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## Another word for emotional control

Log in Contact Arkadium, the provider of these gamesBuilt by Word Scramble lovers for Word Scramble lovers, see how many words you can spell in Scramble Words, a free online word game. No downloads needed! Scramble Words is a free online word scramble game, with many exciting twists and turns! Scramble Words is a word-making game. The goal is to unscramble the list of letters found at the bottom of the screen, using your keyboard or mouse to spell out words. As you're unscrambling, keep in mind that scoring —the goal of the game — is based on the length of the words you spell, the difficulty of the letters used, and how quickly you find and spell each word. Up the difficulty and you'll be rewarded handsomely! Interesting Facts about Scramble Words, the Word Scramble Game -Scramble Words is a word-based game influenced by the popular game Outspell, with several updates, thanks to player feedback! -Unlike most other scramble games, Scramble Words will remember your place in the game, enabling you to come back right where you left off! -Scramble Words is one of the few games we've built utilizing purple as the main game color! We think it's pretty fitting. Do you know the others? -Scramble Words is great for native speakers looking to keep sharp, but also for those learning English, as it encourages learning in a gamified manner! -The mind is a curious being — re-sorting the letters via the toggle at the bottom-left of the game will frequently reveal words that you have previously not seen. Good luck, and we hope you enjoy playing this free online word scramble game! FEEDBACKImprove Your Writing Improve Your Writing instability agitation rashness Roget's 21st Century Thesaurus, Third Edition Copyright © 2013 by the Philip Lief Group.Word Of The Day Quiz: A Paschal Treat!START THE QUIZ Solely over one man therein thou hast quite absolute control.PEARLS OF THOUGHTMATURIN M. BALLOULet the thought of self pass in, and the beauty of great action is gone, like the bloom from a soiled flower.PEARLS OF THOUGHTMATURIN M. BALLOUNow this setting up of an orderly law-abiding self seems to me to imply that there are impulses which make for order.CHILDREN'S WAYSJAMES SULLYThese evidences of an impulse to look on correction as a quite proper thing are corroborated by stories of self-punishment.CHILDREN'S WAYSJAMES SULLYIn a few minutes, however, he had it again under control, and they soon reached the berg.THE GIANT OF THE NORTHR.M. BALLANTYNEquanimity poise self-control self-possession stability steadfastness Roget's 21st Century Thesaurus, Third Edition Copyright © 2013 by the Philip Lief Group.© 2022 Dictionary.com, LLC Contact Arkadium, the provider of these gamesThis puzzling new word game combines a word search with a jumble. Find famous film titles, phrases and more! Context can easily change the word that will answer the OP - is the person saintly or psychopathic, a powder keg of buttoned up frustration and anger, or averagely content and sociable? Someone who is able to experience positive and negative emotions without either self-harming or acting sociopathically might be said to have balanced their emotions, in the sense that neither good nor bad emotions disrupt their ability to maintain an 'even keel' and go about their daily business. Alternatively, you could say that this same person is self-aware, unreactive, in good mental health. 1 the power to control one's actions, impulses, or emotions toddlers have very little self-control continence, restraint, self-command, self-containment, self-discipline, self-government, self-mastery, self-possession, self-restraint, will, willpower self-abnegation, self-denial moderateness, moderation, temperance, temperateness command, control, discipline, mastery abnegation, abstention, avoidance, eschewal, forbearance abstinence, soberness, sobriety gratification, indulgence, self-indulgence excessiveness, immoderacy, intemperance, intemperateness, overindulgence indiscipline, unconstraint, unreserve, unreservedness, unrestraint 2 the checking of one's true feelings and impulses when dealing with others she could be passionate and intense, but generally exercised steely self-control in the company of strangers constraint, continence, discipline, discretion, inhibition, refrainment, repression, reserve, restraint, self-command, self-restraint, suppression command, control, mastery, possession composure, self-poise, self-possession aloofness, detachedness, distance bashfulness, modesty, shyness reticence, silence, taciturnity This shows grade level based on the word's complexity.I self-kuhn-trohl, self- /'sɛlf kən'troʊl, ,sɛlf- /See the most commonly confused word associated with self-controlcontrol or restraint of oneself or one's actions, feelings, etc.self-controlself-discipline Click for a side-by-side comparison of meanings. Use the word comparison feature to learn the differences between similar and commonly confused words.QUIZ YOURSELF ON HAS VS. HAVE!Do you have the grammar chops to know when to use "have" or "has"? Let's find out with this quiz! My grandmother \_\_\_\_\_ a wall full of antique cuckoo clocks.TAKE THE QUIZ TO FIND OUT Meet Grammar CoachImprove Your Writing Meet Grammar CoachImprove Your Writing First recorded in 1705-15self-con-trolled, adjectiveself-con-trol-ling, adjectiveself-contained, self-containment, self-contemplation, self-content, self-contradiction, self-control, self-correcting, self-critical, self-criticism, self-curing resin, self-dealingDictionary.com Unabridged Based on the Random House Unabridged Dictionary. © Random House, Inc. 2022dignity, discretion, poise, restraint, reticence, self-discipline, sobriety, stoicism, abstemiousness, aplomb, balance, constraint, discipline, repression, reserve, self-government, stabilityWe see detoxing as a path to transcendence, a symbol of modern urban virtue and self-transformation through abstinence.Stephanie Giorgio, a classical musician, credits The Class for helping her cope with anxiety, focus, fear, and self-doubt.For someone with anorexia, self-starvation makes them feel better.I went into the audition as Ferico, the Venezuelan percussionist, and then I did a self-defense expert.From there we took the train to Nice, France, but the French border control caught us and sent us back to Italy.Solely over one man therein thou hast quite absolute control.Pearls of Thought[Maturin M. Ballou]Let the thought of self pass in, and the beauty of great action is gone, like the bloom from a soiled flower.Pearls of Thought[Maturin M. Ballou]Now this setting up of an orderly law-abiding self seems to me to imply that there are impulses which make for order.Children's Ways[James Sully]At present, Louis was too self-absorbed by the struggles within him, to look deep into what was passing around him.The Pastor's Fire-side Vol. 3 of 4[jane Porter]But to wave this discourse of Heathens, how many self-contradicting principles are there held among Christians?the ability to exercise restraint or control over one's feelings, emotions, reactions, etcself-controlled, adjectiveself-controlling, adjectiveCollins English Dictionary - Complete & Unabridged 2012 Digital Edition © William Collins Sons & Co. Ltd. 1979, 1986 © HarperCollins Publishers 1998, 2000, 2003, 2005, 2006, 2007, 2009, 2012Control of one's emotions, desires, or actions by one's own will.The American Heritage® Stedman's Medical Dictionary Copyright © 2002, 2001, 1995 by Houghton Mifflin Company. Published by Houghton Mifflin Company.WORD OF THE DAYharlequinadjective | [hahr-luh-kwin, -kin JSEE DEFINITIONFEEDBACK© 2022 Dictionary.com, LLC verb to deal successfully with an emotion or feeling so that it does not cause a problem verb to stop yourself feeling an emotion verb to manage to control something such as an emotion phrasal verb to not allow your feelings to show verb formal to prevent someone from seeing or knowing your feelings verb to prevent yourself from showing a feeling verb to refuse to admit that you have a particular feeling, need, or memory, so that it remains hidden in your mind phrasal verb to not tell someone something, or to not show how you feel Have you ever said something out of anger that you later regretted? Do you let fear talk you out of taking the risks that could really benefit you? If so, you're not alone.Emotions are powerful. Your mood determines how you interact with people, how much money you spend, how you deal with challenges, and how you spend your time.Gaining control over your emotions will help you become mentally stronger. Fortunately, anyone can become better at regulating their emotions. Just like any other skill, managing your emotions requires practice and dedication.Managing your emotions isn't the same as suppressing them. Ignoring your sadness or pretending you don't feel pain won't make those emotions go away.In fact, unaddressed emotional wounds are likely to get worse over time. And there's a good chance suppressing your feelings will cause you to turn to unhealthy coping skills—like food or alcohol.It's important to acknowledge your feelings while also recognizing that your emotions don't have to control you. If you wake up on the wrong side of the bed, you can take control of your mood and turn your day around. If you are angry, you can choose to calm yourself down.Here are three ways to gain better control over your mood:Before you can change how you feel, you need to acknowledge what you're experiencing right now. Are you nervous? Do you feel disappointed? Are you sad?Keep in mind that anger sometimes masks emotions that feel vulnerable—like shame or embarrassment. So pay close attention to what's really going on inside of you.Put a name your emotions. Keep in mind you might feel a whole bunch of emotions at once—like anxious, frustrated, and impatient.Labeling how you feel can take a lot of the sting out of the emotion. It can also help you take careful note of how those feelings are likely to affect your decisions.Your emotions affect the way you perceive events. If you're feeling anxious and you get an email from the boss that says she wants to see you right away, you might assume you're going to get fired. If however, you're feeling happy when you get that same email, your first thought might be that you're going to be promoted or congratulated on a job well done.Consider the emotional filter you're looking at the world through. Then, reframe your thoughts to develop a more realistic view.If you catch yourself thinking, "This networking event is going to be a complete waste of time. No one is going to talk to me and I'm going to look like an idiot," remind yourself: "It's up to me to get something out of the event. I'll introduce myself to new people and show interest in learning about them."Sometimes, the easiest way to gain a different perspective is to take a step back and ask yourself, "What would I say to a friend who had this problem?" Answering that question will take some of the emotion out of the equation so you can think more rationally.If you find yourself dwelling on negative things, you may need to change the channel in your brain. A quick physical activity, like going for a walk or cleaning off your desk, can help you stop ruminating.When you're in a bad mood, you're likely to engage in activities that keep you in that state of mind. Isolating yourself, mindlessly scrolling through your phone, or complaining to people around you are just a few of the typical "go-to bad mood behaviors" you might indulge in.But, those things will keep you stuck. You have to take positive action if you want to feel better.Think of the things you do when you feel happy. Do those things when you're in a bad mood and you'll start to feel better.Here are a few examples of mood boosters: Call a friend to talk about something pleasant (not to continue complaining). Go for a walk. Meditate for a few minutes. Listen to uplifting music.Managing your emotions is tough at times. And there will likely be a specific emotion—like anger—that sometimes gets the best of you.But the more time and attention you spend on regulating your emotions, the mentally stronger you'll become. You'll gain confidence in your ability to handle discomfort while also knowing that you can make healthy choices that shift your mood.

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