



A priceless guide for maintaining control throughout our lives in spite of one of the strongest influences we face today — our **Feelings**.

FreshView Publishing  
• 2007 •

Published by FreshView Publishing

---

Clinton, MD 20735  
(301) 856-8051

Copyright © 1999 by MoriEl Randolph  
All rights reserved

No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise (brief quotations used in magazines or newspaper reviews excepted), without the prior permission of the publisher.

Printed in the United States of America  
Winfield, Kansas

Set in Georgia Ref  
Book Design by Daniel Middleton  
[www.scribefreelance.com](http://www.scribefreelance.com)

**FEELINGS COME & GO**

scribefreelance.com

# Table of Contents

---

Introduction	7
Chapter I: How to Truly Become Successful	9
Chapter II: Feelings Come & Go	14
Chapter III: The Connection Between What We Think and Feel	18
Chapter IV: Understanding How Our Feelings Expose Our Thoughts	21
Chapter V: Can We Really Control Our Feelings	27
• What We Can and Cannot Control	28
Chapter VI: The Thoughts We Entertain	32
• Suppressing & Repressing	33
• Total Control	35
• We Can “Get Over It”	36
Chapter VII: Where Do You Go From Here?	39
• Tips to Grow By	41
• Highlights Checklist	47

Copyright © 1999 | Publisher: Songs with Meaning, Inc.

Duplication of this book is strictly prohibited without prior permission from the author.

# INTRODUCTION

---

IN 1999, WITHIN PRINCE George's County, Maryland, a valuable and unique workshop became available for both youth and adults titled, *Feelings Come & Go*. Previously, the information provided in that workshop was only available in print to its participants. However, today, this life enhancing information is now accessible to the public.

*Feelings Come & Go* was developed to help individuals gain the knowledge and understanding necessary to avoid consequences that hinder and sometimes destroy one's ability to enjoy life.

This guide will provide you what's needed to refrain from choices and decisions that can result in unnecessary stress, depression, worries, troubles, regret, and so many other disruptive feelings and consequences.

In addition, it contains information that can enhance your ability to think past unwanted feelings and/or emotions.

I do not claim to provide readers with a type of new technique or unrevealed secret. There's nothing new about the information provided here. However, due to the fast paced world we live in, it is information we rarely take the time to think about.

Change is seldom easy. However, to make change without knowledge and understanding of what to do or how to

# CHAPTER ONE

---

## *How To Truly Become Successful*

BEFORE DELVING INTO the meat of our subject matter (i.e., our feelings), we need to first establish some important points, beginning with: the meaning of success and how one becomes truly successful.

It would seem the word “Successful” has somehow become synonymous with the word “Possessions,” especially in Western society. Millions of people strive and struggle to live up to what society tells us is required in order to become successful. Regardless of the fact that it could mean going into debt, neglecting one’s child or children, or taking on so much stress that one’s physical and/or mental health is at risk.

None of those results or consequences seem to have as much influence as being able to buy that dream car or that expensive new home, or other trappings we’re told we must have or obtain, if we are to be ranked by our society as successful.

Then there are those who, according to society, have gone above and beyond the requirements for success; those who have obtained fame, fortune, prestige, and power.

Yet, how often are we informed via television, newspaper, radio, etc., of individuals who have all the above and still, due to a foolish choice or decision, risk or lose it all? The answer is: quite often.

Here's another question to ponder. How could someone who has the wherewithal to acquire all of the above make a choice or decision foolish enough to cost one everything? Obviously, it's not due to a lack of anything that society says is needed in order to climb the ladder of success, based on the fact that we are talking about individuals who have already climbed that ladder.

When this question was presented to groups of individuals who participated in the Personal Development Program this book is based upon, they came up with all sorts of answers. Many gave greed as an answer. Some said lack of common sense. Others said arrogance—and the list goes on.

As you ponder this question you may think, "Well, yeah, there could be many answers to that question."

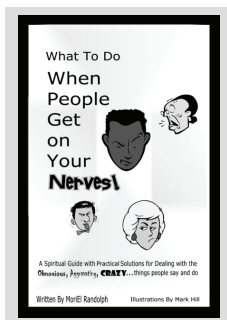
However, the point is, if one had to sum up all the possible answers in order to come up with just one answer that would give the bottom line, I believe that one answer would be this:

Whenever one makes a choice or decision that could be destructive to their own life, they have simply given in to whatever feeling or emotion they were experiencing at the time without thinking about and/or accepting the consequences.

That's the bottom line; it's just that simple. For example, what do you think would occur if an individual standing with a gun, about to shoot another person's body dead, begins to think to themselves, "You know, if I do this, I'll take this person away from those who care about them. They may have a spouse or children. What in the world am I thinking? I could get caught and go to prison for this. They give the death sentence for this!"

It seems reasonable to assume that if the would-be shooter were to entertain those thoughts, he would not pull

To order MoriEl's latest book:



Visit [www.freshviewbooks.com](http://www.freshviewbooks.com)

Or call 1-800 247-6553

You can also receive information about

MoriEl Randolph

Seminars, On-line Life-Guide Services

& her free Ezine by visiting

[www.AnswersOfInspiration.com](http://www.AnswersOfInspiration.com)

or call: 301 856-8051

---

For more information about

**The Youth Development & Arts Nonprofit Organization**

**TEENS!**  
Express!

visit

[www.teensexpress.org](http://www.teensexpress.org)

or call: 301 877-0592