

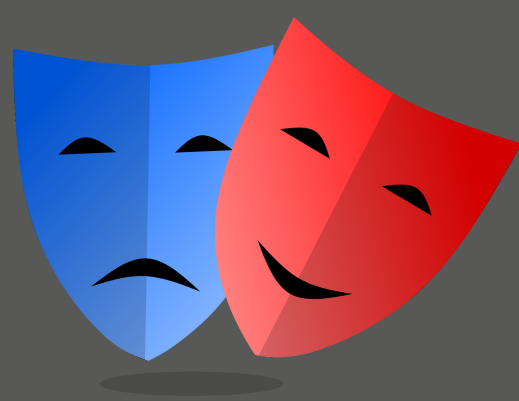
7 Tips to manage your emotions before you address conflict

When your emotions are intense and hard to control, it is important to slow down and choose your responses carefully. Here are some tips to help you manage your emotions and work toward a positive outcome.

Stop, take a breath and recognize your feelings. Don't act on them; just notice them.

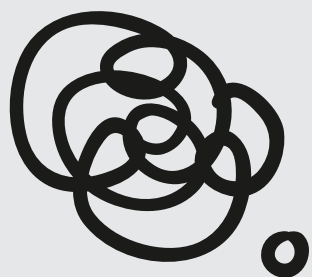
breathe

Separate the issue from the impact it is having on you.



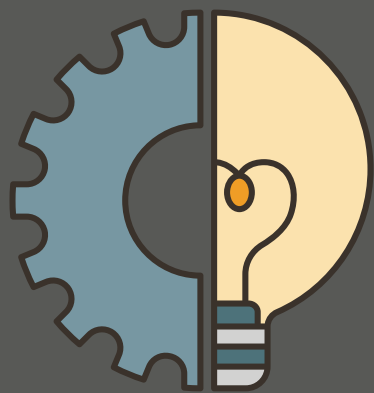
If your emotions are too powerful to control in the moment, ask for time. Go to the balcony.

In the interim, try to understand what caused your emotions.



Work to understand the other person. What is their objective? What is important to them?

Come up with possible solutions that might work for both of you.



When you come back together, focus on outcomes that you think would satisfy both of you.



It is important to manage emotions first, before you address the issues. When you recognize what is going on inside yourself, you can master your responses and deal with the issues more effectively.

Baylor
College of
Medicine