

Emotional Intelligence Teleseminar Exercise Sheets

EQ – Cracking the Human Intelligence Code

Exercise # 1 - Mad, Sad, Glad

1. Identify a personal experience around each of the following strong emotions:

Mad – Anger, frustration, rage, hostility.

Sad – Sense of loss, depression, helplessness, unhappiness, or disappointment.

Glad – Pride in an achievement, giddy excitement, joy, supreme satisfaction.

2. Reflect on how feeling each of these strong emotions affected you, either positively or negatively.

Definitions

What are emotions?

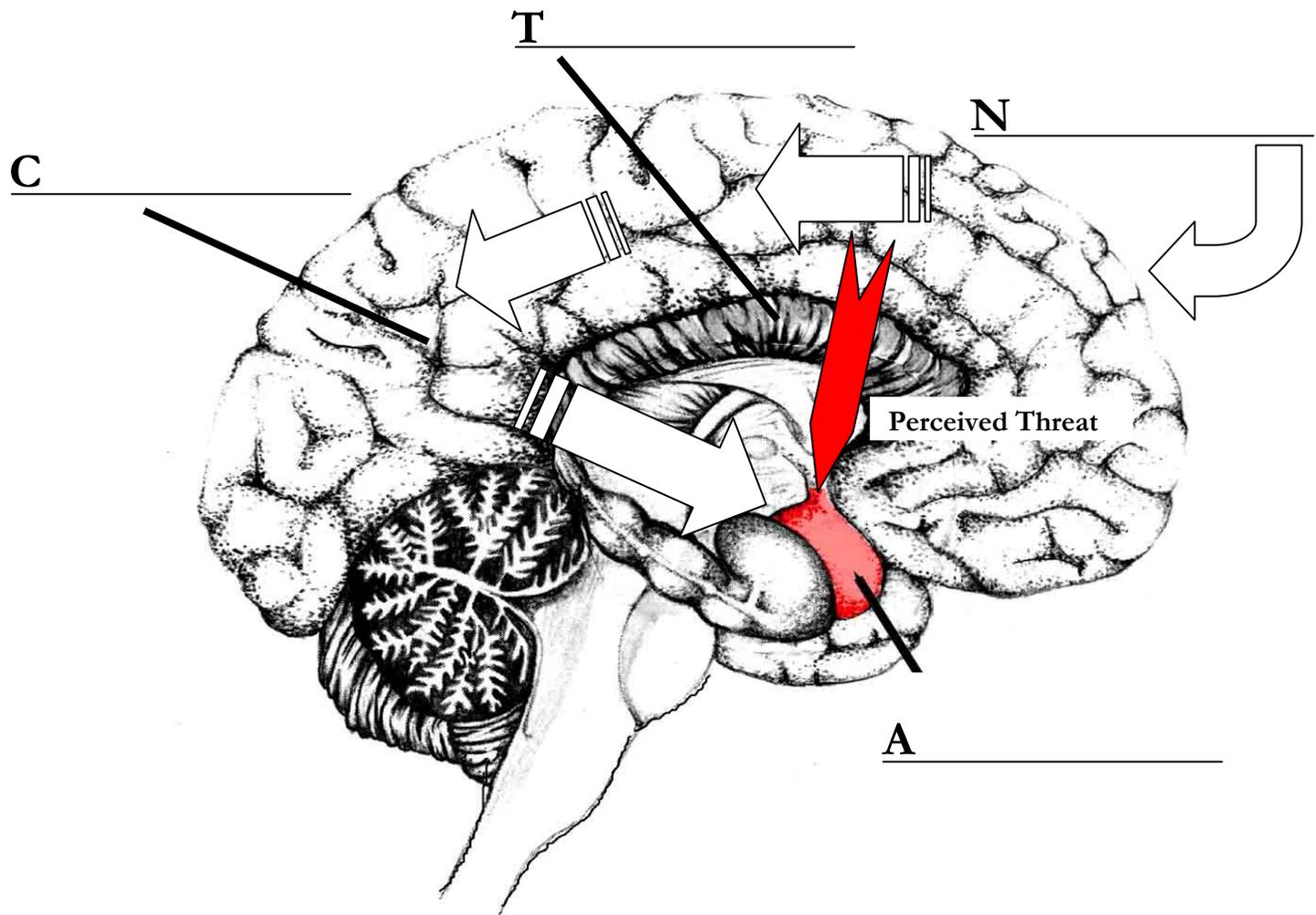
What is emotional intelligence?

What is stress?

What is depression?

What is anxiety?

Exercise # 2 – The Way the Brain Functions



Exercise # 4 – The Five Domains of Emotional Intelligence

Domain #1 - Self-awareness (*Knowing what you are feeling when you are feeling it*):

Developing self-awareness requires tuning in to your true feelings. If you evaluate and recognize your emotions, only then can you manage them. The ability to recognize an emotion as it “happens” is the key. The major elements of self-awareness are:

- Emotional awareness.
- Your ability to recognize your own emotions and their effects.
- Self-confidence.
- Sureness about your self-worth and capabilities.

The science of emotional intelligence tells us we must begin with ourselves before we’re truly able to tap into and harness the power in others.



Question: What emotion and its affects would you like to better be able to recognize as it is happening?

Domain #2 - Self-regulation (*Using your emotions to serve you, not get in your way and recovering well from emotional stress*):

From self-awareness flows self-regulation. Self-regulation is about how you handle your feelings so that they are appropriate. Without knowing what you’re feeling, you can’t manage those feelings. Regulation may be less of a concern when dealing with positive emotions, but when the emotions are things like anxiety, frustration, anger, rage, sadness, or panic, we can end up being controlled by them more easily. Self-regulation involves:

- Self-control.
- Managing disruptive impulses.
- Maintaining standards of honesty and integrity.
- Conscientiousness.
- Taking responsibility for your own emotions.



Question: What emotion that you experience ends up being most disruptive to you and your life?

Exercise # 4 cont – The Five Domains of Emotional Intelligence

Domain #3 – Motivation (*Delaying gratification to pursue important goals and persevering when faced with setbacks or frustrations*):

Personal motivation requires clear goals and a positive attitude. We must ready ourselves in order to act on opportunities. Although you may have a predisposition to either a positive or a negative attitude, you can, with effort and practice, think more positively. Remember:

- People with greater emotional intelligence experience hope and optimism more often than those with less emotional intelligence.
- Motivated people have less emotional stress.
- Optimism protects people from apathy and depression. It can also keep people from blaming failure on a personal trait that cannot be changed.

If you catch negative thoughts as they occur, you can reframe them in more positive terms, which can help you achieve your goals.



Question: What emotions motivate you to be your best?

Domain #4 – Empathy (*Sensing what others are feeling and seeking other perspectives*):

Empathy is the ability to recognize another's emotional state. The more skillful you are at discerning the feelings behind others' signals, the better you can control the signals you send. Empathy involves listening carefully, picking up on what people are truly concerned about, and responding accordingly. Stephen Covey describes empathy as listening for emotion, which in turn makes people feel understood. To be more effective with your empathy:

1. Recognize your own bias: People who are angry or in a bad mood notice others' bad moods more readily than others' good moods.
2. Put aside your own feelings: When you have your own "emotional agenda," it interferes with your ability to read other people's feelings.
3. Be attentive to cues: Tell people what you notice, and ask for confirmation of what you're sensing.



Question: To what degree are you able to recognize someone else's emotional state?

Exercise # 4 cont – The Five Domains of Emotional Intelligence

Domain #5 - Social skills *(Interacting with others comfortably and cooperating during those interactions):*

Of all of the domains, social skills is the most easy to recognize. Social skills are what make resonance with people possible. Social awareness builds on the domain of self-regulation in that it allows us to access and express emotions in appropriate ways.

Among the most useful social skills are:

- Influence - Wielding effective persuasion tactics.
- Communication - Sending clear messages.
- Change catalyst - Initiating or managing change.
- Conflict management - Understanding, negotiating and resolving disagreements.
- Building bonds - Nurturing instrumental relationships.
- Collaboration and cooperation - Working with others toward shared goals.



Question: What emotions support you socially, and what emotions get in the way for you socially?

Exercise # 5 – Personal Tactics

Read through and highlight which of these tactics could be of most benefit to you going forward in developing your emotional intelligence.

1. *Become emotionally literate.*

- Label your feelings, rather than labeling people or situations.
- Use three word sentences beginning with "I feel."
- "I feel impatient." vs. "This is ridiculous."
- "I feel hurt and bitter." vs. "You are an insensitive jerk."
- "I feel afraid." vs. "You are driving like an idiot."

2. *Distinguish between thoughts and feelings.*

- Thoughts: I feel like...& I feel as if...
- Feelings: I feel (followed by the feeling word)

3. *Take more responsibility for your feelings.*

- "I feel jealous." vs. "You are making me jealous."
- Analyze your own feelings rather than the action or motives of other people.
- Let your feelings help you identify your unmet emotional needs.

4. *Use your feelings to help make decisions.*

- "How will I feel if I do this?" Or, "How will I feel if I don't?"
- "How do I feel right now about this?"
- "What would help me feel better?"
- Ask others: "How do you feel?" and "What would help you feel better?"

5. *Feel energized, not angry or frustrated.*

- Use what others call "anger" or "frustration" to help feel energized into taking productive action.



Why?

Exercise # 6 – Social Tactics

Read through and highlight which of these tactics could be of most benefit to you going forward in developing your emotional intelligence.

1. Use feelings to set and achieve goals.

- Set feeling goals. Think about how you want to feel or how you want others to feel. (Your family, your friends, your co-workers, your acquaintances, etc.).
- Get feedback and track progress towards the feeling goals by periodically measuring feelings on a scale from 0-10.

2. Validate other people's feelings.

- Show empathy, understanding, and acceptance of other people's feelings.

3. Use feelings to help show respect for others.

- How will you feel if I do this? How will you feel if I don't?
- Then listen and take their feelings into consideration.

4. Don't advise, command, control, criticize, judge or lecture to others.

- Instead, try to just listen with empathy and non-judgment.

5. Avoid people who invalidate you.

- While this is not always possible, at least try to spend less time with them, or try not to let them have psychological power over you.



Why?

Upcoming Events

FREE - Dr Mickel Teleseminar

Understand once and for all, how and why, your body creates symptoms

Thursday 3 May (UK/USA)

Friday 4 May (AUS/NZ)

www.artofhealth.co.nz/s-events-teleseminars

FREE - Mind of a Guide 3 part Teleseries

How to arrive at your desired destination in life... whilst staying sane in a busy, crazy world!

3 Introductory videos up NOW

Main (paid) event starts Monday 7 May

www.artofhealth.co.nz/pp-aff-events-mind-of-a-guide

FREE Rewire your brain for health and success

Learn how to overcome illness and old mental patterns in minutes

3 Introductory videos up NOW

FREE 10 day online event starts Monday 7 May

<http://www.artofhealth.co.nz/pp-aff-events-world-tapping-summit.html>

EQ Telesummit

Multi-speaker event with world leaders on emotional intelligence

June 2012 – details to come

www.artofhealth.co.nz/s-events-teleseminars

Inner Smile Teleseries

Clear negative emotions and grow positive virtues with ease

Coming soon

www.taohealth.co.nz