

# How to Say No to the Emotions That Compete for Control



## Envy



The comparison trap leads us to measure our own success based on everyone else's success.



Look to others for inspiration, not imitation.



### NEXT STEPS

What, or who, is the source of your comparing and competing?



## Guilt



Guilt makes us feel that we will always be indebted to someone for what we did.



Let your past remind you, not define you.



### NEXT STEPS

Is someone from your past waiting for you to say or do something?



## Anger



Anger shows up when we're not getting what we want.



Silence anger with humility.



### NEXT STEPS

What would it look like to practice humility in a situation that typically angers you?



## Fear



Fear robs us of opportunities and interferes in our relationships.



A life following Jesus isn't a fearless life; it's a life beyond fear's control.



### NEXT STEPS

In which area of life do you wish you could fear less? What would you need to do?