

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

# **Control Your Feelings, Don't Let Them Control You**

Have you ever let your feelings get the best of you and then said or done something that you regretted later? Sometimes our feelings 'get the best of us'. However, managing and responding to your feelings appropriately takes self control and a few strategies. Complete the questions below to help to control feelings and not let them get the best of you.

1. Explain what it means by: Don't let your feelings get the best of you.
- 2 Provide an example of a time where you regretted doing or saying something based on the way you were feeling.
3. What does 'Managing your feelings and emotions mean?'
4. Provide an example of a time where somebody responded to you in a negative way based on their feelings. How could have this have been handled better?
5. Provide 3 tips that help to manage feelings appropriately.
- 6 Why is it important to 'manage your emotions and not suppress them?'



# Paper On Self Control

**LL Leslie**



## **Paper On Self Control:**

## Whispering the Techniques of Language: An Mental Quest through **Paper On Self Control**

In a digitally-driven world wherever screens reign supreme and instant interaction drowns out the subtleties of language, the profound strategies and mental nuances concealed within phrases usually go unheard. However, situated within the pages of **Paper On Self Control** a captivating literary treasure pulsating with organic emotions, lies an extraordinary journey waiting to be undertaken. Penned by a talented wordsmith, this marvelous opus encourages viewers on an introspective trip, gently unraveling the veiled truths and profound affect resonating within the very material of each word. Within the mental depths of this emotional review, we shall embark upon a sincere exploration of the book is core themes, dissect their charming publishing type, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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