

## Establish Emotional Stability

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An excerpt from his book "***The Wisdom of Emotions - Building Genuine Happiness and Finding Inner Peace***," copyright © 2013. Books available at the offices of Dr. Coppola, or purchase online: [www.DrDavidCoppola.com](http://www.DrDavidCoppola.com)

One of the keys to developing emotional stability, wisdom and insight is expressing negative emotions and then consciously moving on to a more peaceful state. No matter how much pain and anxiety we are feeling, these emotions are a consequence of how we are perceiving our world.

Pay attention to how you feel. If you are stuck in negativity, change your thought patterns. Shift your focus from the negative emotion to the countering positive emotion. When you feel angry, shift to thoughts of what brings you joy. When you feel anxious, shift to thoughts that make you feel calm. I will not provide examples of what those thoughts might be because what makes you feel joyful is not always what makes others joyful. The same is true for what is calming to you. We are all individuals.

Along those lines, when we feel scared, we know that not everyone in the whole world is scared. Some people may be scared when an earthquake erupts or when a hurricane is approaching and that emotion may seem overwhelming, but there are many other people acting out of courage and bravery during these trying times. Again, it is up to us to shift our thoughts to the positive polar opposite of whatever negative emotion we are feeling in order to alleviate the pain and imbalance associated with the negative emotion.

A few other examples of shifting our emotions to positive from negative include: acceptance is the opposite of frustration; clarity is the opposite of

confused; and flexible is the opposite of stubborn. Think about some situations that would help bring you out of negative emotion. What are you more accepting of in your life when frustration abounds? What are you very clear of as far as direction in your life when you get confused? And how can you be more flexible when you realize you are being stubborn?

As we take responsibility for our emotional stability we will find that we are increasingly able to shift to thoughts of things, people or events that make us happy. As we continue on this path, we will start to embrace a belief system that builds genuine happiness. While we work to find the good in every situation and shift from negative to positive emotional states, it is important to remember that we live within relationships—spouses, parents, children, siblings, friends, classmates, co-workers... Our changes will affect those who are close to us, who may be willing to make these changes as we do, or who may challenge us. Remember that we all need each other for continued learning and growing.

Most of us need to cultivate a better understanding and appreciation for knowing we are all different, and that is a good thing! Cooperate and communicate by sharing views and beliefs that enhance each other's spiritual growth. We can make life and our relationships much more fulfilling by believing in ourselves, believing in each other, and being creative with our challenges. Most importantly, we must be patient and tolerant while being authentic with respect to our partners and to ourselves. In your own life, allow the positive energy to flow and transform you with the awareness that everything is love. And know that love is expressing itself the best way it can under the circumstances.

There will always be challenges in relationships. Our task is to look for ways to be more creative, to grow, and to allow for better and deeper ways of enjoying togetherness. We should not look at situations as hopeless, but as challenges that we are perfectly equipped to handle. Above all, we should not

blame our negative emotions on our partner—we alone are responsible for our emotional state.

Be honest with yourself. If a romantic partner doesn't have a particular quality you want in a person, but has twenty-five other good qualities that you value, and you abandon the relationship, are you being realistic? It sometimes appears during emotional setbacks that the grass is greener on the other side. Remember, when you are entrenched and obsessed with negativity you should not make arrangements to escape. Make the shift and move to the polar opposite emotion. What makes you happy? Think about it... Now, feel it!