

Emotional Intelligence in your Life

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What is emotional intelligence?

Intelligence Quotient (IQ)

vs.

Emotional Intelligence Quotient (EQ)

- Able to perceive, comprehend, and manage one's own emotions
- Able to understand the emotions of others
- Capable of self-motivation, empathy, and good interpersonal/social skills.



EI Outcomes

High EI – Adaptable, agreeable, flexible, mature person.

Low EI - Risk of troubled relationships and professional stagnation. In children and adolescents: eating disorders, depression, delinquency, school underachievement.

The pillars of EI

- 1. Awareness of one's emotions**
- 2. Emotional self-regulation**
- 3. Motivation**
- 4. Empathy**
- 5. Social/relational skills**

1. Awareness of one's emotions

Being well aware of own feelings and emotions.

Know causes, reasons, and effects of own feelings and emotions.



1. Awareness of one's emotions

- I have a hard time when _____
- When I think of my childhood, I _____
- I feel _____ right now.
- I feel afraid of _____
- When I think of future plans, I _____
- My mood improves when _____



2. Emotional Self-regulation

Ability to regulate, channel, and modify my state of emotion.

- Calm down as one is angry
- Get encouraged when in a low mood
- Stop thoughts of jealousy
- Overcome feelings of helplessness
- Take advantage of a time of high motivation
- Prolong happy moments

2. Emotional Self-regulation

- **What is the number one factor in emotional self-regulation?**
- **Our thoughts**

2. Emocional Self-regulation

“If the thoughts are wrong the feelings will be wrong, and the thoughts and feelings combined make up the moral character.”
(5T p. 310)

“Few realize that it is a duty to exercise control over the thoughts and imaginations.” (God’s Amazing Grace, p. 327)

3. Motivation

Ability to attain intrinsic motivation

Contemplating objectives, learning to enjoy tasks for their goodness, doing things out of love or obedience to God.



The Bible—a tool for motivation

- ❑ “Whatever you do, work at it with all your heart, as working for the Lord, not for human masters” (Col. 3:23)
- ❑ “Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain” (1 Cor. 15:58)
- ❑ “Trust in the Lord with all your heart and lean not on your own understanding” (Prov. 3:5)
- ❑ “Jesus looked at them and said, 'With man this is impossible, but with God all things are possible'” (Mat. 19:26)

The Bible—a tool for motivation

- ❑ **Story of Abraham – Heb. 11: 8-12**
- ❑ **Story of Joseph – Gen. 37 on**
- ❑ **Story of Neomi – Book of Ruth**
- ❑ **Story of Esther – Book of Esther**
- ❑ **Jesus tempted in the wilderness – Mat. 4: 1-11**

4. Empathy

Ability to perceive the feelings and emotions in others

A necessity to establish lasting links with those we relate with.



Empathy Case

You and your friend are hiking in the wilderness and engaged in an animated conversation. It is 11 in the morning and you arrive at the shore of a lake. There is a family of two parents and two teens laying on the grass. You enjoy the view and keep your conversation at a medium to high volume with your friend.

The mother in the family lifts up her head, looks directly at you and says in a loud and nasty way: "*We want to rest!*"

What would be your

- 1. THOUGHT,**
- 2. FEELING**
- 3. BEHAVIOR?**

SHARE WITH YOUR NEIGHBOR

Strategies

- When you do not understand others' behavior:**
 - Listen, observe, do not jump to talk, to make conclusions or to act
 - Estimate what must they be thinking
 - What might their feelings and emotions be?
 - What are their circumstances?
 - What is their past?
- Pay attention to things you have in common, not just the differences.**
- Converse openly and show interest in them, and undivided attention.**

Empathy, a biblical concept

- ❑ “Rejoice with those who rejoice; mourn with those who mourn” (Rom. 12: 15)
- ❑ “Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Eph. 4:32)
- ❑ “So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets” (Mat. 7: 12)
- ❑ “Finally, all of you, be like-minded, be sympathetic, love one another, be compassionate and humble” (1 Peter 3:8)

Empathy, a biblical concept

- **Jesus, the best example:**
 - When the Lord saw her, *his heart went out to her* and he said, “Don’t cry” (Luke 7:13)
 - “When he saw the crowds, *he had compassion on them*, because they were harassed and helpless, like sheep without a shepherd” (Mat. 9: 36)
 - “Jesus called his disciples to him and said, “*I have compassion for these people*; they have already been with me three days and have nothing to eat” (Mat. 15:32)



5. Social/ Relational Skills

How to interact with people pleasantly, transmitting closeness and warmth. Ability to give and receive trust.

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