# How to Turn Your Stressors into Success

One of the fatal flaws of the human race is a woeful lack of self reflection. Many people haven’t stopped to think about how true it is that to know thyself is the source of true power. Instead, we too often go from day to day without the knowledge of the things that are most stressful to us, causing us to suffer from a severe disadvantage. We are pawns that can be so easily controlled by our emotions. The chains that tie us to our failures are often right in our own hands. Our minds and feelings can work against us. We are our own worst enemies.

That being said, we can easily begin to help ourselves to learn how to deal with stressful situations and people. If we are our own worst enemies, we can also learn how to be our own heroes as well. If we learn how to cope with our issues and become better people as a whole, then it can be easy to see that our best bet in life is to learn the ins and outs of our own personalities if we are going to succeed.

For example, it can be difficult to succeed if we don’t know the things that we are vulnerable to. Some people will seek out these vulnerabilities and use them against us as a way to maintain power and control over a situation that we are involved in. if you do not want to be controlled then the easiest way to figure out how to avoid it is to know everything about yourself. Don’t advertise your emotions to others. Simply learn who you are and how you are effected by the situations that you find yourself in.

Put on a poker face so to speak and learn what hurts you the most. Learn about the things that make you the most angry. Learn about how you react to provoking emotional stimuli. Learn how you can control these fatal flaws so that you are not constantly at the mercy of your emotional self. And if you are already there, then more power to you.

The less affected you are by outside stimuli, the easier it is going to be for you to achieve your goals and dreams. And the less likely you are going to suffer from needless additional stress. If you can learn how to look away from situations that might otherwise stick in your gullet and cause you to feel irritation and stress, then you are going to have a major advantage.

We can all benefit from knowing how to keep ourselves in check emotionally and otherwise, so learn who you are and you will be that much closer to becoming the successful person you want to be!