

# 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?