

EMOTIONAL INTELLIGENCE

Emotional Intelligence



Emotional intelligence includes the ability to track your own emotional state (self monitoring) and name your emotions while also being aware of the emotions of others. Most important is developing a dependable inner 'path back' to your center of calm. Being able to recapture that state of calm quickly after being upset is known as good vagal nerve tone.

Good vagal nerve tone is a vital for success in life and requires that you learn to self-soothe.

Self soothing is a skill we all must learn sooner or later in life if we don't want to become a drain on the people around us. If you need extra help with self soothing we are developing a new range of audio programs that will allow you to access anxiety and stress relief in the privacy of your own home.

What methods can you think of that are personal and private to deal with personal distress?

Time in the garden or looking at old photos? Or you might like to check out our audio here: <https://thencmarriage.com/audio-products/lovable-me/>

.....
Does your partner need to be happy for you to be happy? Without realizing it, this will turn you into a kind of emotional vampire that is looking for all of your 'juice' from someone else.



Christine would sometimes take offense at her fiancé Olaf when he would take mobile phone calls while they were out at what she considered a romantic dinner. She would also get upset when he arranged to meet up with a friend or his sister after they finished eating. Christine would get angry and get a cab home and then not call Olaf for days—feeling miserable. When her silence gained no response she would then text him demanding he should feel guilty for hurting her feelings. She would insist he apologize and 'make it up to her' in order to make her feel better. This never worked and a wedding date had not been set. All of this changed when Christine learned to take responsibility for her own happiness and became more emotionally intelligent.



EMOTIONAL INTELLIGENCE

Messages from Emotion

Our emotions are of vital importance and help us in some of these ways . . .

Love - Tells us who and what we like and promotes patience and attachment.

Joy - Tells us what we enjoy doing and where our destiny lies.

Sadness - Helps us let go of attachments that are finished and makes us available again for the people that are still in our life.

Anger - Tells us when we are being exploited, disrespected or mistreated. Lets us know that we must perhaps rethink our current situation. It alerts us that we may need to strengthen our boundaries and bring in protection or help.

Guilt remorse or shame - These emotions help us to take our mistakes seriously and modify our behaviour.

Excitement and enthusiasm - Gives us energy and motivates us to work.

Jealousy - Tells us that a relationship we value may be in danger and/or that our attachment skills may need work.

Fear - Means there is some danger (physical or emotional) that we may need to prepare for.

The beginning of emotional intelligence is being able to identify your own and others' emotions correctly, and to understand that there are emotions beneath emotions. That is not as complicated as it sounds. Anger for instance, always has fear beneath it. Fear on the other hand often has sadness or a feeling of inadequacy at its core.

When we are overcome with too many negative emotions at once we become 'flooded' and it becomes impossible for us to respond. This can be the cause of 'stonewalling'—rather than the deliberate cruelty that is often imagined. Men usually become 'flooded' faster than women and is why stonewalling is more common in men than women.

Being able to identify emotions and get to the root cause of our distress takes courage and patience. It is much easier to lash out in anger, for instance, than to admit to our own fears. It may be even harder to face our feelings

Setting Personal Boundaries

- *Boundaries are about you knowing yourself well enough to know a. what you will or will not do and b. what and whom you feel comfortable with.*
- *Healthy boundaries are about being able to express those choices for yourself with confidence, respect and authority.*
- *Boundaries are about self respect. Do you know how to take care of yourself? Can you say, "NO" to things you do not want to do without feeling scared you may be rejected?*
- *Healthy boundaries are very attractive. Playing 'hard to get' is a way of pretending you have healthy boundaries when really you don't. Truly valuing yourself has nothing to do with playing games or manipulating other peoples' feelings.*
- *Healthy boundaries are a way of outwardly demonstrating our inner sense of self worth, self respect and confidence.*
- *Healthy boundaries - together with the ability to respect other people's boundaries - make us easy to get along with.*
- *Are you able to stand up for your right to make your own healthy choices for yourself—even when you are faced with opposition? This may cause people to 'push back' in the moment but in the end it will see people respect you.*
- *If we want our children to grow up feeling okay about saying, "NO" we must let it be okay for them to sometimes say, "NO" to us.*
- *Are there things in your life right now that you are not comfortable with? Spend some time now and add to your repertoire (from the last chapter) some ideas of how you can begin to say, "NO" to those things calmly and with confidence.*



EMOTIONAL INTELLIGENCE

of inadequacy beneath those fears and stop looking for someone else to blame. If you work on finding that courage, the solution will soon become apparent and you can begin to support each other and move forward. I want you to really take some time on exercise 3 in the Emotional Intelligence section of Part 2 The Exercise Manual - about identifying your own and other people's emotions and thinking about different ways that you might respond. New ways may work better than your conditioned responses, which may only be escalating the fear and grief rather than resolving the source of anxiety.

More on Anger - when we were living in more primitive times, anger produced a 'fight or flight' reaction to help us escape or fight off predators. This is rarely necessary now and so it is very important we learn to override this reflex response. Instead, it is best if we can let our anger alert us to situations that need our attention but wait until we are calm again and able to use our higher faculties to decide what action is best. The ability to overcome our fight or flight response, but still heed the message our anger is giving us, is one of the highest indicators of success in life. 'Hotheads' do not have as many friends, do not become good parents, do not have successful marriages and do not make as much money as people more able to regulate their anger and emotional responses. Likewise, people who repress their anger and do not heed its messages do not fare well either. They become 'pushovers' who allow others to exploit and manipulate them. Lashing out in the heat of the moment is rarely the best solution and so exercising this 'override' response while still considering the situation, say a day or two later, may require practice, but will improve your life in every area.

More on Excitement - Excitement can be a confusing emotion as it is now more often associated with recreation than work; with work being seen as drudgery. The energy excitement gives us can then easily be misdirected into drinking, smoking, gambling and recreational drug use, all of which can have a major negative impact. This is particularly true with teenagers who, seeking exciting recreation, may form addictions that end up dogging them for life. Finding enthusiasm and excitement about our hobbies, projects and work and seeing our recreational time as a chance to relax and find our centre of calm, can be remarkably beneficial. Entertainer personality types will do well to make a career of high energy recreational activities, dancing and playing music etc., and taking time out afterwards for some quiet time and relaxation as an antidote to the self abuse problems associated with excitement and enthusiasm directed at recreation rather than work.

Let Your Emotions be Your Guide

Emotions are often mistakenly considered detrimental to rational and clear thinking, while lack of emotion is often credited for superior intellect and reasoning. It has been discovered, however, that people with the segment of their brain associated with emotional response removed due to disease or injury, are far from wise. They may be calm and appear level-headed on the surface, but marry the wrong people, choose the wrong type of work, make disastrous business and investment decisions and generally have little direction or inner guidance in their lives. Taking notice of your emotions gives your life direction. Taking notice of how situations make you feel will teach you a lot about yourself and where you are best headed.

One of the most troubling things about being human is the fact that we tend to not be very good at remembering how things will make us feel. We think that being rich or getting that new 'something' we have been admiring will make us happy and attractive - when research clearly shows this to be wrong. A study of lottery winners found that a year after winning the lottery their basic levels of happiness and contentment hadn't changed. More surprising is that a study of people who had become paraplegic found the same.

Is there something you strive for over and over but thinking back you recall that it has only brought you grief? Welcome to the club of being human! The truth is that very simple things tend to make us happy. A good nights sleep, a cool breeze on a hot day or the sound of someone calling our name as if they like us. Things that make us happy show us what gives our life meaning. Finding meaning can be elusive too however. For example some people think that a trip to an ancient city will give their life meaning but on arriving find that being led around by a tour guide only makes them feel like a sheep.

For this reason it is very beneficial to use your new knowledge of emotions to help guide you to set better goals for yourself than the ones you might be working on now. Are you working for things that will not bring you any closer to the happiness you crave? Are there people you look forward to seeing and have told yourself you love - but if you think about it you might remember they often make you feel angry? To help you track this please do exercise 4 for Pillar 3 in Part 2 -The Exercise Manual and start letting your emotions help choose your goals.

EMOTIONAL INTELLIGENCE

Emotions are Signals and Not Tools

One thing **emotions are not good at** is controlling or influencing other people's behavior. Many people attempt to use emotions for this purpose. These are some of the common mistakes people make;

Using anger to try to gain compliance and respect

Using sadness or hurt to try to illicit understanding and love

Using blame to create a sense of obligation or indebtedness

Attempting to use enthusiasm to build attachment and attraction

All the above are actually more likely to create **resentment or annoyance**.

Emotions are primarily **personal** events and while they can be shared (and this indeed fosters attachment) this can rarely be contrived, but instead results from the foundations of a solid relationship being laid on trust, acceptance, understanding and the attraction emotional intelligence will help you to create.

So how do you become more attractive by becoming more emotionally intelligent? Follow your work book exercises, but first take note of the following two examples.

Case Studies in Emotional Intelligence

Dave would get angry every time Sally had a few glasses of wine at night and start putting down his mother and his friends. He would get very upset that she did not want to give him and the kids her affection and interest. He would sometimes get into a rage about this and later feel ashamed of himself for his angry outbursts. This would cause him to exaggerate Sally's problems, attempting to justify his angry response. Other times he would sulk, sometimes for days, hoping that Sally would feel ashamed of her behavior and work to 'make things up with him'. This rarely worked and instead the couple would only resolve these fights when day-to-day events became so urgent and pressing that Dave regained his common sense and dropped his attempts at emotional manipulation and Sally compromised slightly and they called a truce.

Or another example:

Christine would take offense when Olaf, her fiancé, would take mobile phone calls while they were out at dinner, at what she considered a romantic meal, or even worse, in her opinion, arrange to meet up with a friend or his sister after they had eaten. She would get angry and get a cab home and generally not call him for days feeling miserable and then text him ten times a day when her silence had not worked, demanding that he should feel guilty for hurting her feelings and 'make it up to her' to 'make her feel better.' This never worked and the wedding date had still not been set.

In these previous examples there is 'sorting this from that' to be done certainly. However they both have in common the same attempts at emotional manipulation that will most likely only cause resentment.

So what are more emotionally intelligent solutions for these two examples?

Dave now stops and looks at his anger taking note that there is a problem to deal with but seeing that it is not a fire that needs a 'fight or flight' response. He decides to wait until he has calmed down completely and gives himself time to reassess the situation. After taking this emotionally intelligent step, he then thinks about what emotions might be beneath Sally's actions and comes to realize Sally would not act this way if she was feeling secure about herself. He decides that perhaps he needs to look at it from Sally's point of view. He reviews the gap work list and guesses that maybe it is trouble at work that has her feeling uneasy. He picks a time when they are alone and Sally is feeling safe and asks her, "How are things going at work?" and really listens. After a while, when it seems that there is nothing really bothering her there, he makes another guess and says, "You seem like something is worrying you lately? Are you having trouble keeping up with all the pressures of being a mum?" Sally decides after all of his patience and interest she can open up and share her feelings of inadequacy. "I don't know how to be a good mum. All I do is boss the girls around - I think that they must hate me!" Again, he listens and

EMOTIONAL INTELLIGENCE

does not offer advice unless she asks for it. He then says, "Come on, I am taking you to bed, I think that in time you will solve this and you will know that you are a great mum and I am here to help you!" The two go to bed feeling very close and Dave gets the love and affection that he has been craving. The next time the family is together, he helps bring Sally into the kids sphere by inviting her to watch a movie with them that he knows they will all like. He also comes up with some small steps to help Sally, like watching Supernanny with her and joining the girls up for girl scouts and challenging Sally to join in with these activities. More work than him getting mad? Sure, but by using emotional intelligence to put his 'fight or flight' response aside and waiting to deal with the matter (not push it aside) when he can use his higher faculties and his new found knowledge of emotions, Dave gets what he wants, provides support to Sally (who is now giving them all more attention) and the kids, while becoming far more attractive in Sally's eyes. His old ways of reacting on the other hand would never have achieved what he wanted, no matter how many times he acted it out.

And Christine and Olaf . . .

Christine may still need to excuse herself and get a cab home, while she is still gaining experience at taking care of her own emotions, but she has enough presence of mind, after her initial feelings of hurt, to make sure that she does not leave Olaf feeling abandoned, suggesting that he should perhaps make plans with his friends because she needs an early night and that she is looking forward to seeing him in the next day or so. Once home she decides to listen to Lovable Me <https://thencmarriage.com/audio-products/lovable-me/> to help soothe her feelings of annoyance. She remembers some happy times with Olaf and has the patience and presence of mind to wait until she starts feeling better before she thinks about the situation that upset her. The next morning she makes sure that she calls and greets Olaf warmly and tells him about the happy thoughts she has been thinking about the two of them (attachment). When she feels he is listening and there is rapport, she tells him calmly that she felt hurt that he was on his mobile phone at the table, and says, "Let's see if you can learn better manners?" Let's go out to (their favorite going out place) soon and see if you can survive the night with your phone turned off? She then says, "I bet you can" or "I bet you can't" depending on her knowledge of him and what kind of challenge he responds best to (Gap work). She also decides that perhaps she has been putting too much pressure on the exclusivity of their dates and so tells Olaf she has a surprise for him. She decides on something no stress that he will enjoy, like meeting up with some of his friends (that she gets along with) to watch a TV show that she knows he likes for a casual get together. After this night together with friends she goes home with no expectations, pours herself a bubble bath and guess what? If Olaf hasn't already followed her home, he is on the phone at 8 am the next morning telling her what a great time he had. The wedding plans are moving right ahead and Olaf's next move is to get Christine and his mum together for lunch to get the planning started. She really feels like someone he wants to be close to and have around all the time. Harder work than trying to control his behavior with her upsets? Maybe, maybe not, but her previous behavior would probably have soon seen her lose her relationship with him altogether.

When you have decided to take responsibility for your emotions and particularly your happiness, Part 2 of the exercise manual - has some ideas to help you self soothe and regain your sense of calm and well being when you become upset.

Knowing how to understand and regulate your emotions will improve every aspect of your life and make you much more attractive as a friend and partner.

Kim Cooper

"My happiness and joy come from inside me and not from other people.
whenever I become angry, sad or depressed I call on this source of happiness
and calm down completely before taking notice of what my emotions are telling me,
People like being close to my natural happiness and warmth."