

IronWorks – Friday April 17, 2009 & Wednesday April 21, 2009

Sword Mastery: Cutting through Chaos.

MASTERING EMOTIONS

Teacher – LEARY GATES

“Better a patient man than a warrior, a man who controls his temper than one who takes a city.”

– Proverbs 16:32

BENEFITS OF EMOTIONAL MASTERY:

INCREASES AWARENESS OF YOUR INNER VITALITY

IMPROVES HEALTH AND PHYSICAL VITALITY

EXPANDS MINISTRY

STEPS TO GREATER EMOTIONAL MASTERY:

1. AWARENESS

**Know your indicators
Identify the emotion
Start small**

2. MANAGEMENT

**Subordinate your emotions to your purposes
Take responsibility for your own responses
Practice self-care disciplines
Forecast emotional responses**

3. CONNECTION

**Empathy through active listening
Empathy through prayer**

An excellent resource for further learning is *Non-violent Communications: A Language of Life*, Marshall B. Rosenberg, Ph.D., PuddleDancer Press, 2003. His website (www.cnvc.org) is also a helpful place to get additional information such as emotions lists. Note: Dr. Rosenberg is Jewish and the materials are written from a secular perspective.