

Emotional Intelligence

Emotional Intelligence

Life Assignment

Choose at least one direction of the **In-Out-Up-Down Model of Emotional Facility** to practice. Which direction(s) indicate skills you'd like to grow? Choose at least one direction and practice!

What's It To Me?

REACT: What strikes me?

DIGEST: What about it strikes me? How do I relate to this?

Feelings?

Yearnings?

APPLY: What are the implications of this in my life?

ENVISION: What long-term influence could this have?

Emotional Intelligence

Function of Emotions

PAIN

PLEASURE



fear

Move from danger toward safety; to protect

hurt

Move from pain toward comfort and healing

anger

Move from source of fear or hurt, affirm ourselves, toward a desired pleasure

sadness

Express loss of a pleasure, receive comfort

joy

Express and share pure pleasure

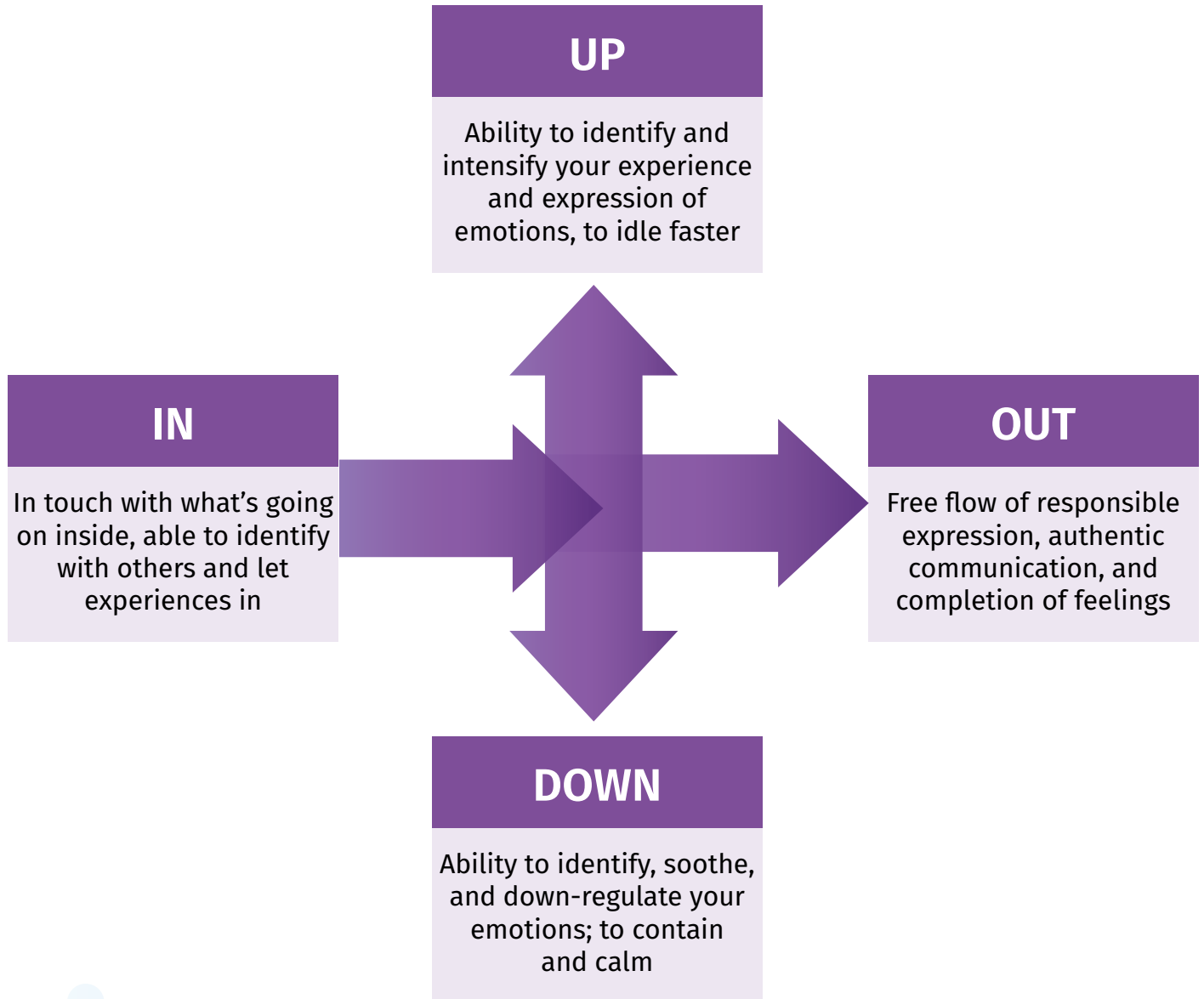
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Primary Feelings

fear	hurt	anger	sadness	joy
Anxious	Wounded	Annoyed	Disappointed	Happy
Stressed	Unhappy	Ticked	Heavy	Amused
Butterflies	“Emotional”	Frustrated	Blah	Delighted
Irritable	Upset	Irritated	Blue	Bubbly
Shut-down	In pain	Enraged	Grief	Bliss
Apprehensive	Teary	Resentful	Sorrow	Elation
Terror	Injured	Antagonistic	Despondent	Thrilled
Dread		Exasperated	Gloomy	Ecstasy
Trepidation		Argumentative	Dejected	Pumped up
Panic		Bitter	Desolate	Excited
Nervous				Juiced
				Stoked

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Emotional Facility



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The Way Of The Heart

THE 5 PRIMARY FEELINGS

Fear

Hurt

Anger

Sadness

Joy

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Negative Messages About Feelings

In the space below, jot down all the negative messages you may have received about feelings or emotions.

Emotional Intelligence

Today, I felt _____

(fear, hurt, anger, sadness, joy)

about _____

(circumstance, situation, interaction).

Today, I felt _____

(fear, hurt, anger, sadness, joy)

about _____

(circumstance, situation, interaction).

Today, I felt _____

(fear, hurt, anger, sadness, joy)

about _____

(circumstance, situation, interaction).

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My Takeaways and Assignments

Key Points:

Key Implications in the Short Term:

Key Implications in the Long Term: