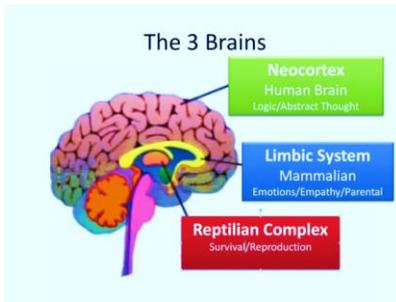


Understanding Emotions: “Emotional Intelligence”

“Why does dumb stuff seem so smart when you are doing it?” Dennis the Menace



Reptilian Brain—is the *action*, or *power* brain, focusing on survival instinct. The reptilian brain controls: heart, lungs, and other vital organs. It enables aggression, mating, and reaction to immediate danger, often referred to as, the four Fs: Feeding, Fighting, Fleeing, and Reproduction. Notable behavior patterns include defense of self, family, and personal property, physical communication.

Limbic System, Mammalian— The limbic brain emerged in the first mammals and has the **power of feeling**, as opposed to simply reacting.

The main structures of the limbic brain are the hippocampus, the amygdala, and the hypothalamus. The limbic system is composed of structures in the brain that deal with emotions (such as anger, happiness and fear) as well as memories, motivation and learning. It can record memories of behaviors that produced agreeable and disagreeable experiences, so it is responsible for what are called emotions in human beings.

The Neocortex: Human brain—The *thinking* brain, seat of perception—all mental activity that we associate with being human. It’s called “neo” because it is a relatively recent invention of mammals. Humans—and only humans—have an enormous cerebral cortex. The neocortex enables the most complex thought: planning, language, logic, will, and awareness as well as human emotions: feelings, relationship/nurturing, images and dreams and play. The thinking brain function is slower than the reptile and mammal brains. **The logic center can be over ridden or shut down when the fight, flight and freeze functions are activated.**

Daniel Goleman’s 13 Signs of High EI and Emotional Self-Regulation:

Emotional intelligence (EI)— Awareness of yours and of other’s emotions.

Emotional self-regulation— The ability to calm yourself down and cheer yourself up.

- 1. You think about feelings.** Emotional intelligence begins with what is called self- and social awareness, the ability to recognize emotions (and their impact) in both yourself and others.
- 2. You pause.** Use your human brain, not reptile brain
- 3. You strive to control your thoughts,** allowing yourself to live in a way that’s in harmony with your goals and values.
- 4. You benefit from criticism.** Keep your emotions in check and ask yourself: How can this make me better?
- 5. You show authenticity.** Saying what you mean, meaning what you say, and sticking to your values and principles above all else.
- 6. You demonstrate empathy.** Striving to understand—which allows you to build deeper, more connected relationships.
- 7. You praise others.**
- 8. You give helpful feedback.**
- 9. You apologize.**
- 10. You forgive and forget.**
- 11. You keep your commitments,** develop a strong reputation for reliability and trustworthiness.
- 12. You help others.**
- 13. You protect yourself from emotional sabotage.**