

EMOTIONAL STABILITY

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INTRODUCTION

Have you ever been in a situation that you felt like you handled it in the right way but the outcome left you wounded, confused, angry or even bitter? I've been there myself. I know what that feels like.

Have you ever responded to a situation where you felt out of control? At any time, have you responded to a situation and look back wondering where that stuff came from or even who that person was, even though it was you.

What about this scenario? Have you ever been in a situation that didn't necessarily go your way

and it even made you angry, but the way that you responded in that moment left you with resolve, contentment, even at peace with it all?

What if I told you that you have the ability to respond in that way most of the time, if not all of the time regardless of the personality or the situation that you find yourself with or in the moment?

You see, the time that you responded, even in the situation that didn't go your way, that left you with resolution contentment and peace, it's called emotional stability. The responsibility and ability to respond.

Emotional Stability, as I Define it is, "the way that I choose to respond in any situation, that produces resolution and contentment and peace, without being wounded, even if the outcome doesn't go my way".