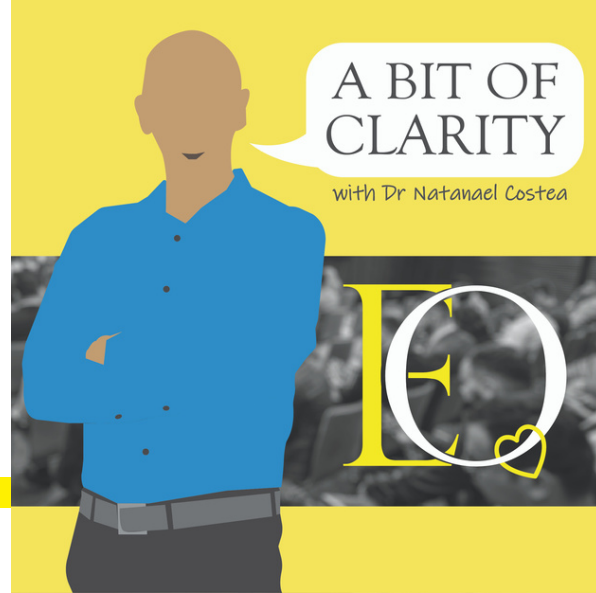


EP 017

SELF-CONTROL

SHOW NOTES



OBJECTIVE

> Develop an understanding of self-control.

UNDERSTANDING SELF-CONTROL

> Self control is the ability to manage disturbing emotions and impulses and remain effective, even in stressful situations. People who self-regulate well, don't allow themselves to become too angry or jealous, and they don't make impulsive, careless decisions. They think before they act. They stay calm and clear headed, and are able to say, 'no'.

MANAGING SELF-CONTROL

1. **Step back from the drama of the situation.** Everything is much more amplified in the epicenter of the drama. Rise above it. Take 10 steps back. Unhook yourself from the event and see the bigger picture.
2. **Make technology your friend.** We all have sent an email or wrote a comment on social media in haste that we later regretted. Delay your responses. Add a delay setting on your email if needed. Hold back a few minutes (or hours).
3. **Get to know your emotional triggers.** Ask yourself, "Why am I feeling this way? What is triggering this?" It could be an event of the past or an irritation you have that triggers the disturbing emotion. You are your best friend in this.
4. **Exercise control over your communications.** Learn to raise your awareness of your communication patterns during charged situations. Do you raise your voice, interrupt, judge or blame others? Your communication is the most vivid display of your self-control. Nothing is more difficult, and nothing is more rewarding when mastered.
5. **Eliminate temptations.** If you are struggling with good eating habits, do not buy unhealthy foods so you don't have them in your pantry or fridge. If you cannot help yourself reaching for your phone in a meeting or during a conversation, put the phone away or better yet, leave it in your car or bag. Get rid of anything that could be at an arm's reach to get hold of you. Prevent any opportunity for temptation.
6. **Buy time.** When your emotional self control is tested, one of the best things you could do is to temporarily remove yourself from the situation. Take a walk away from the situation. Go into a low-pressure environment where you can clear your head. Learn to postpone important decisions until you have regained a calmer perspective.
7. **Apply logic to your worries.** Ask yourself, "What will it matter five years from now?" Worry is the antithesis of emotional self-control. Is it really as bad as it seems? Is the danger real or perceived? What evidence is there?

APPLICATION

> Choose three self-management points where you'd like to boost self-control and list two action points for each.

RESOURCES

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