

# THE EXTRA POINT

BY JERRY ROBERTS



## # 1201 Let's Not Get Emotional Over Quotations

Can you control your emotions, or are you apt to be controlled by them? I'm Jerry Roberts, and however you respond to that question, prepare to enter the emotional zone, next, on The Extra Point.

It's all about emotions today. The thoughts of a notable group on that topic. Let's see where we stand.

1. *"If your emotional abilities aren't in hand, if you don't have self-awareness, if you are not able to manage your distressing emotions, if you can't have empathy and have effective relationships, then no matter how smart you are, you are not going to get very far."*  
— Daniel Goleman, psychologist and author

2. *"Negative emotions like loneliness, envy, and guilt have an important role to play in a happy life; they're big, flashing signs that something needs to change."*  
— Gretchen Rubin, author and blogger

3. *"I do not think there is any thrill that can go through the human heart like that felt by the inventor as he sees some creation of the brain unfolding to success... such emotions make a man forget food, sleep, friends, love, everything."*  
— Nikola Tesla, inventor

4. *"As human beings, we all mature physically from childhood to adolescence and then into adulthood, but our emotions lag behind."*  
— Bernard Sumner, singer

5. *"Most of us have unhealthy thoughts and emotions that have either developed as a result of trauma or hardships in their childhood, or the way they were raised."*  
— Steven Seagal, actor and martial arts guru

6. *"When dealing with people, remember you are not dealing with creatures of logic, but with creatures of emotion."*  
— Dale Carnegie, motivational author

7. *"Even though people may be well known,*

*they hold in their hearts the emotions of a simple person for the moments that are the most important of those we know on earth: birth, marriage and death."*

— Jackie Kennedy Onassis, First Lady

8. *"Understanding that being nervous, having doubts and lacking confidence are emotions that are human is how you deal with it. It is okay to feel that way... and then understanding that you can work through it."*  
— Venus Williams, tennis champion

9. *"Leadership is about emotional Intelligence. Management is taught, while leadership is experienced."*  
— Rajeev Suri, former CEO of Nokia

10. *"By 2029, computers will have emotional intelligence and be convincing as people."*  
— Ray Kurzweil, futurist

11. *"It is amazing how once the mind is free from emotional contamination, logic and clarity emerge."*  
— Clyde De Souza, author and filmmaker

12. *"Never apologize for showing your feelings. When you do, you are apologizing for the truth."*  
— José N. Harris, author

13. *"You can close your eyes to the things you do not want to see, but you cannot close your heart to the things you do not want to feel."*  
— Johnny Depp, actor

That's the Extra Point. Be responsible and make something good happen today. For 93.3 and the Ray Gibson Show, I'm Jerry Roberts.

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