

Dangerous Emotions



Guest post by Laura Markham.

Are your feelings dangerous? Never. But most of us are afraid of our strong feelings. And we're afraid of our children's emotions. Why?

Because the power of our emotions can be overwhelming. We all know what it feels like to want to hit someone. And so often when we act on our feelings we do things we're sorry for later, whether that's smacking our child, screaming something hurtful at our spouse, or throwing a "tantrum" at the office.

But it isn't the feelings that are dangerous. What's dangerous is believing the thoughts that go along with them, and acting on those thoughts.

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