## EMOTIONAL EXTREMES

We often struggle when considering what we should do, rather than what we desire (related to our health or wisdom). The best option may demand that we reign in our emotions, yet creates the potential for phenomenal results.

Please take time to review the two lists of Emotional Extremes below, (unhealthy are italicized). In the future, try to weigh in on your emotional aptitude whenever experiencing such struggles. Consider what it takes to apply the best option. Listen for inappropriate self-talk that allows you to make unhealthy choices. Memorize self-talk phrases that motivate you to improve your emotional aptitude.

## The Healthy Versus Unhealthy Emotional Aptitude

Self-aware Balanced EQ directed Cautious Realistic Responsible **Ambitious** Regulated Dignified Disciplined Courteous Respectful Patient Accountable Measured Cooperative Self-controlled

Unbalanced Pleasure directed Careless Exaggerative Irresponsible Lethargic *Indulgent* Overbearing Rebellious Rude Devious *Impatient* Unaccountable Overly confident Uncooperative Nature-driven

**Unmonitored** 

Friendly Investigative Guarded Appreciative Helpful Generous Kindly Fair Loyal Punctual Organized Reliable Neat Honest Open-minded Courageous Positive

Self-centered **Assumptive** Unquarded Unappreciative Unhelpful Greedy Unkindly Unfair Disloyal Tardy Unorganized **Unmotivated** Sloppy Dishonest Close-minded Cowardly Negative

