

MINDSET MONTHLY

TAKE CONTROL OF OUR EMOTIONS | Jan 2019



“Speak when you are angry and you will make the best speech you will ever regret.”

- Ambrose Bierce

Scenario: At meetings, an exclamation is often made by certain leaders: “the team’s poor performance makes us mad!” Justified by their emotions, they go ballistic while their team members keep silent and over time, become disengaged.

Reflection: Did the team make the leaders mad? Or did the leaders make themselves mad? Hint: According to Hyrum Smith, “The only thing you have 100% control over is you”. We create our own emotions. Therefore, we need to understand how our emotions are formed, and take control before our emotions control us and undermine our abilities to lead.

EMOTIONS FORMING PROCESS

1. First, we gather information about our surroundings using our five senses: observe, listen, touch, taste and smell.
2. Next, based on the information gathered, we add our own meaning and create our own story. According to William Shakespeare, “Nothing in this world is good or bad, but thinking makes it so”.

3. Then, we pass our judgement if the matter is right or wrong, good or bad, happy or sad, fair or unfair, etc, to our story and this drives our emotions.
4. Finally, based on our emotions, we choose our actions.

Applying the above process, the crucial point is the **story-telling** part. Leaders who assume that they are always right and determine that it is a waste of time to listen to others given their seniority and expertise, may at times make wrong assumptions and stop questioning the validity. Their incorrect story then yields the wrong emotions and actions.

Leaders who are the best at engaging their team members choose to **THINK through their story**. They choose their story, which in turn, influences their emotions and actions. Take control of our story-telling. Ensure it is accurate. Change the story to master our emotions and achieve better outcomes for us and our team.

“If you do not have control over your mouth, you will not have control over your future.”

- Germany Kent