

**Refining our EQ – questions and exercise**

There are a number of key questions that can help us develop our emotional intelligence. Please take some time to consider the following;

1. What do I expect to achieve through doing this course?
2. What do I hope I will achieve through doing this course?
3. Are the outcomes to question 1 and 2 different, or similar? Why? How does this make me feel?
4. What things happen that make me feel angry? How do I tend to behave? How do I know? What is my evidence?
5. What things happen to make me feel happy? How do I tend to behave? How do I know? What is my evidence?
6. What things happen to make me feel…? How do I tend to behave? How do I know? What is my evidence?
7. Should I express these feelings? How? What way would be appropriate or desirable? To whom?
8. What things might make others feel angry? How might they behave?
9. What things might make others feel…? How might they behave?
10. How do I respond to their feelings? How do I know? What is my evidence?
11. How do I respond to their behavior? How do I know? What is my evidence?
12. Are these responses the most appropriate? How do I know? What is my evidence?

How do I feel now? Consider the words below, select where you think you are and refer back to the key questions:

* What things happen to make me feel…? How do I tend to behave? How do I know? What is my evidence?
* Should I express these feelings? How? What way would be appropriate or desirable? To whom?

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| **Pleasant Feelings** | | | |
| **OPEN** | **HAPPY** | **POSITIVE** | **STRONG** |
| understanding | great | eager | secure |
| confident | cheerful | keen | free |
| reliable | joyous | optimistic | sure |
| easy | ecstatic | enthusiastic | certain |
| amazed | fortunate | confident | hardy |
| sympathetic | delighted | inspired | unique |
| interested | overjoyed | determined | dynamic |
| receptive | gleeful | excited | tenacious |
|  | | | |
| **Unpleasant Feelings** | | | |
| **ANGRY** | **DEPRESSED** | **SAD** | **AFRAID** |
| irritated | lousy | tearful | fearful |
| enraged | sulky | unhappy | terrified |
| fuming | dissatisfied | pained | scared |
| aggressive | ashamed | grief | anxious |
| bitter | powerless | lonely | worried |
| annoyed | diminished | desolate | panic |
| upset | guilty | desperate | nervous |
| cross | miserable | pessimistic | timid |

**\*\*\* Do this activity each time your emotional state changes. \*\*\***

**Once you have gotten used to undertaking the previous questions, begin to ask yourself:**

1. How well did I listen to other people today? Was I merely listening for show, using active listening, or was I listening in [deeper and more meaningful ways](http://themojocompany.com/2015/12/7-indispensable-secrets-to-becoming-a-better-listener/) that involved all my senses? What is my evidence for this?
2. How well did I empathise with others today? Was I more focused on my own feelings or the feelings of others? What is my evidence for this?
3. Did I demonstrate vulnerability today? If not, why not? What is the root cause of my reluctance to do so? What is my evidence for this?
4. When I was wrong today, did I [admit it](http://themojocompany.com/2012/08/human-leadership-admitting-faults/) and take full responsibility? If not, why not? What is the root cause of my reluctance to do so? What is my evidence for this?
5. What evidence is there that I was self-aware today?
6. Was my commitment to the growth of other people evident today? What is my evidence for this?
7. How did I contribute to the growth of my community (in whichever way I define this)? What is my evidence for this?