**Emotional Growth as A Whole**

This episode acknowledges the critical points that pertain to emotional growth and the various plateaus associated. With this information we will discuss different ways to approach and pursue emotional growth in a positive way by providing tips and steps of encouragement to give you motivation.

To kick it off…

we wanted to go over the basics of what an emotion is and the process behind it

**Emotion** – A subjective response to an experience (Bartley 2021). MOST BASIC DEFINITION, can differ GREATLY on a person-to-person basis, and stem from various processes occurring in the individuals’ brain.

**Processes of emotion** – Your brain takes in the information pertaining to the happenings in your surroundings. This is how a perception is formed (Bartley 2021).

Perceptions then trigger the limbic system in your brain, where your emotions are triggered (Bartley 2021).

**Point of this simple description** – The way that we view a situation controls our emotional responses. This means that we may not always be thinking clearly or including all of the personal facts when viewing a situation, because perspectives can be limited (Bartley 2021).

Research suggests that all species are born with basic or primary emotions (Bartley 2021):

* Fear
* Joy
* Anger
* Surprise

These are just basic emotions… there are probably an INFINITE number and types of different emotions that an individual can experience.

Two crucial elements of emotional growth/development are emotional regulation and emotional intelligence.

**Emotional Regulation** – Refers to the ability to control an emotional response. Starts during childhood development in the frontal part of our brain, which is responsible for processing and thinking about our emotions (Bartley 2021).

How it helps emotional growth/development:

* Learn more about ourselves
* Increases self-awareness and self-evaluation
* Can encourage more complex emotions via socialization

**Emotional Intelligence** – Defined as the practice of self-control and the ability to accurately perceive the emotions of self and others, appropriately adapt emotions and actions in daily interactions, and consistently understand and express interest in the well-being of self and others.

Short version: How you understand and respond to emotions in yourself and the people around you.

 How it helps emotional growth/development:

* Increases self-awareness and self-regulation
* Encourage ethical judgment and conflict resolution
* Emphasize empathy and social awareness

While both emotional regulation and emotional intelligence are important to emotional growth/development, it is also incredibly important to acknowledge and experience the plateaus that are present throughout this journey.

**Growth Plateau** – A period or state of little or no apparent progress or decline in an individuals’ learning.

This can feel like you are stuck, while everyone around you is climbing. You feel left behind, stalled, like you will never progress further, or you don’t know how to, or have the means to. Couple examples of growth plateaus:

**Sticking with It** – When we expect overnight success, and have to swallow the hard pill that this can take YEARRSSSSSS. This is when we seek short-term gratification. When we don’t get that is when we hit this plateau, and the natural conclusion is to quit………… NOT TODAY. This is a very long and hard process to go through. When you don’t want to do anything, that’s when YOU have to kick in and support YOURSELF! You deserve it!

**Deliberately Practicing** – We get so caught up in getting everything done right in that moment, we forget to take the time to rest. We feel that if we take a break, then we will lose our stamina or get lazy which is not the case. As individuals in order to push through successfully, we have to pace ourselves to avoid burnout. This is to ensure that we learn and improve our productivity in the most efficient and effective way. Be mindful when you are doing these things. And make it a point to fully and actively practice your steps of emotional growth.

**Experiencing Discomfort** – When we feel discomfort, we look for another way to cope or deal with our problems. This puts us at a plateau, of knowing, but avoiding the task of doing what we need to do. This can be one of the hardest plateaus, because we have to fight ourselves to do what is right for our body/mind. Embrace your discomfort!

I’m sure there are other plateaus in emotional growth that I have not covered, but these were just a few of them... During any plateau, this is the MOST IMPORTANT time to utilize your coping skills and stay in tune with yourself.

There is no magic pill or spell that I can give to you or put on you to fix things immediately… If we did, we probably would not be hosting this podcast right now. However, we do have some helpful tips and tools to get you through the process of growing emotionally.

**Tips and Tools:**

* Acknowledge and sit with the discomfort
* Deconstruct the experience to get to the root of the issue (BE CAREFUL… DO NOT OBSESS)
* Do self-check-ins
* Utilize an effective outlet of your choice
* Recognize that your emotions/feelings are valid so you are able to accept and allow yourself to feel these feelings
* Don’t buy into your emotions 100%... They are not always expressed effectively, and it is important to try to stay as calm as you possibly can
	+ Trigger your 5 senses (5 see, 4 touch, 3 hear, 2 smells, 1 taste)
	+ Breathe from your diaphragm
	+ Counting
	+ Challenge your thoughts
	+ GROUND YOURSELF
* Try to be solution oriented, and brainstorm creative ways to problem solve
* Acknowledge your victories that you have accomplished thus far
* SO MUCH SELF-LOVE AND SELF-COMPASSION
* Educate yourself and be an active participant in this process of treatment, if you are receiving treatment

**References**

Bartley, Leslie. (2021). Emotional Growth: Definition & Overview. Study.com. Retrieved from [Emotional Growth: Definition & Overview - Video & Lesson Transcript | Study.com](https://study.com/academy/lesson/emotional-growth-definition-lesson-quiz.html)