

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

Emilie Sanchez



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