



UNDERSTANDING THE MIND'S GREATEST SUPERPOWER

Self-control represents our greatest super power for developing healthier minds. It is a primary power we utilize for governing or restraining our feelings, thoughts, and actions to improve the quality of our behavior. Self-control is crucial for effective self-management, as well as respectfully treating others. With self-control playing such an important role in our lives, gaining a better understanding of the dynamics involved can be very helpful for empowering this great superpower.

Unfortunately, avoiding self-control distorts our emotional growth. One significant reason that we avoid self-control is the ease in which the human mind can operate in a casual mode and deceive us— especially when we don't understand or aren't concerned enough to monitor the quality of our thoughts and actions.

While in a casual mode, our minds are susceptible to a number of destructive quirks. Natural inclinations, such as luring enticements, impatience, or procrastination can adversely affect our thinking. We can become spellbound and act careless and neglectful. When in a casual mode, we don't readily recognize or question conflicts-of-interest between our desires and logic. We too easily say YES, when the more responsible option would be to say NO, or visa versa.

No doubt, to develop healthier minds, we definitely need as much understanding and leverage as possible. Yet, even with such a super-power, challenging the mind's destructive quirks requires that we learn how to endure healthy stress beyond our current limit. As with any superpower, self-control often requires more resilience than we naturally want to exert.

Below are lists of words that distinguish a number of ways we accept and reject self-control. Please spend quality time each day reviewing these words for better grasping the dynamics that empower or disable self-control.

CONTROL WORDS

Adaptable	Governing	Protective
Accomplished	Healthy	Purposeful
Alert	Helpful	Regulated
Balanced	Heroic	Reserved
Brave	Improving	Respectful
Calculated	Instructing	Restrained
Cautious	Intelligent	Restricting
Constrained	Lawful	Reverent
Coordinated	Leveraging	Revising
Dedicated	Learning	Righteous
Determined	Limiting	Scrutinizing
Diligent	Logical	Selective
Directed	Maintaining	Sensible
Disciplined	Managing	Strategizing
Discrete	Measured	Supervising
Educated	Methodical	Tame
Efficient	Obedient	Timely
Empowered	Organized	Trainable
Enduring	Patient	Trying
Engineering	Practical	Tolerant
Ethical	Precautious	Understanding
Exerting	Prioritizing	Virtuous
Faithful	Productive	Wise

LACK OF CONTROL WORDS

Abandoning	Foolish	Rebellious
Agitated	Frivolous	Resigning
Aimless	Gridlocked	Risking
Annoyed	Helpless	Sabotaging
Avoidant	Ignorant	Self-destructing
Defenseless	Immature	Sheepish
Disregardful	Impatient	Reckless
Careless	Independent	Ridiculous
Challenged	Indulgent	Spellbound
Cheating	Inexperienced	Stupid
Childish	Intimidated	Surrendering
Complacent	Intolerant	Tempted
Contrary	Irrational	Temperamental
Cynical	Irresponsible	Uncalculated
Discombobulated	Lackadaisical	Unconstrained
Dishonest	Lazy	Undisciplined
Disinterested	Lured	Uninhibited
Distorted	Manipulated	Unreasonable
Effortless	Misbehaving	Unrealistic
Endangering	Misguided	Unwise
Enraged	Mismanaged	Wasteful
Entitled	Powerless	Weakened
Flippant	Procrastinating	Wrong