how, when and where.

### BENEFITS

When you can manage your emotions and develop your emotional intelligence, your life will work better.

### RELATED DISTINCTIONS

Pulling gently on the bit vs. Whipping the horse and using spurs

Driving the car vs. Riding the gas pedal and brake

Leading the elephant out of the living room and back where it belongs vs. Pretending the elephant in the living room isn't there

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### **EQ--for the Agony and the Ecstasy**

**By Susan Dunn**

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"The Agony and the Ecstasy" is the title of a novel about Michelangelo, by Irving Stone. When I encountered the title in middle school, I decided to read the book to find out what "agony" and "ecstasy" might be like, states of existence apparently available to uber-humans like Michelangelo. I was sure I had not experienced them.

It may have been a misperception, or it may have been a vocabulary problem.

## Managing Emotions vs. Controlling Emotions

I'm now a grandmother, and I now know what they mean. In fact I have survived both many times.

When we're experiencing deep, intense emotions is when we feel most alive. It is also when we are most vulnerable and most afraid. When we're in despair, terror or torture, we want to know if it is going to go on forever. When we are in bliss, we need to know that if it should end, we would be able to survive it.

Managing our emotions is part of emotional intelligence. Managing them, not controlling them. Having such high states of emotion gives us experience in handling them, and the knowledge that we can survive them. It also brings us the understanding that they don't last. The good news is, no matter how agonizing, it won't last forever, and the bad news is, no matter how ecstatic, it won't last forever.

We also learn about the natural balancing act our brains do. When we have an ecstatic moment, for instance receiving an award, we learn that it's often followed by a "down" time. Having gone too high, we seek to restabilize by going too low.

Does the converse happen? If you experience a deep grief, you will have carved out a space that can be filled up by happiness or joy.

If you are not willing to experience the agony, you won't be able to experience the ecstasy.

To increase your emotional intelligence, take a course or get some EQ coaching. It's when we're experiencing our emotions that we feel most alive, and our life has the most meaning.

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