**Emotional Regulation**

Student’s Name:

Institution’s Affiliation:

**My Emotional regulation throughout my lifespan**

People may not easily control emotions, but one should attempt to control their emotions whenever they are faced with emotional outbursts to protect their peace and those of others (Nesayan et al., 2017). I have faced many obstacles that made me experience intense feelings of anger, anxiety, sadness, and many other negative feelings. However, in most cases, I have always tried my best to reappraise what caused such feelings, accept the situation if I can't change it, and let it go. Also, trying to find distractions will keep my mind off from thinking about my situation because it may take me back to another damaging emotional outbreak.

According to ( Bagheri et al., 2016), as an adult, it's my responsibility to control my emotions, especially in situations where I'm overly ranged with anger and anxiety, to not affect those close to me. I understand that if I fail to regulate my anger, I might end up doing things that I may later regret, which I have experienced several times, and feel that I should have controlled my emotions. I ended up hurting people that were so important to me and lost crucial friends. Moreover, I did embarrassing things, and when I look back at those times, I regret not regulating my emotions; then, until today, those memories haunt me. However, those terrible and embarrassing experiences served as a lesson to me, and I can say now I am very much capable of controlling my emotions.

Additionally, sometimes I show emotions when I'm around the people I love. Whenever someone close to me does something wrong, I tend to have emotional outbursts in front of them, and it becomes difficult for me to control my emotions. Also, if something terrible happens to me, I can cry in front of someone I love, but I cannot do that when I'm in public or with other people. I can easily control my emotion with other people and cannot show any emotions in front of them. I'm able to harden and walk away if they hurt me or made me so angry that I feel like fighting back. Hence strangers and other friends that we are not so close cannot get me to a certain level to show my emotions. It is impossible for me.

**Impacts of my abilities to regulate my emotions on my future career path**

The ability to control my anger that I have learned and applied so far will help me in my future career path. At the workplace, you may get to deal with clients who may make you so angry, but with my ability to keep quiet and talk when I'm calm, I know I will handle such clients without getting into unnecessary fights and arguments with the clients. Also, sometimes working can be frustrating, for instance, having too much work to deal with or receiving too much pressure from the employer to the point that one loses their emotional control and gets at loggerheads. However, with my ability to accept situations and not focus on the negatives but the positive sides of my work, I know I will handle my work despite being too tiring or receiving too much pressure from my employer.

**References**

Bagheri, Z., Kosnin, A. M., & Besharat, M. A. (2016). Improving emotion regulation skills through an emotional intelligence training course.

Nesayan, A., Hosseini, B., & Asadi Gandomani, R. (2017). The effectiveness of emotion regulation skills training on anxiety and emotional regulation strategies in adolescent students. *Practice in Clinical Psychology*, *5*(4), 263-270.