

HOW WE EMPOWER TEMPTATION RESISTANCE

The US Marine Corps has specialized military units known as reconnaissance (recon) teams that undergo advanced training to better understand an enemy and develop effective strategies to combat and overcome them. As you perform the activities listed here, try to think of yourself as an emotional recon investigator in training.

You are, in essence, learning to better understand a formidable adversary known as temptation and discovering how to protect your mind against it through these unique exercises. Just as a recon team relies on dedication, discipline, and teamwork, you will also need to harness these qualities to defend your mind from temptations. Efforts to harness these qualities are also important to improving our overall emotional intelligence.

Temptations appear frequently throughout each day, undermining our resistance through emotional triggers. They can be spontaneous, premeditated, even to the point of all consuming. Temptations can be influenced by external factors such as media or peer pressure.



Sometimes resisting temptation involves a necessary pain while acknowledging the dangers of indulgence. Remember, there is a powerful and resilient part of your mind that can endure necessary pain and help you resist many temptations. This part of your mind can enlighten the more primitive area of your mind that too easily succumbs to temptations.

By applying the specialized training you are receiving during this 2024 Emotional Intelligence Awareness Month Campaign and activating the stronger aspect of your mind, you will be better equipped to effectively manage and overcome temptations.

Improving our overall emotional intelligence enhances our judgment and temperament, helping us guide our thoughts and behaviors, and enabling us to govern ourselves more intelligently and interact with others more meaningfully. The more we understand our own minds, the better equipped we are to develop mature mental habits and resist harmful temptations.

The word temptation often conjures images of weakness, deceit, and moral failing. Resisting temptations can be compared to resisting the urge to scratch an itch, but can lead to serious consequences. While the "Darwin Award" books describe the extreme outcomes of succumbing to temptation, it is clear that understanding and avoiding temptations is highly valuable. Gaining the latest knowledge and developing innovative skills can, no doubt, assist in temptation resistance.



POWERFUL TEMPTATION RESISTING ACTIVITIES

TEMPTATION RESISTANCE JOURNALING

Over the next week, spend time creating a list of various temptations that are difficult to resist on the left of a 2-column page. On the right, note potential short and long-term consequences. On the back or a 2nd page, note temptations that you have already overcome. Then review this document just before bedtime and in the early morning for 3-4 weeks for increased reinforcement to resistance.

TEMPTATION RESEARCH ON THE INTERNET

1. Wikipedia: Temptation
2. Mattnet: Avoid temptations
3. Psychology Today: Temptation
4. UoPeople: Overcome Challenges
5. Verywellmind: Improve Self-Control
6. jamesclear.com/temptation-bundling
7. WikiHow: How to deal with temptations



Recognizing your need for improving mind development, from a psychological standpoint should increase your interest to continue studying. Each year's Word of the Year study aims to enhance your mind and encourage personal growth. Your efforts in this regard are significantly important! Please consider continuing the Institute's FREE program lessons which are designed to accelerate EQ growth. As time permits, whether reading one lesson each day or each week, such efforts will provide a solid foundation for understanding and resisting temptations.