

Controlling Your Emotions Before They Control You

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wiki how to gain control of your emotions. ... when you ignore or repress your feelings, they tend to get worse ... before accepting your emotions and trying to ...

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being able to control your emotions is key ... you can handle most of the work involved in regulating your emotions well before the ... you know this because they can ...

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dealing with emotions in the office is tricky. you don't want to be branded as the person who freaks out, or cries at the drop of the hat.

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the roller-coaster of emotional turmoil can be devastating. fear, anger, and stress take their toll, and families are hurt, job performance suffers, and self-esteem ...

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