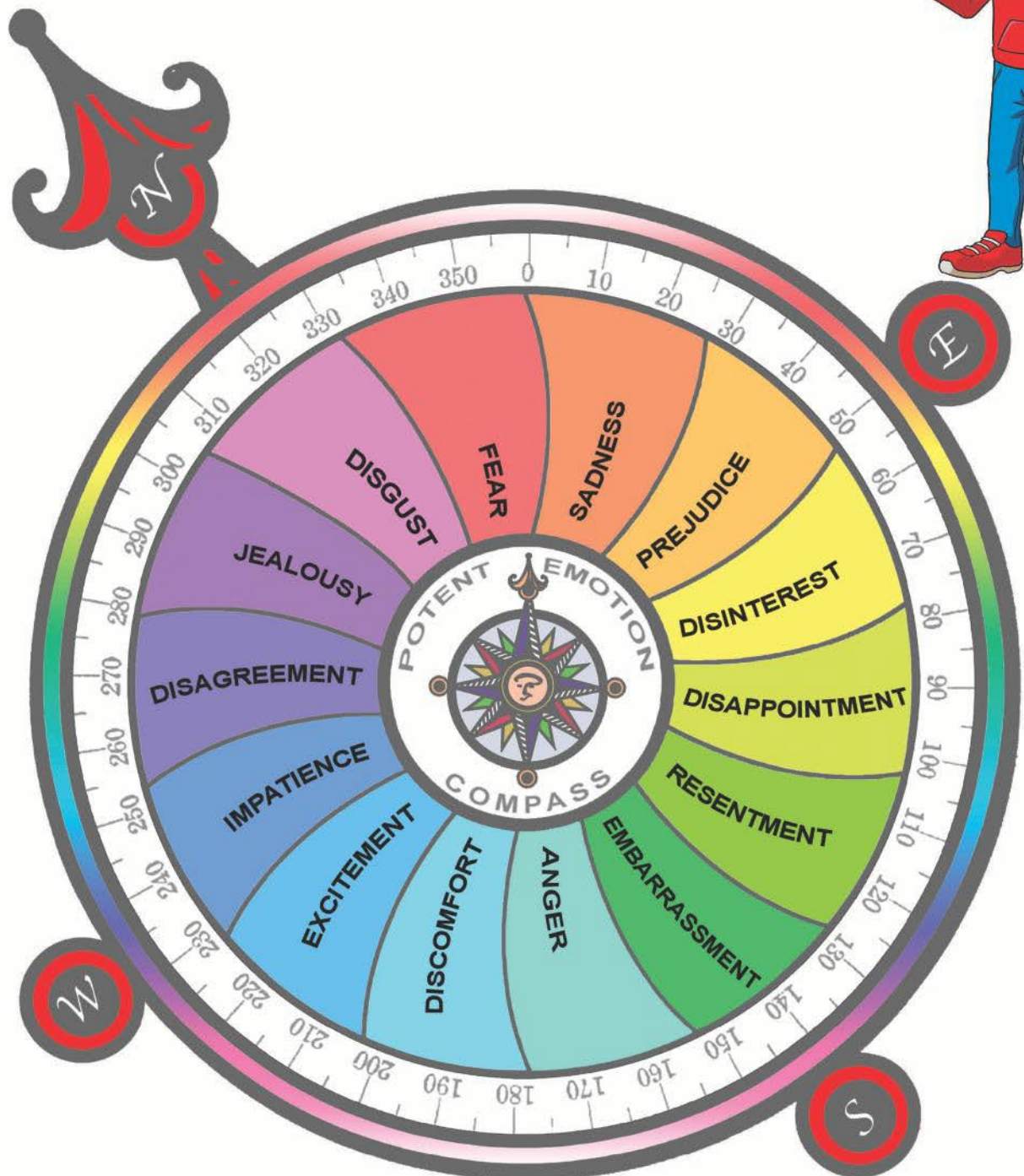
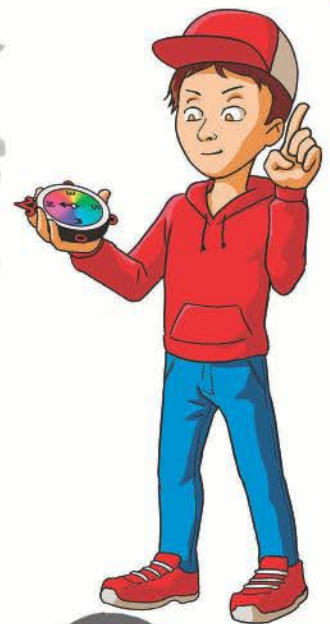


UNDERSTANDING EASILY AROUSSED EMOTIONS HELPS US LEARN TO MANAGE THEM BETTER.



This compass lists emotional situations in which our feelings are easily exaggerated and often expressed inappropriately. Our health and well-being require us to be careful in assessing these kinds of feelings before reacting. Keep this compass handy for helping you to remember to STOP and ANALYZE these emotions very carefully. Additionally, for calming anger, try repeating Aristotle's quote when anger arises: "Anyone can become angry— that is easy. But to be angry at the right person, at the right time, to the right degree, for the right purpose, and in the right way— that is not easy." You will find other helpful ideas for remedying potent situations at the Emotional Intelligence Institute website, e-ii.org.