



Principles for Living with Emotional Control

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1. We can never beat a destructive emotion by fighting it. We must replace it with something attached to greater pleasure.
2. The most effective way of attaching pleasure and pain proactively is with a disciplined imagination.
3. Give yourself lots of grace when you fail. Remember, Jesus wept and Paul lashed out to the point of wishing people castrated themselves.
4. Give attention to what you want instead of what you don't.
5. Generalise the negative. Be specific about the positive.
6. You will never ever ever get to the bottom of the negative feeling by talking about it. There is no bottom. Focus on the positive. Be solution focused.
7. Regret is a wasted emotion. All your power lies in the now.
8. The best way to manifest what you want is to think and feel as though it is already true.
9. I have to get what I want before I feel better is a disempowering myth. You can feel better now by changing what you see.
10. A touchstone memory is very powerful. Find a thought that gives you a different feeling not a solution.
11. Living with the delusion of control will lead you to being emotionally agitated and unhinged... mind your own business. We always feel worse after attempting to control someone.
12. It's OK to consider it later. The world will not end!
13. Be a script writer, not a historian.