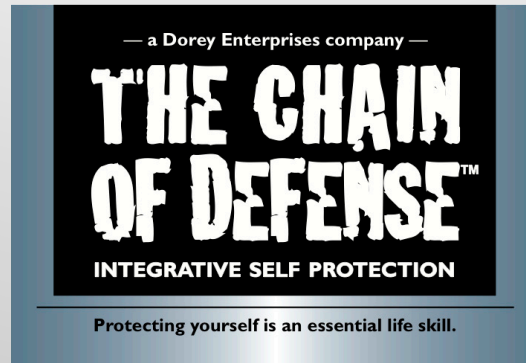


# **EMOTIONAL WELL-BEING AND SELF DEFENSE:**

An integrative approach  
to protecting yourself.



presented by

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Self Protection Advocate and Master Trainer

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# THE CHAIN OF DEFENSE™ LEADERSHIP STRATEGY\*

Breaking the generational cycle of violence one person at a time through 200+ combined years of proven, in-field tested methodologies, plus YOU.

YBS Your Belief System [ value-driven behavior ]	CPS Creative Problem-Solving [ problem-solving skills ]	TSM Thinking Skills Model [ cognitive-affective skills ]	TLC The Leadership Challenge [ leadership practices ]	EQI Emotional Quotient Inventory [ emotional competencies ]	4SITE Foursight Thinking Profile [ creative preference styles ]	SAVI The SAVI Approach [ utilizing all four senses ]	PKM Pure Krav Maga [ self-defense principles ]	SRL Servant Leadership [ pay it forward ]
<p>Spiritual</p> <p>Loving</p> <p>Purposeful</p> <p>Trustworthy</p> <p>Honest-Integrity</p> <p>Humble</p> <p>Respectful</p> <p>Authentic</p> <p>Vulnerable</p> <p>[ Who do you need to be to live your purpose? ]</p>	<p>Assessing the Situation</p> <p>Exploring the Vision</p> <p>Formulating Challenges</p> <p>Exploring Ideas</p> <p>Formulating Solutions</p> <p>Exploring Acceptance</p> <p>Formulating a Plan</p>	<p>Diagnostic Thinking-Mindfulness</p> <p>Visionary Thinking-Dreaming</p> <p>Strategic Thinking-Sensing Gaps</p> <p>Ideational Thinking-Playfulness</p> <p>Evaluative Thinking-Avoiding Premature Closure</p> <p>Contextual Thinking-Sensitivity to Environment</p> <p>Tactical Thinking-Tolerance for Risks</p>	<p>Model the Way</p> <p>Inspire A Shared Vision</p> <p>Challenge the Process</p> <p>Enable Others to Act</p> <p>Encourage the Heart</p> <p>[ Credibility is the foundation of leadership. ]</p>	<p><b>Self-Perception</b> Self-Regard Self-Actualization Emotional Self-Awareness</p> <p><b>Self-Expression</b> Emotional Expression Assertiveness Independence</p> <p><b>Interpersonal</b> Interpersonal Relationships Empathy Social Responsibility</p> <p><b>Decision Making</b> Problem Solving Reality Testing Impulse Control</p> <p><b>Stress Management</b> Flexibility Stress Tolerance Optimism</p> <p><b>HAPPINESS</b> [ well-being indicator ]</p>	<p><b>Clarifier</b> Get a clear understanding of the challenge.</p> <p><b>Ideator</b> Generate broad concepts and ideas.</p> <p><b>Developer</b> Analyze potential solutions with strengths and weaknesses.</p> <p><b>Implementor</b> Take action on ideas.</p> <p><b>Integrator</b> Ability to do all of the above.</p>	<p><b>Somatic</b> Moving Doing Hands-on Learning</p> <p><b>Auditory</b> Talking Hearing</p> <p><b>Visual</b> Observing Picturing Drawing</p> <p><b>Intellect</b> Problem Solving Reflecting Asking Questions</p> <p>[ Retain and understand information faster and at a greater proficiency level. ]</p>	<p><b>Non-Physical</b> Danger Analysis Reaction Time Situational Awareness Heightened Awareness No Complacency Vision-Motion Personal Territory Body Language Safety in Training Self-Defense Laws Pressure Points Hand Positioning H2 Practice Physical Self-Confidence</p> <p><b>Physical</b> Redirection of Body Force Body Movement Strikes and Kicks 360-degree Defenses Close Range Scenarios H2 Get Up-Fall-Rollover Ground Defenses Leads/Controls Club-Knife-Pistol Defenses Multiple Attackers</p>	<p>TBD in 2018</p> <p>"If you light a lamp for someone it will also brighten your own path." BUDDHIST PROVERB</p> <p>[ Pursue greatness for others. ]</p>

MISTAKES = FAILURE = SUCCESS  
THE AFFIRMATIVE ENVIRONMENT

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# THE EMOTIONAL QUOTIENT (EQ) IS USED TO MEASURES YOUR EMOTIONAL INTELLIGENCE

What is Emotional Intelligence?

Emotional Intelligence is a set of competencies (skills) that –

- INFLUENCE THE WAY WE PERCEIVE AND EXPRESS OURSELVES  
**SO, if we think we are nothing, we will be nothing. If we think we are something, we will be something.**
- HELP US TO DEVELOP AND SUSTAIN MUTUALLY BENEFICIAL RELATIONSHIPS WITH FAMILY, FRIENDS, CO-WORKERS AND PARTNERS  
**SO, if we have 1-sided relationships and are always giving or always taking, these relationships will become toxic. If we have mutually beneficial relationships (a shared combination of giving and taking), our relationships will be healthy.**
- HELP US COPE WITH CHALLENGES  
**SO, if we don't have coping strategies, we set ourselves up for failure. If we have coping strategies, we set ourselves up for success.**
- ALLOW US TO USE EMOTIONAL INFORMATION IN AN EFFECTIVE, MEANINGFUL WAY  
**SO, emotions can lead to negative Self Talk or positive Self Talk. We can raise ourselves up or break ourselves down. We can do this to others as well.**

# HEALTHY EMOTIONAL WELL-BEING

A healthy emotional well-being is an affirmative by-product of our balanced emotional and social competencies that can increase as we become happier in our lives that is filled with positive self worth, hope, purpose and/or direction.

It can include our –

- living conditions
- environment within those living conditions
- spirituality and/or faith
- financial situation
- physical, mental and emotional health

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Competencies that fuel our healthy emotional well-being –

1. Self Regard
2. Optimism
3. Self Actualization
4. Interpersonal Relationships
5. Decision Making subscales: problem solving, reality testing, impulse control
6. Happiness

**These learned competencies indicate positive or negative well-being.**





**Emotional Quotient Inventory**  
[ emotional competencies ]

**Self-Perception**

Self-Regard  
Self-Actualization

Emotional Self-Awareness

**Self-Expression**

Emotional Expression  
Assertiveness  
Independence

**Interpersonal**

**Interpersonal Relationships**

Empathy  
Social Responsibility

**Decision Making**

Problem Solving  
Reality Testing  
Impulse Control

**Stress Management**

Flexibility  
Stress Tolerance  
Optimism

**HAPPINESS**

[ well-being indicator ]

# HEALTHY EMOTIONAL WELL-BEING (CON'T)

1. **SELF REGARD** / valuing yourself  
- self respect, self confidence, positive self talk
2. **OPTIMISM** / hope  
- positive attitude and outlook on life
3. **SELF ACTUALIZATION** / continual self improvement  
- pursuit of meaning, purpose, ability to set & achieve goals
4. **INTERPERSONAL RELATIONSHIPS** / give and take  
- mutually satisfying and beneficial relationships
5. **DECISION MAKING** / balanced, objective realistic choices  
- find solutions when emotions are involved
6. **HAPPINESS** / satisfied with life  
- enjoy and look forward to each new day

**SO, THE STRONGER AND MORE POSITIVE OUR WELL-BEING,**

- The greater willpower and more resilient we become.
- The better choices we will make.
- The more emotionally balanced we become.

# EQi

## Emotional Quotient Inventory

[ emotional competencies ]

### Self-Perception

Self-Regard

### Self-Actualization

Emotional Self-Awareness

### Self-Expression

Emotional Expression

Assertiveness

Independence

### Interpersonal

Interpersonal Relationships

Empathy

Social Responsibility

### Decision Making

Problem Solving

Reality Testing

Impulse Control

### Stress Management

Flexibility

Stress Tolerance

Optimism

### HAPPINESS

[ well-being indicator ]





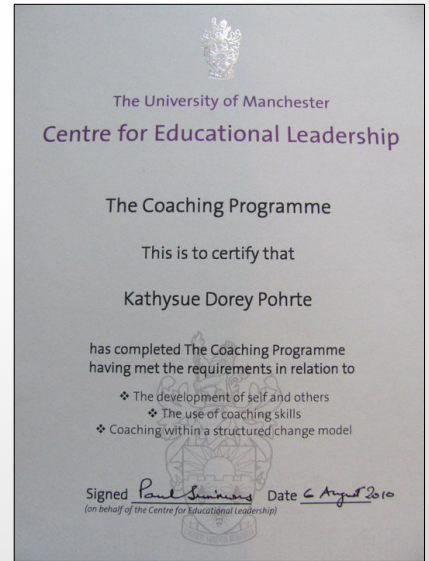
## Decision Making Composite

LOWER SCORES	HIGHER SCORES
<ul style="list-style-type: none"><li>• May not use emotional information effectively</li><li>• Emotions may hinder decision making</li><li>• May fall victim to rash behaviors/decisions</li><li>• Could struggle to remain objective</li><li>• May be derailed or biased by emotions</li></ul>	<ul style="list-style-type: none"><li>• Leverages emotional information to make decisions</li><li>• Seeks and maintains high-quality relationships</li><li>• Finds good ways to deal with stress</li><li>• Grounded; able to see the big picture</li><li>• Can separate emotions from assumptions from fact</li><li>• Resists or delays impulse to act</li></ul>

*Feeling competent, calm and grounded in one's ability to use emotional information to make decisions renders one better equipped to deal with everyday stressors, without being derailed by emotions.*

- **PROBLEM SOLVING** – find solutions when emotions are involved
- **REALITY TESTING** – objective, see things as they really are
- **IMPULSE CONTROL** – resist or delay impulse to act (mindfulness)

... circumstances and decided to ...  
meant eight more years because I saw no other solution. Let me repeat this as it is key to my  
future legacy and work with domestically abused women - "... I saw no other solution." My





# SELF REGARD, OPTIMISM & WILLPOWER

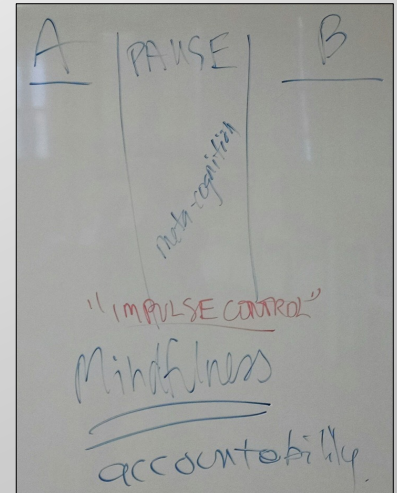
As previously mentioned, Self Regard is how we value our Self. And Optimism is our positive outlook on life, aka, hope.

Willpower is our ability to control our focus, emotions and desires. It influences our physical, mental and emotional health, financial security, relationships and professional success.

Willpower is when you are deliberately being aware (MINDFULNESS) and take a pause (IMPULSE CONTROL) to think about what is at hand (META-COGNITION).

If you don't think highly of yourself (Self Regard) and you have no hope for the future -

- will you have the WILLPOWER to stay the course?
- will you settle for less? settle in your relationship? in your job?
- will you make the tough, necessitated choices to keep yourself safe?



**Substantiated through my current research, I believe that Self Regard, Optimism and Willpower are inter-dependent. To protect ourselves emotionally, we must simultaneously work toward positive Self Regard, Optimism and sheer Willpower to move it forward.**



# EQi

**Emotional Quotient Inventory**  
[ emotional competencies ]

**Self-Perception**  
Self-Regard  
Self-Actualization  
Emotional Self-Awareness

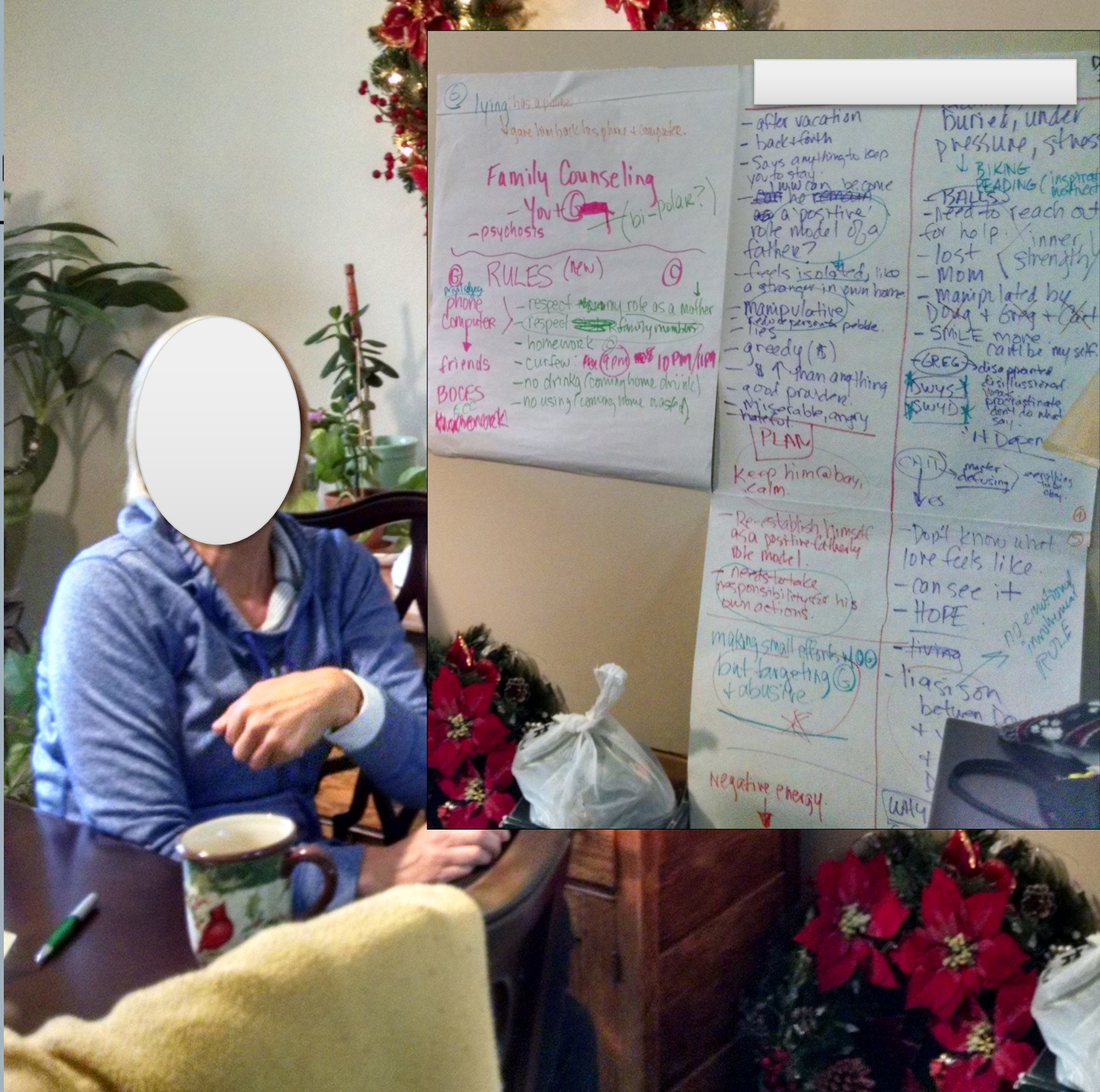
**Self-Expression**  
Emotional Expression  
Assertiveness  
Independence

**Interpersonal**  
Interpersonal Relationships  
Empathy  
Social Responsibility

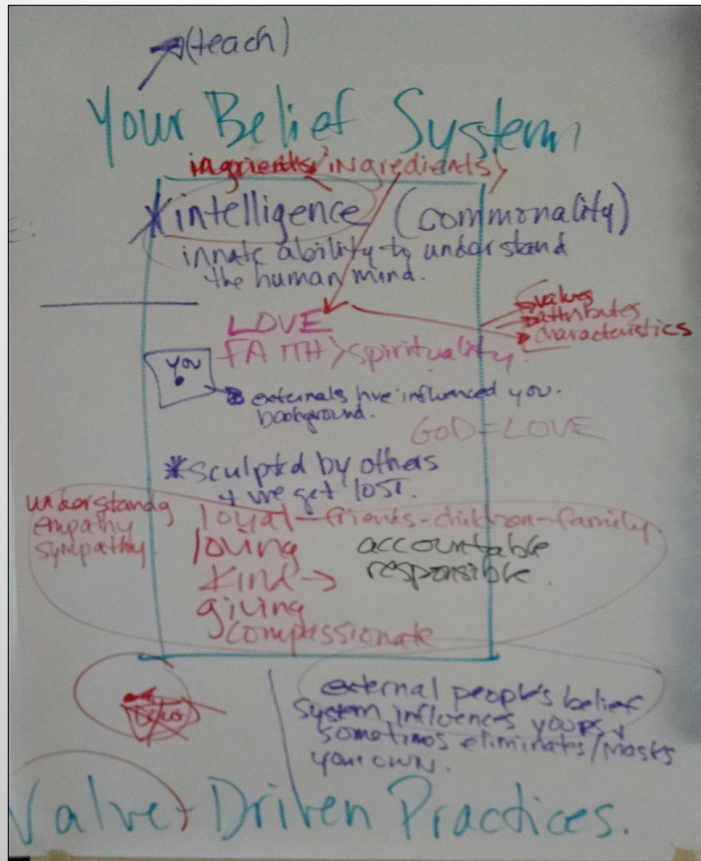
**Decision Making**  
Problem Solving  
Reality Testing  
Impulse Control

**Stress Management**  
Flexibility  
Stress Tolerance  
Optimism

**HAPPINESS**  
[ well-being indicator ]







- tense whenever (D) is around.  
(living contradictory)

## What's Stopping You from Leaving

- afraid of the unknown, being on my own (myself).
- where I'd live, what I'd do.
- strong enough but have confidence.

[ bad to be divorced <sup>GUILT</sup> vovs seriously ]  
- sad leaving him becuz he lost his parents. **MARTYR** → good at it

↓ FEAR  
↓ self-confidence.

↓ CONTROL

### Self-Perception Composite

#### LOWER SCORES

- May not be in touch with feelings
- May lack inner strength and confidence
- Emotions may elude or confuse them
- May not understand emotional landscape
- May not make good use of abilities

- **SELF REGARD** - valuing yourself, self confidence, positive self talk
- **SELF ACTUALIZATION** - pursuit of meaning, self improvement



**PLAN**  
 financially independent + SAVVY.  
 - live independently, find "me"  
 - re-establish self as mother  
 - want to be HAPPY - genuinely.  
 - SMILE more. → **HOUSE MATE**  
 → effective communication tool

**MOTHER** → **WIFE**  
 role → **SELF DO CHILD**  
 → **WOMAN**  
 → **DIETING**  
 → **love**  
 → **loose**  
 → **personality**  
 → **hope**  
 → **vision**  
 → **imagination**  
 → **purpose**

- Re-establish dose on a positive father (role model)  
 - let DUG go. (no house) Sept.  
 - Vent: gfs, sisters, journal, exercise  
 - Financial status: Joint  
 - \*Your name on credit → identify.  
 - establish credit cards independently

⊙ **VALUABLES.**  
 jewelry  
 silver  
 "less is more"

**Budget** 2000  
1500  
\$3,500

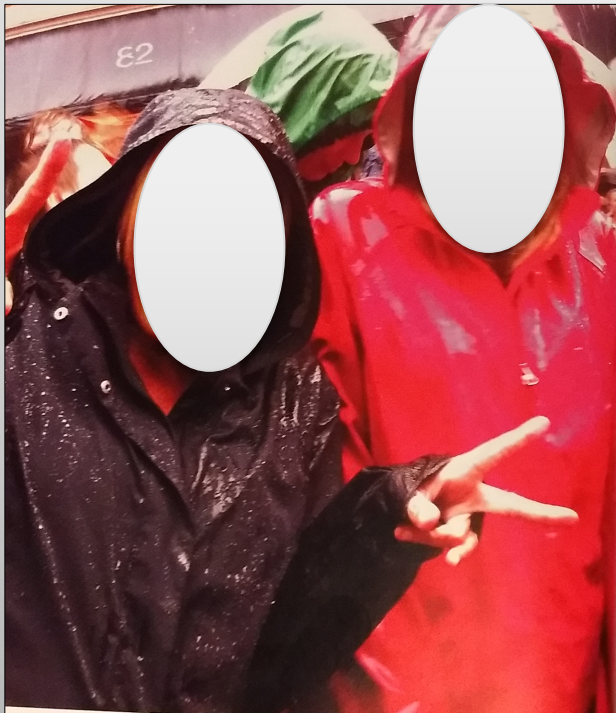
car < \$400 - \$3,500  
 health ins < \$0  
 job  
 Car insurance \$100  
 gas / car \$128  
 Rental \$1600  
 rental ins \$100/year (\$10/m)  
 gas - heat \$100  
 electric \$100  
 phone \$120  
 water \$15  
 internet \$60  
 food \$500  
 dog \$20

ERFOND \$1,000

\$3500 / 4  
 \$850 net  
 \$2650 gross / child  
 \$200 / week  
 \$350 / wk  
 \$4,900

**PDA } 3-months.** by JAN 15 2010

✓ job #1C  
 ✓ health insurance ✓ w/ all doctors #3  
 ✓ car insurance #2  
 ✓ home #1 + #3 (JAN 15) move in date.  
 ✓ storage #1  
 ✓ bank account → your own #1E  
 ✓ timeframe of move → by Feb 15th →  
 ✓ credit cards ID \$500 → PO Box Address.  
 \$5,000 → need budget \$20,000 (credit receipts)  
 ✓ moving van → wheel →  
 ✓ attorney / lawyer #1B  
 ✓ test → Dec 5 → scheduling of 30th Dec  
 ✓ monthly budget #1A ✓  
 ✓ bankruptcy? (WILL)  
 ✓ finances #1D  
 list of photos #1 st (1)  
 household items #2 int (2)  
 #3 list (3)



New Beginnings  
 are Blessings from Gods  
 We are on our way  
 to an incredible, happy  
 future because of  
 you Kath  
 I love you with  
 all of my heart

xo





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**HAPPINESS**

[ well-being indicator ]

# HOW TO INCREASE YOUR EMOTIONAL WELL-BEING?

1. Start with Self. Increase your confidence.
2. Write down a positive affirmation each day.
3. Value yourself. Know your worth.
4. Practice mindfulness and meta-cognition.
5. Stop. Think. Strategize. Execute.
6. Find your purpose. Then go after it.
7. Be resilient. Get back up. Always.
8. Become best friends with your willpower.
9. Motivate yourself intrinsically and extrinsically.
10. Be your own inspiration and superhero.
11. Always have hope. Be optimistic. Never give up.
12. Dream BIG. Get a PLAN.
13. Create an affirmative environment.
14. SMILE. Be happy, playful. Have fun.
15. Reach out. Connect with someone you trust.

**These will become competencies/skills you can rely on to make better, more healthy and safer choices.**



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An integrative approach to  
protecting yourself.