

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	<i>Unmonitored</i>	Friendly	<i>Self-centered</i>
Balanced	<i>Unbalanced</i>	Investigative	<i>Assumptive</i>
EQ directed	<i>Pleasure directed</i>	Guarded	<i>Unguarded</i>
Cautious	<i>Careless</i>	Appreciative	<i>Unappreciative</i>
Realistic	<i>Exaggerative</i>	Helpful	<i>Unhelpful</i>
Responsible	<i>Irresponsible</i>	Generous	<i>Greedy</i>
Ambitious	<i>Lethargic</i>	Kindly	<i>Unkindly</i>
Regulated	<i>Indulgent</i>	Fair	<i>Unfair</i>
Dignified	<i>Overbearing</i>	Loyal	<i>Disloyal</i>
Disciplined	<i>Rebellious</i>	Punctual	<i>Tardy</i>
Courteous	<i>Rude</i>	Organized	<i>Unorganized</i>
Respectful	<i>Devious</i>	Reliable	<i>Unmotivated</i>
Patient	<i>Impatient</i>	Neat	<i>Sloppy</i>
Accountable	<i>Unaccountable</i>	Honest	<i>Dishonest</i>
Measured	<i>Overly confident</i>	Open-minded	<i>Close-minded</i>
Cooperative	<i>Uncooperative</i>	Courageous	<i>Cowardly</i>
Self-controlled	<i>Nature-driven</i>	Positive	<i>Negative</i>

