
Andrew Kirby
emotions come from within

steady your nerves

be brutally honest

control your emotions

think logically

be present

swap lenses

silver lining
"apatheia"

A state of mind in which one is not disturbed by emotions.

Equanimity
The obstacles we face in life make us emotional.

The only way we'll overcome these obstacles, is to remain in control of our emotions.

If we can stay calm, regardless of what's happening around us, we will succeed.

You are about to learn how to do that.
All Emotions Come Within

Today I escaped anxiety. Or no, I discarded it, because it was within me, in my own perceptions — not outside.

Marcus Aurelius
It is not external events that make us feel something. It is what we tell ourselves about the external event that creates our feelings. Modern science has proven that.

Two men are waiting for a bus. The bus is late. One man becomes upset because he thinks his time is being wasted. The other man is delighted because he has more time to relax.

This little analogy proves that it is not external events that cause your emotions - if it were, both men would feel exactly the same.

An unticked to-do list is not causing you stress. It's your perception of the to-do list that is overwhelming you.

Being a victim of an external event is the easiest thing to do. It is nice to place blame on something that it not ourselves.

But all conflicts start internally in our own brains.

The next time that you run into an obstacle and feel a negative emotion, don’t look at what's around you.

Instead, look within.

It is not external events that make us feel something, it is what we tell ourselves that create our feelings.
Steady Your Nerves

What such a man needs is not courage but nerve control, cool headedness. This he can only get by practice.

Theodore Roosevelt
During the Civil war, troops were unloading a steamer when it exploded.

Everyone jumped behind cover except Ulysses S. Grant, who ran towards the explosion.

That is nerve.

Like Grant, we must brace ourselves for the realities of our situation.

And also, the potential realities, before they even happen.
A consciousness of wrongdoing is the first step to salvation.’ This remark of Epicurus’ is to me a very good one. For a person who is not aware that he is doing anything wrong has no desire to be put right. You have to catch yourself doing it before you can reform. Some people boast about their failings: can you imagine someone who counts his faults as merits ever giving thought to their cure? So—to the best of your ability—demonstrate your own guilt, conduct inquiries of your own into all the evidence against yourself. Play the first part of prosecutor, then of judge and finally of pleader in mitigation. Be harsh with yourself at times.

Seneca
It's hard to change habits if you aren't aware why you do things.

You should be aware of the trigger of your habits.

Be mindful of the urges that obstruct you from being the man you want to be.

"Why am I feeling this way?"

Take the time to answer this question.

Investigate your findings.

The practice of self-awareness is like a muscle. The more you use it, the stronger it becomes.

Think about how you think.
Control Your Emotions

Would you have a great empire? Rule over yourself.

Publius Syrus
When America first sent astronauts into space, there was one skill that they trained more than the others:

the skill of not panicking.

If they can handle going to space, you can stick to your plan instead of freaking out.

Stoicism, and emotional strength, is not about pretending your emotions do not exist...

it's about controlling them.
Think Logically

Don’t let the force of an impression when it first hit you knock you off your fee; just say to it: Hold on a moment; let me see who you are and what you represent. Let me put you to the test.

Epictetus
Many of our problem come from our opinions of events that are outside of our control.

Our instant judgements often cloud what is immediately in front of us.

We must always be mindful of our instinctual impulse to judge what happens.

This, like many other things, is also like a muscle.

Introduce a meditation practice into your life to practice bringing your attention away from your judgements and towards hard, cold facts.

*Be mindful of your judgements.*
The power for creating a better future is contained in the present moment: You create a good future by creating a good present.

Eckhart Tolle
Take a deep breath, set aside all your worries and take a moment to live in the present.

Put aside all your worries about the future and all your thoughts of the past, and simply enjoy the moment you're experiencing right now.

It feels good.

The trouble is, you think you have time.
Man does not simply exist but always decides what his existence will be, what he will become the next moment. By the same token, every human being has the freedom to change at any instant.

Viktor Frankl
We now know that our thoughts affect our feelings.

We also know that we can change our thoughts.

Therefore, we can change our feelings.

There is no such thing as objective reality - we perceive everything that goes on around us.

Therefore, change your perceptions to orient yourself towards where you want to be.

You get what you focus on, so focus on what you want to get.

Change your perceptions by changing what you focus on.

If you want to believe something, you must focus your attention on the evidence that proves the perception right.

Do and believe that which will get you closer towards your goals.
Look for the silver lining

A good person dyes events with his own color...and turns whatever happens to his own benefit.

Seneca
I used to be depressed.

But, now I know what to avoid doing.

:)
Thank you for reading this.

If you'd like to watch a whole host of FREE Stoicism videos, you can watch them all here:

https://www.youtube.com/watch?v=MgJD8u969eA&list=PLoxRG0tZiah8N6C-P46-JTNLlE4glriER