

9 Expert Tips

On How To Control Your Emotions In A Relationship

1



Communicate clearly

Speak and listen with attention and kindness

2



Be authentic

Be the best, most real version of you

3



Be emotionally independent

Practice keeping your emotions in check in your life outside of your relationship, too

4



Remember emotional impact

Take a good, hard look at how your emotions affect other people

5



Regulate, don't repress

Express yourself on a regular basis in a healthy way

6



Identify what you're feeling

Check in with yourself about your mood

7



Accept all your emotions

Appreciate that even in the happiest relationship, you're not to be positive all the time

8



Give yourself some space

Step away from your partner as you learn how to control your emotions

9



Meditate and breathe

Record your moods and how you feel and respond to each one of them.

Emotions And Relations

Judd E. Hollander



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