

“How are you?”

If you are a bank teller, cashier at a market, customer care person for any online business etc., and your job is to be of service--to me, please, would you be so kind and refrain from saying, “Hi, how are you?” When i feel playful i say, “Great, today is the best day of my life,” but mostly I ignore the question because I know the individual doesn’t really care how I am. It’s rote. It’s a cultural habit. It’s annoying-- to me anyhow. Something more appealing might be, “*beautiful morning, yes?*” Or “*enjoying the rain?*” Any ideas?

I’m particularly sensitive to this after the suicides this past week of two highly visible people. Certainly cause to look deeper and examine our inner world--maybe ask some important questions such as: “*How good of a listener am I? How significant are my friendships? How often do I take time to read, journal, be still, just be? How identified am I to my role in the outer world? How much of a front to I portray? How aware am I to my feelings?*”

Years ago I compiled a feelings dictionary with 650 feels words. While researching the subject on the internet I discovered a Self-Study test online that will give you an insight as to your emotional literacy. Emotional Intelligence Self-Study: Identifying Emotions, Understanding Emotions, Managing Emotions, Using Emotions to facilitate thoughts. I dare you to take it. Call The Attitude Doc if I can offer support in evaluating your answers.

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