

KEN LINDNER

The Founder of LIFE-CHOICE PSYCHOLOGY™

Take Positive Ownership Of Your Life By Controlling What You Can!

By Ken Lindner

The author of *Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses that Sabotage You*
(Greenleaf Book Group Press, January, 2013)

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There are some things in life that you can control and some that you can't. It's a reality of life. During my thirty years of counseling and/or advising thousands of individuals as to how to make the most beneficial life choices, I've seen way too many individuals make diminishing, destructive, and/or self-sabotaging life choices because they worried about the things and forces that they couldn't control, and they didn't focus—or lost focus—on controlling the things that they could.

In my book, *Your Killer Emotions: The 7 Steps to Mastering the Toxic Emotions, Urges, and Impulses That Sabotage You*, I write that one of the core concepts of positive/great life-choice making is: You have the ability to control your reasoning and evaluative processes, your choices, and your actions—as long as you master the potentially toxic emotions, urges, and impulses that can cloud or totally dismantle your reasoning processes and best judgment at decision making time, or *Crunch Time!* On the other hand, if you don't take control of your potentially toxic emotions, urges, and impulses, you are far more likely to (once again) make a destructive and/or self-sabotaging life choice, which you will thereafter act out. So mastering your potentially toxic emotions, urges, and impulses is essential. It's your imperative!

In *Your Killer Emotions*, I explain that a key to mastering your emotions, urges, and impulses, is to take the energy charges that they generate and turn them into your *allies* when you make your important life choices. One means to do this is to correctly identify your unique set of *Personal Emotional Triggers™* or *PETS™*. Your *PETS* are the values, things, people, events, goals, and dreams that motivate you (both positively and negatively) the very most. These *PETS* are so supremely motivating and so highly super-charged that they will overpower and thereby render harmless and/or nullify the less potent, competing and conflicting energy charges generated by potentially sabotaging emotions, urges, and impulses. As a direct result, you are able

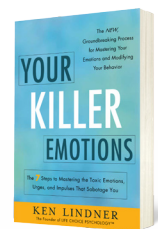
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to think and reason with crystal clarity—toxic emotion-free—and make highly beneficial life choices that reflect what you value the very most.

Here's an illustration of this process: Throughout my mom's life, she was late for everything! It's arguable that my mom adopted this destructive behavioral pattern to get attention from her mom—even if the attention was negative. Then, one day, my mom made my dad wait for over two hours on a street corner on a blustery, snowy night. The next day, my dad spoke with my mom and told her how “downright mean” she had been by making him wait in the bone-chilling cold. As soon as my mom heard the word “mean”, it struck a deep chord within her. She had never before thought of herself as mean or inconsiderate. Then it struck her and hit home like a ton of bricks. Her abusive mother was “The Queen of Mean!”, and my mom never would want to be anything like her mother, whom she loathed! (This was one of my mom's very strongest *PETS*.) As a direct result, that day my mom made a pact with herself that she would never be late again—and thereby not be (mean) like her mom ever again.

Since that day, whenever my mom has an appointment, she thinks about and visualizes how inconsiderate and mean being late would be; and the extraordinary high voltage energy charges from this *PET* pack such an emotional wallop, that over the past 50 years, my mom has in essence never been late for her appointments. In fact, in most instances, she now arrives early. This is an example of how the right *PET* can enable and empower you to motivate yourself to break-up your toxic emotional scripting and make constructive/positive/great life choices.

What you want to remember is: It is in your power to take ownership of your reasoning and evaluative processes, your choices, and your actions by being in control of your emotions, urges, and impulses. One means to accomplish this, is to negate the energy charges generated by your potentially sabotaging emotions, urges, and impulses at *Crunch Time!*

www.yourkilleremotions.com

Ken Lindner graduated Magna Cum Laude from Harvard University, where his honor's thesis was devoted to the science of decision-making. He later graduated from Cornell Law School, where he focused on conflict resolution. He currently owns and operates the country's premiere news and hosting representation firm, Ken Lindner and Associates, Inc. Among many of the notable individuals whose careers he has helped to develop are Matt Lauer, Lester Holt, Mario Lopez, Robin Meade, Megyn Kelly, Sam Champion, Tom Bergeron, Shepard Smith, and Nancy O'Dell.

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