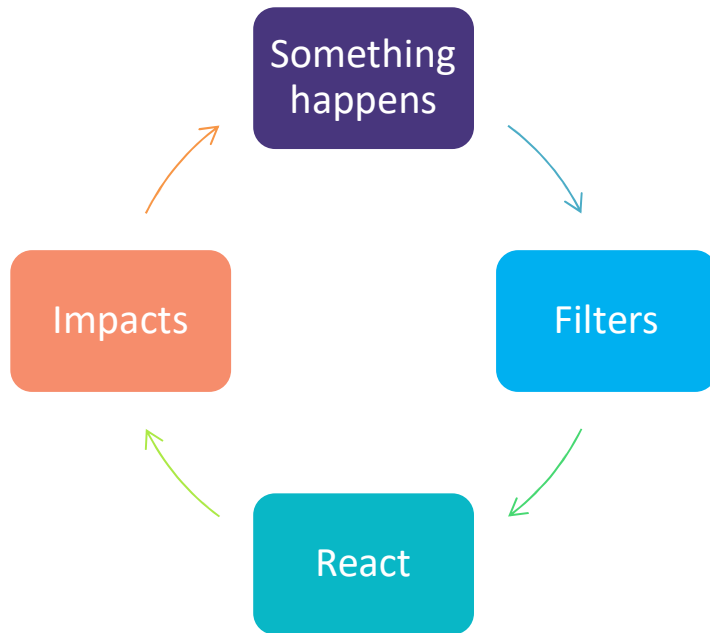




Emotional Intelligence Worksheet

Section 1: Something's happening	
Describe a challenging situation (interpersonal or situational) that is ongoing or recent. Pick ONE person or situation, be specific. Who is involved? Why is it important to improve your response to this situation?	
Section 2: Feel the Heat	
How do you know you're feeling feelings? Name the sensations/indicators Name the emotions What is your inner dialogue/talk track?	
Section 3: Pause & Cognitive Distortions	
Which rule of yours are they breaking and why is that upsetting you? Why is this not about me? – list lots of reasons!	
Section 4: Choose	
What's a more empowering choice you could make? What outcome might be possible/available to you through that choice?	

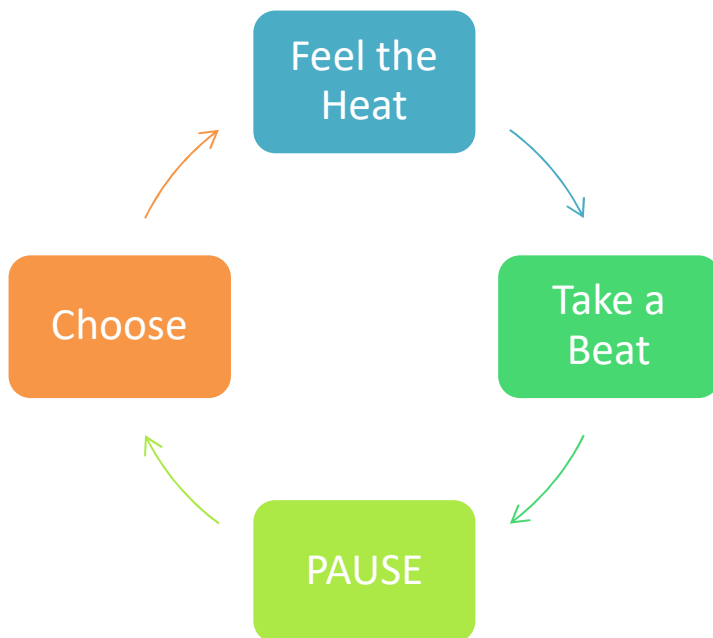
Often...



Typical Response to Something Happens

- Something stimulates our emotions, positive or negative (mad/sad/glad). The entire spectrum of human response is possible.
- We respond immediately, based on how we interpret what just happened.
- We react without thinking. Whatever our normal “autopilot” response is kicks in.
- The impacts are:
 - Nothing changes
 - Our relationships are impacted
 - We repeat the pattern

And there’s another choice...



When we Practice Mindful Response

- **Feel the Heat:** Notice when you are feeling feelings! Learn to tune in to experiencing emotions. They can arise in any situation or be prompted by a statement, by a person or group of people.
- **Take a Beat:** Breathe, notice how you’re feeling. Mad? Sad? Glad? Excited? Name the emotion
- **Pause:** Give some thought to what actually just occurred and notice which assumptions you’re applying to it. Consider whether there are alternative explanations for what happened. Consider what EQ skills you can use to support you.
- **Choose:** There’s a way forward that allows for other options to develop.

The relationship impacts are:

- There’s an opportunity for the relationship to develop
- We get a chance to move through a previous block or develop a relationship that wouldn’t have moved forward