

DAILY 10 COMMANDMENT SERIES



UPSET MANAGEMENT



MASTER PROPHET
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10 Commandments of Upset Management

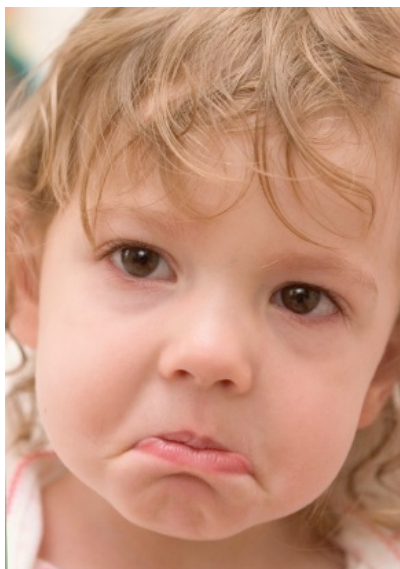
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1st Commandment

Identify what upsets are



*Just like children, emotions heal when they
are heard and validated.*

Jill Bolte Taylor

Power Truth

But all things should be done decently
and in order.

1 Corinthians 14:40

How we react to problems and breakdowns

We encounter problems in life. We also encounter
breakdowns. Problems and breakdowns are not the same. They
are not synonyms.

Both problems and
breakdowns arise when
something does not go our
way.

Both problems and breakdowns arise when something does not go our way. Breakdowns are different than problems. What makes them different is the way we react or respond to something not going our way. For example, when you intention has been thwarted. A problem and a breakdown have a different context by which this situation occurs to them.

When something does not
happen the way you
expect it to happen, *and*
for you that shouldn't be,
then you have a problem.
However, when something
does not happen the way
you expect it, *and*, for you
that is *all* that is, then it's
a breakdown.

When something does not happen the way you expect it to happen, *and* for you that shouldn't be, then you have a problem. However, when something does not happen the way you expect it, *and*, for you that is *all* that is, then it's a breakdown. Do you see the difference? The difference is how something occurs to you.

When something does not go your way, for example, when you were not hired for the position you applied for, and all you have to deal with is the fact that you did not get hired, then there is no resistance. In short, there will be no upsets.

On the other hand, if you were not accepted for the job you were eyeing for, and you get disappointed. You feel that you were qualified, then you'll feel cheated. Or it may be that you really wanted the job and you think, "Am I not good enough?" There's resistance. This is a problem. So, you're upset.

For example, an intention was thwarted. When you say, "What is so?" – "What was the intention that got thwarted?" and "What happened to thwart that intention?" – then you have turned "what happened" into a breakdown. When it is a breakdown, there's no need to be upset. There's no psychological response, rather the response is simple and empowering. You move on.

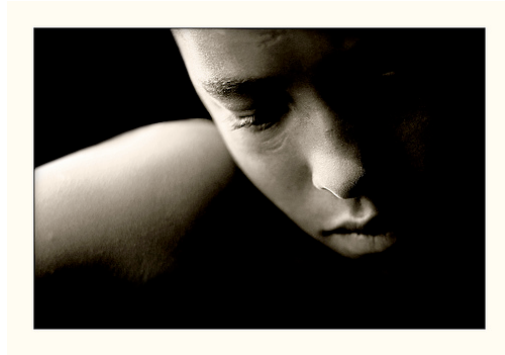
When it is a breakdown,
there's no need to be
upset. There's no
psychological response,
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simple and empowering.
You move on.

What now

1. Have you experienced something not going your way?
2. Do you always see things as a problem?
3. Are you capable of seeing these things as a breakdown?

2nd Commandment

How do upsets occur



Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance.

Brian Tracy

Power Truth

If then you have not been faithful in the unrighteous wealth, who will entrust to you the true riches?

Luke 16:11

It's all about perspective

Have you ever gone to the beach and instead of watching the sunset at dusk, you were on your Facebook or your Twitter? While the other people are enjoying the moment and in awe of the beauty of the sunset, you were reading rants and raves on your social networking site. Did you and the other people there have a different experience? Certainly. Even when you're both in the same space, it's all about perspective.

Even when you're both in
the same space, it's all
about perspective.

The problem is that many times, we get upset because we see things as problems, rather than breakdowns. We look at what we did not get, instead of the possibility of what we might get *instead*. It all boils down to having the wrong perspective.

We look at what we did
not get, instead of the
possibility of what we
might get *instead*.

How we deal with upsets is determined by our perspective. Our perspective changes our performance. Upset management is determined by our point of view, our perspective –in essence, how the world occurs for us (Zapolski & DiMaggio, 2011). When the experiences you have often occurs to you as a problem, then you will live your life buried in upsets.

On the other hand, when these same experiences are viewed as breakdowns, you will be able to effectively manage

your upsets. Your emotions will not be controlled by circumstances. Rather, you can direct your emotions positively.

We need to always tell ourselves that we can manage upsets, instead of allowing ourselves to be paralyzed with fear and negativity.

We need to always tell ourselves that we *can manage upsets*, instead of allowing ourselves to be paralyzed with fear and negativity. We have to see every obstacle as a challenge and an opportunity for growth, not as a stumbling block. This is the key in order to manage our upsets in life.

Because, reality is, things will not always go our way. It's a fact of life. The only thing you can control is the way experiences will occur for you. When you allow circumstances to dictate your emotions, then you will have a very upsetting life.

What now

1. Are you able to effectively manage your upsets?
2. Do you have a perspective that allows you to manage your emotions?
3. When you encounter something you did not expect, how do you respond?

3rd Commandment

Handle Thwarted Intentions



*Fear doesn't exist anywhere except in the
mind*

Dale Carnegie

Power Truth

For which of you, desiring to build a tower, does not first sit down and count the cost, whether he has enough to complete it?

Luke 14:28

The Thwarted Intention

A problem is held in a psychological context. On the other hand, a breakdown exists in an ontological context. The context of simply, “what’s so.”

At the end of the day, you
have to accept and
acknowledge that there
will be breakdowns on the
way to any
accomplishment.

The context for a breakdown is neither “this shouldn’t be”, nor the almost equally psychological “this should be” in the form of some rationalization about problems being good in some way. At the end of the day, you have to accept and acknowledge that there will be breakdowns on the way to any accomplishment.

Thwarted intentions are neither good, nor bad, they just *are*. When an intention does not push through, you can declare this as a breakdown. By doing this, you move what had happened, which probably exists as a problem, into a different context and structure, to a context and structure of nothing more and nothing less than “what so”.

Thwarted intentions are
neither good, nor bad, they
just *are*.

In order to manage the upset, you need to see thwarted intentions in light of a breakdown. Because once you label it as a problem, then it becomes powerful. It overpowers your emotions, your circumstances, and even your actions.

Since what happened can exist in a different context and structure, it occurs for you differently. Thus, you can see and relate to what happened differently. You can respond to what happened differently. You can act on what happened differently.

The context is simply, “This happened.”

When there is a problem, you can declare a breakdown, one declares a breakdown, instead of the context of being “This should not be”, “This is wrong”, or “There’s something wrong with me, “There’s something wrong with this person/thing”. The context is simply, “This happened.”

Thwarted intentions aren’t “shouldn’t bes”, “wrongs” or “bads”, instead, thwarted intentions simply *are*. Even in any worthwhile endeavor, there will still be thwarted intentions. When there is a thwarted intention, you must not honor any thoughts that you were wrong, someone else was wrong, or this situation isn’t as it’s supposed to be. Step back from the “problem” and declare it as a breakdown.

When there is a thwarted
intention, you must not
honor any thoughts that
you were wrong, someone
else was wrong, or this
situation isn’t as it’s
supposed to be.

When you declare something, it means you take stand from which you deal with something. A declaration is not a commitment that something is a fact, a declaration is a commitment to take a stand, and with regard to an intention being thwarted, when you declare a breakdown you have taken a stand to deal with the thwarted intention.

If you don't do your own declaring, it will be a problem for you – you can't just accept someone else's declaration, you must make it your own.

When you declare something to be a breakdown, you make yourself a cause in the matter. However, be warned, if someone else declares a breakdown for you, if you don't do your own declaring, it will be a problem for you – you can't just accept someone else's declaration, you must make it your own.

What now

1. Why is it important for *you*, not others, to make declaration that the problem is simply a breakdown?
2. How does it empower you that a thwarted intention is simply what it is, nothing else?
3. How does this allow you to move on to other intentions?

4th Commandment

Manage Unfulfilled Expectations



*I don't want to be at the mercy of my
emotions. I want to use them, to enjoy them,
and to dominate them*

Oscar Wilde

Power Truth

For he is God's servant for your good.
But if you do wrong, be afraid, for he
does not bear the sword in vain. For he is
the servant of God, an avenger who
carries out God's wrath on the
wrongdoer.

When things do not go as expected

What happened is always either an action that didn't happen, or an action that did happen. So when you expect something to happen or something not to happen, then it didn't match your expectations, you have a tendency to be upset about it.

Instead of viewing it as
something that was
unexpected, view it as it is.

However, instead of viewing it as something that was unexpected, view it as it is. Don't get complex. Someone either did something that created a different outcome, or someone didn't do something that created a different outcome from what you were expecting.

No story, explanation, justification, or reason: "What happened" is not asking for a story, explanation, justification, or reason for what happened, it's asking for the action that didn't occur or the action that did occur, that changed the outcome you were expecting.

You now need to drill down underneath the inaction that happened to change the expected outcome, or the action that happened to change the expectation, in the direction of the source of what happened.

Ask yourself the question, "About what I reported happened to change the outcome, what happened that that happened?" You keep on drilling down toward the source of what happened.

Only someone committed
to a future can have
breakdowns and the

bigger your commitment is,
the bigger you can expect
your breakdowns to be.

The Quality of Your Breakdowns

This is important. You need to understand this. There will be breakdowns in the future. Only someone committed to a future can have breakdowns and the bigger your commitment is, the bigger you can expect your breakdowns to be.

So, the level of your commitment is correlated to the quality of your breakdowns. Over time your ability and strength to bring authenticity to your stand without invalidating others will grow.

Imagine two cliffs with a bridge hanging between them. One cliff is bigger than the other one. You're standing on the foot of the bridge of the smaller cliff. If the bridge suddenly crumbles into pieces and falls off, then you are at a breakdown. There is a huge gap, this huge, unfathomable space separating you from your possibility.

A breakdown is there not because of anything we did or didn't do. A breakdown is something that is just there –not because it was caused by something, and most definitely not because it was caused by us. A breakdown is something that merely exists (Zapolski & DiMaggio, 2011).

Only when we are able to understand that a breakdown has no association whatsoever with failure –more so with *our* failure, are we able to truly appreciate and recognize the importance of breakdowns in our lives. The truth is, breakdowns are actually positive rather than negative. Moreover, breakdowns are important –in fact, necessary to achieve a breakthrough (Selman, 2011).

Breakdowns are supposed
to be eye-openers.

4th Commandment

We all need to go through a breakdown because it's what enables us to see the things that need working on and improving on. The question we need to ask ourselves in the midst of a breakdown is this: "What is missing?" and not "What is wrong?" (Selman, 2011). Breakdowns are supposed to be eye-openers. Breakdowns are supposed to prompt us into action. Breakdowns are supposed to inspire us to keep on going.

What Now

1. Is there something you were expecting to happen that did not happen? How did that make you feel?
2. How did you management the upset that this disappointment bring about?
3. Do you believe breakdowns can actually help you reach your dreams?

5th Commandment

Do something about undelivered communications



90% of life is about remaining calm

Dr. Chris Feudtner

Power Truth

First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings be made for all people, for kings and all who are in high positions, that we may lead a peaceful and quiet life, godly and dignified in every way.

1 Timothy 2:1-2

Evaluate your conversations

We are often unable to take notice of how our conversations go. However, we are actually able to define and to shape reality with our everyday language. The kind of conversations that we allow ourselves to have with others greatly influence the outcome of a particular scenario or endeavor – negative conversations bring forth negative

consequences, while positive conversations bring forth positive consequences (Zapolski & DiMaggio, 2011).

Language is actually a very vital factor when it comes to achieving breakthroughs, as well as overcoming breakdowns.

Language is actually a very vital factor when it comes to achieving breakthroughs, as well as overcoming breakdowns. It is important to use the power of language to management the upsets we experiences from supposed “problems” we encounter in our lvies.

The conversations, thoughts, words, and phrases that make up our language all matter. Talking about something in a small way constrains us and limits us to only that particular reality (Zapolski & DiMaggio, 2011). Through declaration, you can detach yourself from the thwarted intentions and unexpected outcomes, so that you will not experience the upset. Instead, you can move on to other things. Save your energy.

For example, when you declare a flat tire to be just as it is. You just deal with it. There’s no need to get upset. When you declare it to be a problem, then you blame a lot of things. You feel bad about what happens. It makes you unproductive in resolving the breakdown for what it is.

The key is to take part in conversations with declarations. A declaration is an action that we make in language that is in relation to the future. “This team is capable of...” or “I believe we can...” –these are examples of declarations (Krisco, 1997). We are able to shape the future whenever we make declarations. Therefore, if we want breakthroughs in our lives, then we have to start making declarations.

What now

1. How does your everyday conversation sound like?
2. When you encounter problems, do you declare it as a breakdown?
3. Do you dwell on the consequences of the problems?
How does this affect your performance in life?

6th Commandment

Distinguish your responsibility for
upset management



*Rather than being your thoughts and
emotions, be the awareness behind them*

Eckhart Tolle

Power Truth

“Let not your hearts be troubled.
Believe in God; believe also in me. In
my Father's house are many rooms. If it
were not so, would I have told you that I
go to prepare a place for you? And if I
go and prepare a place for you, I will

come again and will take you to myself,
that where I am you may be also. And
you know the way to where I am going.”
Thomas said to him, “Lord, we do not
know where you are going. How can we
know the way?”

John 14:1-31

Be responsible for upset management

To be responsible doesn't mean to be that person who everyone gets to blame when circumstances get out of hand. It doesn't mean you blame yourself for the upsets you experience in your life. Responsibility is all about our ability to take ownership of the circumstance (Selman, 2011).

It doesn't mean you blame
yourself for the upsets you
experience in your life.

You have the power to declare a problem a breakdown. You can choose to view a problem to be what it is, and not something positive or negative. It is all about understanding that whatever it is that's happening to us isn't our fault, but is a result of our actions. It is all about knowing that we have a choice in the matters at hand, and that we are able to do something about it.

To say that we are responsible doesn't necessarily mean that we are admitting that we were wrong or at fault. It is actually a declaration that we are consciously making a choice and taking action in order to arrive at a possibility, and therefore cause a breakthrough in our lives (Selman, 2011). You are responsible for how something occurs to you.

It is actually a declaration
that we are consciously

making a choice and
taking action in order to
arrive at a possibility, and
therefore cause a
breakthrough in our lives.

The word responsibility can be thought of to mean response-ability –our ability to respond (Selman, 2011). It is only when we are willing to respond that we are able to cause breakthroughs in our lives out of the breakdowns we encounter. If we want breakthroughs, we cannot keep on blaming others and seeing the fault in them.

What now

1. Why do you have to be responsible for the problems in your life?
2. How come your perspective of the problem matters?
3. How can you respond to problems?

7th Commandment

Find support for upset management



Our thoughts dictate how we feel; so it is important to recognize that we are as we

think we are

Jeremy Aldana

Power Truth

When justice is done, it is a joy to the righteous but terror to evildoers.

Proverbs 21:15

Choose your source of influence

You are not intended to go through life alone. Nor are you supposed to face problems by yourself? With the help of others, you can have a better perspective of the world. Choose the people who can influence you.

Choose the people who can influence you.

What we need to understand is that breakthroughs do not happen as a result of only one person's doing. We need to realize that we cannot do it alone. None of us can. If we want a breakthrough, the key is to surround ourselves with people who are able to help us arrive at our breakthrough. Looking back in history, many great minds weren't on a solo flight when they arrived at their breakthrough. They made sure that they engaged themselves in "sustained interaction" with others (Nohria & Khurana, 2010).

Don't be around people who are consumed by their own upsets in life

In order to manage your upsets, make sure the people around you know how to manage their own upsets. Don't be around people who are consumed by their own upsets in life. If we want to cause a breakthrough in our lives, we need to surround ourselves with other people. The truth is breakthroughs are a result of many years of sustained activity with other people (Nohria & Khurana, 2010). To sustain activity with others means to work together on something with them.

What now

1. Who are the kinds of people you are with? Are they usually upset with their lives?
2. Do you choose the friends you have?

3. Do you believe these friends influence the way you deal with the upsets you experience in your life?

8th Commandment

Let go of upsets in the past



*Take control of your consistent emotions
and begin to consciously and deliberately
reshape your daily experience of life*

Tony Robbins

Power Truth

“And if you faithfully obey the voice of the Lord your God, being careful to do all his commandments that I command you today, the Lord your God will set you high above all the nations of the earth. And all these blessings shall come upon you and overtake you, if you obey

the voice of the Lord your God. Blessed shall you be in the city, and blessed shall you be in the field. Blessed shall be the fruit of your womb and the fruit of your ground and the fruit of your cattle, the increase of your herds and the young of your flock. Blessed shall be your basket and your kneading bowl.

Deuteronomy 28:1-68

Let go of past upsets

Yes, all of us have been upset in the past. However, you cannot be addicted to your historical upsets. Holding grudges prevent you from managing present and future upsets. Instead, you make it harder for yourself.

Holding grudges prevent
you from managing
present and future upsets.

The past is important. We are able to learn a lot from past experiences and past events. But we cannot allow ourselves to live in it for the rest of our lives. What we need to understand is that the only way to cause breakthroughs in our lives is to break away from the past and start looking to the future (Selman, n.d.).

In order to deal with present upsets, you need to be able to resolve past upsets. You can do this by turning past “problems” that still affect you right now, into breakdowns. They were just what they were, nothing more nothing less.

In order to deal with
present upsets, you need
to be able to resolve past
upsets.

8th Commandment

When we talk about breakthrough, we are actually talking about “breaking through” the past. So yes, a breakthrough is a “break with the past”; it is a “change in the status quo” (Krisco, 1997). Of course, the past is important, but we have to know when to move on if we want to cause breakthroughs in our lives.

What now

1. What are the problems in the past that still affect you today?
2. Are you holding on to upsetting situations and persons from past experiences? How does this limit or affect you today?
3. What can turning these problems into breakdowns do for you?

9th Commandment

Choose to be free from upsets



*How you react emotionally is a choice in
any situation*

Judith Orloff

Power Truth

My little children, I am writing these things to you so that you may not sin. But if anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins, and not for ours only but also for the sins of the whole world. And by this we know that we have come to know him, if we keep his commandments. Whoever says “I know him” but does not keep his

9th Commandment

commandments is a liar, and the truth is not in him, but whoever keeps his word, in him truly the love of God is perfected. By this we may know that we are in him

1 John 2:1-29

Freedom is a choice

You can choose to be free from all the upsetting things. When you speak of freedom, it is as if we are trying to escape something, we are trying to break away from something keeping us captive. Freedom is all about our ability to create new possibilities that reform our circumstances and redefine our very own selves (Scheaf, 2013).

Freedom mainly has to do
with the act of choosing.
You choose to view
something as a problem or
as a breakdown. You
choose to be upset or not
to be upset.

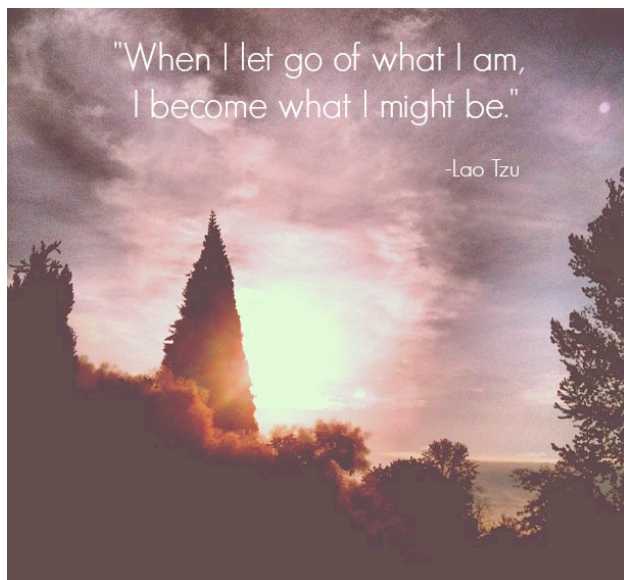
Freedom deals with choices. Freedom mainly has to do with the act of choosing (Scheaf, 2013). You choose to view something as a problem or as a breakdown. You choose to be upset or not to be upset. We have to understand that freedom is choosing *just because*, rather than choosing because we are left with hardly any choice. And so, it is possible to be faced with limited options, but still be free.

What now

1. Do you find yourself limited in choices right now?
2. Do you choose to view things as problems?
3. Why do you think your freedom is limited at this point in terms of dealing with your upsets?

10th Commandment

Commit to manage your upsets



Live in terms of your strong points. Magnify them. Let your weaknesses shrivel up and die from lack of nourishment

William Young Elliott

Power Truth

We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ,

2 Corinthians 10:5

Your commitment matters

It's not always easy to deal with your upsets. It's not easy to view problems with a different perspective. It's not easy to manage your emotions long enough to declare that a problem is only a breakdown, but you need to be committed to seeing it through.

It's not easy to manage
your emotions long enough
to declare that a problem
is only a breakdown, but
you need to be committed
to seeing it through.

It takes commitment. The greater our commitment is, the greater possibilities we can arrive at, and consequently the more breakthroughs we are able to achieve. Commitment can be thought of as a kind of energy that fuels our actions to arrive at a certain goal (Krisco, 1997).

When it comes to commitment, we must be willing to be aware of our emotions, and maintain the calm in us in order to shift the way by which we experience things. In making a commitment, we usually consider what is at stake. Usually, the more that is at stake, the greater the commitment we are willing to make (Krisco, 1997). We maintain the commitment when, even when we don't feel like it, we still do it. And in order for us to cause breakthroughs, both making and maintaining commitment are important.

Commitment starts with first acknowledging a particular act or endeavor that we want to take part in. You want to manage your upsets. When you acknowledge this, you become aware of the steps you need to do. You have a game

plan in your life. You respond, rather than reacting. When you continue to choose to respond to manage your upsets, this will eventually lead to a successful upset management.

What now

1. Are you committed to managing your upsets?
2. What are the struggles you face in managing your upsets?
3. What can you do to strengthen your commitment to manage your upsets?

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