**Emotional Intelligence**

A concept started in 1995 by psychologist and science journalist, Daniel Goleman, Emotional Intelligence is the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them, and to use this information to guide one’s thinking and actions. How one feels has a direct link to how they behave so mastering Emotional Intelligence is the ability to make emotions work for you, instead of against you. The first step in this process is Self-Awareness – the ability to identify and understand your own emotions and how they affect you. This includes your ability to recognize emotional triggers, strengths, and weaknesses. The better you can describe the exact feeling, the better you are at getting to the root cause of your emotion. Learning how best to manage your emotional triggers will help you understand what is getting in the way of your greatest success and will guide you to solutions for more positive alternative behaviors. To say you are angry may be true but to say you feel betrayed, provides a better description of what may have caused the feeling in the first place. Therefore, when a similar situation happens in the future, you are better equipped with how to work through your emotions for a more positive outcome. Equally as important is describing happiness. The more you understand what makes you feel joyful, energetic, ecstatic, or delighted will help you cultivate more of these experiences. Using the list of emotions below, keep an Emotion Journal for one week. Being creative in your search for the right word for the right feeling will go a long way to building your Emotional Intelligence!

Abandoned Afflicted Afraid Aggravated Aggressive Amazed Angry Annoyed Anxious Appreciation Apprehensive Ashamed Astonished Arrogance Betrayed Bitter Calm Cheerful Certain Comfortable Confused Confident Content Curious Defensive Delighted Depressed Determined Disappointed Disdain Disgust Displeased Dissatisfied Distracted Distressed Disturbed Eager Ecstatic Embarrassed Energetic Enthusiastic Envious Excited Fascinated Fearful Foolish Frustrated Furious Grateful Great Grief Guilty Happy Hopeful Hungry Hurt Inadequate Insecure Inspired Interested Irritated Jealous Joyful Lonely Lost Loving Lustful Miserable Motivated Negative Nervous Offended Optimistic Overwhelmed Patient Peaceful Proud Regretful Relaxed Relieved Resentful Sad Satisfied Scared Self-conscious Self-pity Shame Shocked Sick Silly Stressed Stupid Surprised Suspicious Tenacious Tense Terrified Trapped Troubled Trust Uncomfortable Unconcerned Unhappy Unsettled Upset Victimized Vital Vulnerable Worried Worthless

**This Is How I Feel!**

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today, the weather was: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Today, I felt: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I felt this way because: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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This brought back a memory of: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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To feel better I will: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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I am grateful for: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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*“There is nothing either good or bad but thinking makes it so” William Shakespeare*