

# **Anyone know how to focus on thinking logically instead of emotionally when things you don't like happen?**

May 22, 2019 | 89 upvotes | by [JyoungPNG](#)

---

I hate when emotions take me over, what's the best way to stay calm and think logically?

---

Archived from [theredarchive.com](https://theredarchive.com)

---

## Comments

---

Terdmuffin • 85 points • 22 May, 2019 02:00 AM\*

You have to realize when you're being governed by emotion. The more emotional you're being, the less foresight you put in and you react quickly. Take a step back, even just a couple seconds and think about where your thoughts and motivations are coming from.

iwviw • 25 points • 22 May, 2019 05:32 AM\*

Also op you are putting too much of your self worth or tying your identity too much to an outcome.

A girl turning you down for example does not measure your ability to score with girls and it doesn't change who you are as a human... unless you perceive it that way. And you are perceiving it that way I'm guessing.

I'm not saying a girl dissed you, it could be anything that makes you emotional, maybe your boss scolded you or something. Don't let one outcome or bad moment change or determine how you see yourself and how you identify your self and your worth.

Once you decide your own worth no person or situation can mess with your FEELINGS.

WeddingCrasher91 • 3 points • 22 May, 2019 09:17 AM

Thanks that helped a lot

Terdmuffin • 1 point • 22 May, 2019 10:50 PM

It's not something I see mentioned with stoicism but to me stoicism really boils down to the fact there there's 2 types of things in the world: things you can change/effect, and things you cannot... Focus on the former and don't sweat the latter. A girl rejected you? You can't change that. Don't sweat it. If you think your game is bad? You can change that. Practice, read books, practice, watch videos, practice. You got fired? You can't change that so start looking for a new job. Stuck in traffic and you're pissed off? You can't change that so stop wasting energy being mad.

SLICKlikeBUTTA • 5 points • 22 May, 2019 08:01 AM

Shit this is so helpful for anxiety and depression but it can be so fucking complicated individually. People you're not alone. It's something you have to work on. You don't need a therapist to Google CBT. This is the very general idea of CBT. Your emotions start with your thoughts. Your thoughts create your emotions. Something you have to work at controlling all together.

Terdmuffin • 3 points • 22 May, 2019 10:45 PM

IMO thoughts/emotions are a two way street. You can let your emotions drive your thoughts, which then drives your emotions, which then drives your thoughts. Like when you get into it with someone at work and spend the next half hour pissed off having stupid made up arguments in your head. This is letting your emotions drive your thoughts. When you realize this and let it go and focus on having positive thoughts then your thoughts are driving your emotion. It's important to realize not only what your emotional state is, but how you got there in the first place.

garyvdm • 11 points • 22 May, 2019 03:54 AM

Quick fix: breathe

Stronger, more effective fix, but to will take much more effort: practice meditation. It's lifting for your brain.

I recommend the Waking Up app for guidance. I've been practicing for 7 months, and already I have much better control over my emotions.

rendezvous199 • 33 points • 22 May, 2019 01:48 AM

Watch the 2nd presidential debate from 2016 and pay close attention to Trump's body language and notice how he breathes during the debate.

Dig121 • 40 points • 22 May, 2019 02:10 AM

Whether you like or hate trump, he is probably one of the pinnacles of BDE and RP principals. One of the strongest fucking frames on earth, whether it's right or wrong you can't deny it's strength

uptimex • 6 points • 22 May, 2019 04:35 AM

Hey, what are BDE and RP principles? I just tried to research, couldn't find much.

rnsbrum • 8 points • 22 May, 2019 04:52 AM

Essentially its being stoic and masculine. Think of the masculine as order and feminine as chaos. The feminine is emotional and all over the place, it needs the masculine to be stable and rational, rather than reactive.

uptimex • 5 points • 22 May, 2019 07:19 AM

Am I correct?

BDE - Big Dick Energy

RP - just Red Pill principles (I got confused because I thought it must be TRP)

screenmagnet • 1 point • 8 June, 2019 09:22 PM\*

Trump is incredibly reactive, though. He's the opposite of stoic, and he embodies chaos.

Stoic is...Mueller, Mitch McConnell, Mark Warner (senate intelligence committee), Mike Pence, John Kelly, etc. Those guys.

U.S. presidents and presidential candidates are rarely super stoic, because the electorate (sadly) interprets that as boring, and stoic candidates get less media coverage. The most stoic one in the past 50 years is probably Obama, actually, and he was still fairly flashy in his style.

Maybe Cheney, too, but I'm not sure if sociopathy is quite the same thing...

Vikraman11 • 7 points • 22 May, 2019 05:04 AM

Big Dick Energy?

uptimex • 3 points • 22 May, 2019 05:10 AM

Resting Penis?

TheStumblingWolf • -3 points • 22 May, 2019 05:37 AM

You should use the sidebar, that's why it's there.

uptimex • 7 points • 22 May, 2019 06:44 AM

Ok, I tried to use the sidebar, found the glossary but couldn't find there any BDE or RP.

TheStumblingWolf • -11 points • 22 May, 2019 06:48 AM

Read it all. Life isn't a quick fix. Put in the work, get the rewards.

uptimex • 12 points • 22 May, 2019 06:49 AM

Wow, okay sensei.

TheStumblingWolf • -12 points • 22 May, 2019 06:56 AM

I'm not being rude. What you did was like joining grammar class and being annoyed when people won't answer because you're only interested in commas without even know your ABCs.

uptimex • 7 points • 22 May, 2019 06:57 AM

Okay okay man

uptimex • -2 points • 22 May, 2019 06:18 AM

Please elaborate. For dummies. How to use sidebar and why to use it?

Ill\_mumble\_that • -5 points • 22 May, 2019 06:37 AM

Read the sidebar, dont be a fucking dummy.

uptimex • 9 points • 22 May, 2019 06:42 AM\*

Ok, I went to the glossary, but couldn't find BDE or RP. Can you just say what am I looking for?

Project\_Zero\_Betas • 6 points • 22 May, 2019 02:15 AM

There's a youtube video on Trump and how he manages frame (The channel was "Something-Charisma," I forget the first part), well worth the view.

Redy4Action • 9 points • 22 May, 2019 03:16 AM

Charisma on Command?

Project\_Zero\_Betas • 3 points • 22 May, 2019 03:25 AM

Yes

Ill\_mumble\_that • 1 point • 22 May, 2019 06:39 AM

Charisma on command guy has a weak frame. He relies on smiling and looking cutesy too much. Gay guys love him.

Dilbert guy Scott Adams has written a much better analysis.

Project\_Zero\_Betas • 1 point • 22 May, 2019 11:39 PM

I haven't actually seen any of CoC "live" videos, but agreed, Scott Adams' analysis of DJT has been spot on.

faustian\_talos • 2 points • 27 May, 2019 11:32 AM

GRAB THEM BY THE PUSSY

Blaze-Bless • -8 points • 22 May, 2019 03:33 AM

He's such a boss

mojokabobo • 9 points • 22 May, 2019 04:56 AM

I combat negative emotional states with positive ones. If something happens that could make me sad, I dig deep within my heart/soul to find SOMETHING happy or positive that can be taken from the whole experience. If someone says something that I ought to react angrily to.. I openly, gleefully, and sometimes mockingly laugh outrightly in their face about it. Why would I sacrifice the power of my freedom of choice to someone else, by allowing them be able to make me mad!?

It's much more delightful to see a stunned look of confusion on someone's face when you burst into laughter where most people would crumble. I live for that look of confusion.

throwawaytrpguy • 1 point • 22 May, 2019 06:45 AM

That's pretty neat

Davidskylarkk • 6 points • 22 May, 2019 02:44 AM

It's not that you want to make decisions without emotions, that is actually impossible...

You want to make decisions without an overwhelming emotion one way or the other.

Take a couple breaths and go with your gut unless you have the time to make a list of pros and cons...

biezpiens • 1 point • 22 May, 2019 02:40 PM

I'd say have emotions and make decisions just don't make them based on emotions. use logic instead.

beachbbqlover • 17 points • 22 May, 2019 03:45 AM

Atheist morals:

You are a bald monkey on a wet rock in space. Your problems, your opinions, and your situation are merely a minor inconvenience in your 80 year journey so you can learn to fucking deal with your problems better.

Yelling makes you a belligerent asshole of a bald monkey.

Other bald monkeys are also unimportant, stupid, and need to hear nice things to make them happy. Don't have high expectations, and try to be nice. When you die, what you did and their memory of you will be the only part of you left.

You have two ears and one mouth.

fds\_1 • 5 points • 22 May, 2019 05:07 AM

"Actions don't upset me. My beliefs do." The problem isn't that bad shit happens and you react badly, the problem is you assume life will be perfect.

boy\_named\_su • 3 points • 22 May, 2019 05:14 AM

Read some Epictetus bro

goomerall3 • 3 points • 22 May, 2019 07:48 AM

Increase testosterone

JyoungPNG[S] • 1 point • 22 May, 2019 01:14 PM

Naturally through workouts or through supplements too?

goomerall3 • 3 points • 22 May, 2019 01:16 PM

Naturally. Listen to my advice and it will work. I went from 700 to 815 ng/dl in no time.

Eat lots of fat. Lift 4 times a week. Avoid carbs and sugar. Avoid alcohol and especially, beer. Don't eat nuts except macadamia and cashews. No sesame seeds either. This way for sure your testosterone will go up.

JyoungPNG[S] • 1 point • 22 May, 2019 01:20 PM

What about running? I play competitive soccer and have to stay somewhat trim to retain speed and agility. I don't the chemical side of things very well but how does running affect testosterone?

goomerall3 • 1 point • 22 May, 2019 01:22 PM

Running might actually lower testosterone. Lifting builds muscles which is connected to testosterone levels.

Also, eat foods rich in zinc, magnesium and iodine. These are the best boost for Testosterone.

abratoki • 3 points • 22 May, 2019 09:27 AM

Hey,

I am completely can relate to this. I know myself being over emotional at times in the past where emotions controlled my actions and I felt like there was nothing I could do about it.

One thing that really helped me was meditation. Not only it helped me regain emotional balance but in time I was able to separate myself from the emotion itself and observe what I am feeling and why I am feeling in a certain way in a given situation.

I have been using headspace and it helped me tremendously - specifically targetting issues with a series of guided meditations.

scarbowx • 4 points • 22 May, 2019 02:01 AM

Take a deep breath and think about the word discipline

furcryingoutloud • 2 points • 22 May, 2019 05:47 AM

Teach yourself not to react, ever. Obviously, I am not talking about instances like a truck barreling towards you at 100 or medical or other emergencies that need swift action.

Give yourself some time to analyze whatever this problem is. First question to ask yourself is whether this specific problem has an immediate solution. Problems that many people label as an emergency are usually never true emergencies. Don't make any of them an emergency.

Is it something that needs a call to 911? No? then you have time to think about it.

What are the possible solutions that my actions could give this problem? And what is the best one of them. For this, you need time to think about it.

Never, ever answer or respond or otherwise do something about a problem while you're emotional. Give yourself at least a few hours and as much as 3 days to decide what the best response would be to this specific problem.

Realize that the problem's repercussions are not going to be immediate and you always have time to react in a better way than running around like a chicken with your head cutoff.

Soon\_As\_I\_Nut • 2 points • 22 May, 2019 07:04 AM

Learn to understand your emotions deeply in all situations, not just in situations which you deem undesirable. Even if you can think logically in those situations this is a great skill to have.

Sin-Silver • 2 points • 22 May, 2019 08:34 AM

Sit down and write out your thought process. Do graphs, images, flow carts whatever. The act of physically putting it to paper will help your logical side take over.

Project\_Zero\_Betas • 1 point • 22 May, 2019 11:41 PM

Journals are just as productive.

bigdaddypapadad • 4 points • 22 May, 2019 01:45 AM\*

What makes you think emotionally? I can pretty much naturally switch, I used to be a little more emotional but now I just kind of shut it down. You should be able to control your reactions to things.

momomotorboat • 1 point • 22 May, 2019 07:10 AM

Doing lots of things that require discipline and delayed gratification can help. It's not everything, but it def makes a difference.

umizumiz • 1 point • 22 May, 2019 01:52 PM

The Untethered Soul

Read it.

escapethesolarsystem • 1 point • 22 May, 2019 03:52 PM

Don't try to suppress your emotions, just let them be (they are normal). Just develop the ability to look outside your emotion and see the big picture. Treat the emotional part of you kind of like Bruce Banner treats the hulk - let it out when it's useful and keep it down when it's going to cause a problem.

jm51 • 1 point • 22 May, 2019 04:43 PM

WISNIFG