Emotional Intelligence

SUMMARY

- Emotional intelligence is the key to a MARRIAGE in MOTION.

- **Emotional intelligence** (EQ) is the capacity of individuals to recognize their own, and other people's emotions, to discriminate between different feelings and label them appropriately, and to use emotional information to guide thinking and behavior.

- **There are Four Elements of Emotional Intelligence**:

  Self-Awareness — This is your ability to understand and check in with your own emotional state. Not just the first and most obvious emotions (happy, sad, angry), but the more textured ones as well (excited, nostalgic, embarrassed).

  Self-Management — Your ability to draw a straight line between your awareness and your actions.

  Other Awareness — The ability to pick up on and understand the emotions in other people.

  Relationship Management — Is all about your interpersonal communication skills. It's all about your ability to get the best out of others…your ability to inspire and influence them, your ability to communicate and build bonds with them, and your ability to help them change, grow, develop, and resolve conflict

- **Empathy —** You can train your brain to develop an empathetic approach. It begins with self-awareness and then an active commitment to understanding the points of view that exist outside your point of view. This goes a long way toward relationship management.

- **Repair —** There is one skill that you must master to raise the EQ of your relationship and to stay connected to your partner in a meaningful way. That skill is called repair. Dr. Gottman describes repair as **"any statement or action — silly or otherwise — that prevents negativity from escalating out of control."** He says, "Repair attempts are the secret weapon of emotionally intelligent couples — even though many of these couples aren't aware they are doing something so powerful."

- **Honor & Respect —** According to Dr. Gottman, emotionally intelligent husbands have cracked the code by learning how to convey honor and respect to their wives.

*Empathy is the ability to appreciate another point of view,
even when you don't agree with it.*

ACTIVITIES

1 OTHER AWARENESS

This activity will help you strengthen Other Awareness. Set aside 20-30 minutes to complete this with your partner.

Here is a list of emotions and expressions:

- Joyful   • Sad   • Overwhelmed   • Anxious   • Tired   • Playful   • Depressed
- Free   • Afraid   • Considerate   • Hurt   • Generous   • Loving

One of you will go through the list first, and then you'll switch. If you're the first speaker, read through each emotion on the list below and describe to your partner how you know THEY are experiencing this emotion.

What does it look like? What do they do? What hints do they give to indicate their internal experience?

After each emotion, give your partner opportunity to respond... to agree, or disagree, or provide more detail on how their emotions are expressed.

EXAMPLE:

HAPPY

You: "I know you're happy when you sing along to music in the car."

Your Partner: "Yep... I do sing along to the music in the car, I also find that when I'm happy I want to bake. Cookies. Cakes. Anything. Have you ever noticed that?"

OVERWHELMED

"I know you're overwhelmed when your eye twitches, and you are irritable and short with me."

ANGRY

"I know you're angry when you raise your voice and curse."

Now... your turn.

Once you have completed the list of emotions, switch... and let your partner explain how they know what you are feeling.

This exercise is intended to help expand your Other Awareness. You may not know when your partner is feeling overwhelmed unless they tell you... and that's okay. In this case, simply ask "how will I know when you are feeling overwhelmed? What will it look like? What will you be doing?"

(2) GETTING READY FOR MODULE #2: Conflict Management

BONUS WORK

Module Two is all about conflict management. **Jot down just a few notes about what you hope to achieve or accomplish with regard to conflict.**

Is there a recurring argument you have?

Is there a WAY you experience conflict that you'd like to change?

TAKEAWAY

What was your #1 takeaway from this lesson? Describe any breakthrough(s):