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It is possible to control negative emotions and utilize positive self-talk to guide you, even when things are falling apart. You don't have to be controlled by your environment, negative thoughts, or past programming. You can set boundaries in your thinking, your relationships, and your emotions. It's time to take back control of your life.

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### **Deliver Me From Negative Emotions: A Guide To Controlling ...**

But I don't want to live with it any longer. I don't want to be an angry, resentful and bitter person. With Your help, I release my anger into Your hands. I surrender my resentment. I let go of my bitterness. Help me to keep letting go and release these toxic emotions as often as they try to return. 2) Prayer to release a loved one

### **7 prayers of release from negative feelings | Guideposts**

1. Anger. When you do not get what you want, your subconscious mind reacts with the feeling of anger in an attempt to force things to go your way. Thus, anger creates an illusion that you can take control of the situation. Anger helps us get the upper hand in the conflict and even protect our rights. This negative emotion is an unconscious attempt to get your opponent to back down in an argument.

### **8 Negative Emotions and the Hidden Reasons Behind Them ...**

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Break the chain of negative thoughts Oh Prince of Peace, embrace me with your tranquility and love so that my mind can be at ease. Break every chain of negative thoughts, as I speak prosperity and positivity into my life, for life and death are in the power of the tongue.

### **Prayer Against Negativity - ChristiansTT**

Check out this great listen on Audible.com. To be a good Christian is to pattern your life after Christ's teachings to the best of your ability. But many of us are often stressed out because we are bending over backward, catering to dysfunctional relationships, and dealing with life's challenges. ...

### **Lord Deliver Me from Negative Emotions Audiobook | Lynn R ...**

Negative emotions can be defined as "as an unpleasant or unhappy emotion which is evoked in individuals to express a negative effect towards an event or person" (Pam, 2013). If an emotion discourages and drags you down, then it's most likely a negative emotion.

### **What are Positive and Negative Emotions and Do We Need Both?**

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