

# EMOTIONAL INTELLIGENCE - EXERCISE

## FIND TITLE

### Part 1: My relationship to emotions

In your journal, please consider the following questions:

- On a scale of 1-10, how self-aware are you of what you are feeling from moment to moment? What helps promote this awareness? What blocks your connection to your emotions?
- What modeling did you receive from your family of origin in terms of which emotions were correct to express and which were not?
- To what extent are you able to modulate your emotions in service of the relationship or the task at hand? In other words, are you able to regulate your emotions?
- Under what kind of conditions are you likely to experience anger? How do you express anger?
- Under what kinds of conditions are you likely to feel sadness? How do you express sadness?
- What experiences brings you a sense of peace?
- What conditions help you to experience joy?

### Part 2: Practicing naming and accepting my feelings

Go through the feeling inventory ([LINK](#)). Take some time to reflect about your past week and highlight the key emotions (both pleasant and unpleasant) that you have experienced. What physical reactions accompanied these feelings? What reactions followed? What were the consequences? From the same list, identify an emotion that you would like to manage or express more effectively. Share your insights in pairs.

### Part 3: Managing our Emotions

Looking back at the events you have recalled in Exercise Part 2, how did you feel as you were noticing and naming the emotions? How could you have managed differently your emotions in these situations? Are there particular events that increase or decrease the intensity of those feelings?

## ADDITIONAL EXERCISES

There are currently no additional exercises for this section