



The Skillful Life

65 Categories in Proverbs

Controlling Emotions



The Skillful Life

65 Categories



Unpleasant Emotions

Most of our unpleasant emotions surface as we see our goals and aspirations constantly frustrated. This may result from living foolishly, or being treated unfairly by others. Failure to bring them under control will only lead to further problems, especially anger. They should be signs to us that we need to examine our lives in light of wisdom's counsel and make needed corrections.



Unpleasant Emotions

1. Control – 19:11
2. Further problems – 19:19; 30:33
3. Self examination – 19:3
4. Make corrections – 9:4-6



Unpleasant Emotions



Unpleasant Emotions

Craving/Want – 13:4; 10:3



Unpleasant Emotions

Craving/Want – 13:4; 10:3

Discouragement/Sorrow – 15:13; 17:22



Unpleasant Emotions

Craving/Want – 13:4; 10:3

Discouragement/Sorrow – 15:13; 17:22

Fear/Anxiety – 29:25; 20:24



Unpleasant Emotions

Craving/Want – 13:4; 10:3

Discouragement/Sorrow – 15:13; 17:22

Fear/Anxiety – 29:25; 20:24

Envy/Jealousy – 24:1; 27:4



Unpleasant Emotions

Craving/Want – 13:4; 10:3

Discouragement/Sorrow – 15:13; 17:22

Fear/Anxiety – 29:25; 20:24

Envy/Jealousy – 24:1; 27:4

Bitterness/Hatred/Revenge – 17:25;
26:24-26; 20:22



Pleasant Emotions

Most of our pleasant emotions – happiness, love, security, satisfaction and respect – are part of the fruit of seeing our goals and aspirations gradually fulfilled as we live our lives skillfully.



Pleasant Emotions



Pleasant Emotions

Happiness/Joy/Laughter – 10:28; 12:25; 15:15;
29:17



Pleasant Emotions

Happiness/Joy/Laughter – 10:28; 12:25; 15:15;
29:17

Love – 10:12; 17:9



Pleasant Emotions

Happiness/Joy/Laughter – 10:28; 12:25; 15:15;
29:17

Love – 10:12; 17:9

Security/Peace – 10:25; 12:7; 31:25; 3:2



Pleasant Emotions

Happiness/Joy/Laughter – 10:28; 12:25; 15:15;
29:17

Love – 10:12; 17:9

Security/Peace – 10:25; 12:7; 31:25; 3:2

Satisfaction/Delight – 10:24; 12:14; 31:13



Pleasant Emotions

Happiness/Joy/Laughter – 10:28; 12:25; 15:15;
29:17

Love – 10:12; 17:9

Security/Peace – 10:25; 12:7; 31:25; 3:2

Satisfaction/Delight – 10:24; 12:14; 31:13

Respect – 10:7; 11:16; 12:8



Interpersonal Relationships

1. Lifelong friendships – 17:17; 18:24; 27:10
2. Harmonious relationships – 15:1; 12:26
3. Authorities' favor – 14:35; 16:14
4. Peace with enemies – 16:7

