



Muhammad Asad Riaz [Follow](#)

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## Control your emotion until we fall

How positive & negative emotions effect on us

It's all about distinguishing yourself from negative emotions to positive emotions. It's natural to go with the flow when we feel like losers and victims whose emotions control them. Instead of getting affected, we should be aware through learning from them to raise our awareness towards the positive result of taking emotional responsibility. In this way, we will understand how to take care of our feelings, which is also a sign of thinking about taking responsibility in that case of emotion. When we open our minds toward effective learning and understand the different actions we need to perform on our own, we start taking emotional responsibility. When we embrace our feelings compassionately without judging ourselves while feeling the right emotion and releasing the hurtful feelings through learning about those different emotions, We accept emotional responsibility.



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