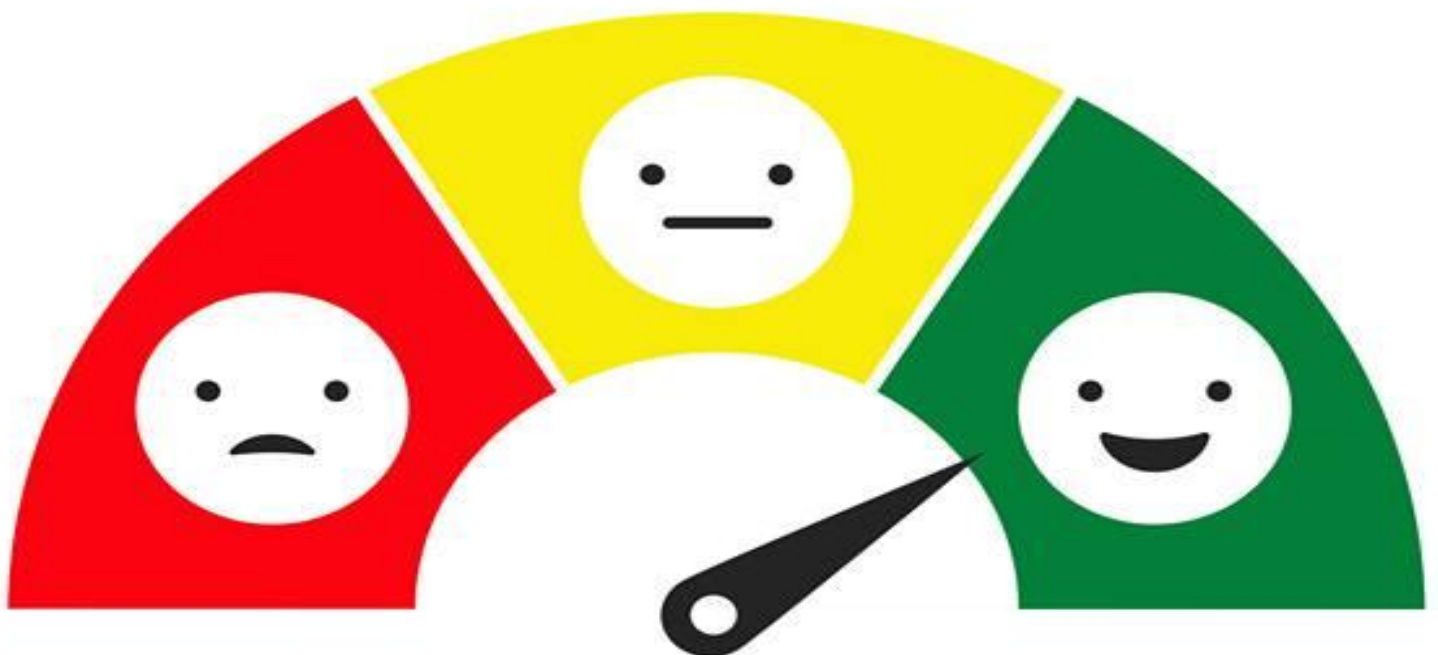


THE POWER OF EMOTIONS

**HARNESS YOUR EMOTIONAL POWER
TO A GREATER YOU**



THE POWER OF EMOTIONS

Harness Your Emotional Power To A Greater You

By

Jocelyn Wayne

PREFACE

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INTRODUCTION

Thank you for downloading this fantastic guide—“**The Power of Emotions - Harness Your Emotional Power To A Greater You.**”

Emotions are a feedback mechanism. The dictionary defines feedback as 'information returned to the source.' Thus, emotions contain information for us. They are meant to help us manage our attention. If you do not maintain your emotions and pay attention to the emotions of those around you, you will miss an enormous amount of information necessary for effective leadership.

On the differentiation between feeling and bodily reaction in emotions and the need to classify emotions.

Emotions are probably the most fascinating of all mental processes and involve two phases of feeling and reaction. Are these two phases necessarily interwoven? Of course, they are. There could be overt or covert reactions to emotions, but there is 'always' a reaction and an associated feeling.

A lot has been written in psychology about emotions, and there are now many theories, and according to the most influential James Lange theory, emotion is a perception of bodily states.

It means there is first a reaction in the body and when there is the perception of this reaction, emotions are experienced. The body reacts and creates feedback, and only then we perceive the emotions according to this theory. This theory would suggest that emotion is a bodily reaction followed by the perception of such reactions.

Emotions are thus more complex than feelings and have two distinct components. For example, emotions such as romantic love would consist of a feeling component of overwhelming affection and a human need or reaction related to physical desire.

Pure affections as consideration for a family member is more of a feeling and do not involve physical reactions. It is necessary for psychology to distinguish between feelings and emotions clearly, and more research will be required to identify pure feelings from complex emotions. Emotion is always necessarily accompanied by significant bodily reactions.

Emotion is an energetic state of being that one is experiencing. All forms of energy have a force, a magnitude and a potential. Emotions are no different. The potential of any energy is realised when the force and significance of that energy unite.

Electrical energy has a force called 'volts', a magnitude called 'amps' and a potential called 'watts'. They are all named after the person who first defined them. Emotional energy is more complicated because not only is its potential divided by force and

magnitude but its force is divided by polarity, and its importance is divided by gender.

The polarity of emotions is either positive or negative, and the gender of my energy is either male or female. (Anger & pride are male whereas meekness & humility are female. However, Impatience and intolerance are usually seen as negative and patience and tolerance as positive).

The goal of this guide is to visualise the power of emotions and how to harness your emotional energy to a more fabulous you.

Let's Get Started!

CHAPTER 1: UNDERSTANDING THE POWER OF EMOTION

Ever wondered where your thoughts and your perspective on any given situation come from? Well, it's not from the position itself, but from the emotion, that situation brings up inside of you.



You may never have seen a correlation between one and the other before, as the situation tends to run, in the main, within the rules of logic and the emotion is grounded within your feelings, but individual thought and emotion are inextricably connected.

The emotions that we develop in our experiences in life help directly shape and affect all subsequent interactions, experiences, relationships, and setbacks.

The power of emotion has long been over-shadowed by thought alone, and it's time that we started to see the direct relationship between emotion and thought to rechannel our emotion-based thoughts to maximise our true potential in health, wealth, relationships, career, and all that makes up life as we know it.

By gaining a better understanding of our emotions, we will then be able to examine ourselves better, adjust our perspective, and succeed on the best path for us as individuals.

Emotion-Based Thought

What exactly is emotion based thought and how does it affect us as individuals? The emotion-based thinking is our perspectives or our take on any situation as it happens or indeed before it happens, though few of us recognise it for just that. We all have a set of emotions, feelings, and reactions to the life factors around us. Ever noticed how some people react differently to different experiences, problems, and actions in their lives? For example, you get turned down for a raise you were expecting.

How do you react? Well, that will depend on the emotion that the rejection stirs within you, and that emotion will be triggered by your exact thoughts on that rejection. Down in the dumps believing that you are a failure, sobbing in an empty pint of Ben and Jerrys.

Your co-worker, on the other hand, takes a raise turndown in their stride, believing that it just wasn't meant to be at that time, but they carry on with a smile determined to try again. Providing both thoughts on the rejection are honest, they have to instil different emotions.

How can we explain this difference? The answer is simple, different people react differently to each situation that turns up in their life, and as a consequence, their emotions will be equally diverse. Your tendencies toward anger, fear, sadness, etc., how these are perpetuated, where they originated, and the differing values of each make you the individual you are. Simply put, different situations in life affect you differently from your peers. These heartfelt thoughts or perspectives colour every occurrence, action, and reaction in your presence to come.

They determine what career you will go after, what types of relationships you will have, and how far you will go to achieve your short and long-term goals. In short, your emotion-based thoughts will, over a period, determine just how happy and contented your life is, so take some time to study them.

Where Do Emotions Come From?

To better understand both this theory as well as its connection to you and your life, it's wise to consider where exactly emotions and feeling come from. It will help you better understand the reason why you reacted to a setback differently to someone

else. So, where do they come from? Well, to start with you must be aware that you are capable of expressing the whole gambit of the emotional range.

Fear is inside you along with courage, anger and tolerance sit side by side. All of the emotions are there, but it is circumstance and surroundings that determine which one comes to the surface in any given situation. Most emotions arise from the way we were programmed from the day we were born.

If we were brought up in an environment filled with encouragement and understanding. If we were encouraged to try new things and not to be concerned if they do not go exactly to plan, then when things go wrong as an adult we will probably react with emotions that are in line with this train of thought.

If on the other hand we were brought up being told that we shouldn't try anything too adventurous as we will probably fail, then our emotions would be rooted in failure, we will expect the worse, our emotions will correspond accordingly and the vibration we then give off will ensure we are proved to be correct. Ever after you would have a fear of failure and may not even be conscious of where it came from and this, in turn, would alter how you view the world and what you can contribute to it.

Secret Power Of Emotions

One of the critical factors in creating a more significant life is to create a state of emotional expectancy for your desires. You can't create a better life if you're only going about it half-hearted.

Our emotions create an energy that can be measured with scientific equipment. We can attach electrodes to a person's head and measure the increased electrical flow to the area when the person becomes excited. The increased electricity is an increase in power.

Power is used to create (generate) things. Whether it is the power of a car's engine that generates the ability to create motion of the wheels; or the power of an electrical generator to generate electricity, we all agree "*Power creates or generates something.*"

If you want more of anything in your life, begin with the understanding that you need to generate more power to make it happen. Becoming emotional about your desire is the first step in generating more power.

The next step is to create "*expectancy.*" Whatever you expect, is what you get. If you expect things to turn out right for your life, they do just that. If you expect lack, disaster, or confusion, your life will follow that path as well.

When we combine our emotions with expectancy, we create a powerful spiritual vacuum. This spiritual vacuum is a scientific principle because, in physics, energy always goes from the plenum (Latin for plentiful) to the vacuum. When you create an emotional vacuum, the power of attraction is intensified, and this can be measured electrically as well.

Just be careful you're using this scientific principle appropriately and not in a negative sense.

Since you can create emotional expectancy for something positive, you can do the same for things negative. Pay attention to what your mental codes are saying on a regular basis. Notice if you are creating an emotional expectancy for anything negative or are you staying focused only on the thing you want.

Another technique you could couple with this information is to utilise the solar plexus of the body to intensify the emotional expectancy. By focusing on this part of the body while creating a strong feeling of emotional outlook, you can strengthen the "vacuum response" as well.

Reprogramming Your Emotions

So, we all have parts of ourselves that we would like to change, be it our motivation, our potential in careers, depth in relationships, etc.; how do we reprogram our emotions to start living up to what we can be? Although this task may seem intimidating since many of us do not even realise why we do what we do to self-sabotage in the first place, it is indeed not impossible to do so.

*Start by becoming more aware of your actions, reactions, etc. By introducing yourself to the problem, you can begin to start addressing it in a constructive and demonstrative way.

*Evaluate the possible origins of your actions, reactions, etc. By reminding yourself of what influential factors have shaped your emotions and thereby your thoughts, you can start to dispel any negative assumptions you once held, and replace them with more positive ones.

*Start proactively replacing your negative emotions with positive ones. Determine how you would like to feel and react, and be aware that you have the power at any given time to understand the emotion you are feeling and change that thought to bring forth a more powerful positive emotion.

*Get rid of negative influences. If you have people or factors in your life that are contributing to your negative thought patterns and emotions, release them.

Harness Your Will

Real change comes when you move from the intellectual to the emotional stage, from the rationalisation of why you should but you haven't or won't to the reasons behind why you will. The key to unlocking your Willpower is hidden not in reason but emotion. Once we understand this, we can create a whole new narrative to support our efforts to implement new routines and transform old habits into new automatic behaviours that translate into a more healthy and productive lifestyle; better use of our resources, abilities and time.

It is not the focus of this section to explore the "intellectual" reasons why we stop short of committing to changing a negative habit, in the end, no matter how "reasonable" and "rational" these may be, in the end, they are nothing but excuses; self-imposed explanations to remain passive, comfortable or secure within the known and the familiar, out of fear, anxiety, pride or shame (our limiting emotions).

Understanding the why behind your actions and your goal is what fuels your will. How to change the narrative? Instead of verbalising the actions regarding wants and needs, why don't we go for statements that encompass a bigger picture and greater fulfilment?

I want to get up early because => I will get up soon because...

I need to start eating healthy because => I will start eating healthy because...

Back your commitment with the right vocabulary. Positive self-talk is the key to the transformation of routines and habits. It all starts with the internal conversation that goes on in our minds. Negative (limiting) emotions tend to overwhelm us with negative (limiting) thoughts which in turn limit our ability to see beyond anxiety and fear and far into the vision of the kind of fulfilment that will come from attaining and upgraded self. By switching the channel in our heads, and re-focusing the conversation toward positive memories and empowering images, we would be visualising a new reality, one in which a new, better version of ourselves already exists. Harnessing the power of your positive emotions will give you the vantage point.

Your will is what makes the difference between great personal achievements and what ifs. Your capacity to harness the power of your will; the power to continue regardless of the obstacles, persevere with determination and belief in your ultimate success, will put you on a different sphere from all others, there won't longer be any competition, as the only possible outcome has already been realized, your victory!

Indeed, you may have noticed that this section is full of positive vocabulary, and sometimes such high and persistent levels of positivism make us uncomfortable.

Why? Being negative is not the same as being "realistic" and "practical", even if we tend to equate the terms and clump them together; we have turned them into arsenals that feed the cynic and the misanthrope in all of us.

To do this is wrong! However, if we want to embrace the power of our emotions to fuel our will, we must come to terms with all of our feelings even the negative (limiting) ones. Focusing on the positive doesn't mean shutting out the memories and images from our lives and our surroundings that aren't quite that nice. It's about looking at them objectively and moving on to the positive without losing track of our real goal, our way.

Willpower is needed to incorporate new habits, transform old ones and pursue long-term goals with focus and determination. But to will power a chance we must include an additional element for change: Self-discipline.

Self-Discipline Vs Willpower

Developing self-discipline will aid the harnessing of willpower. Self-Discipline is the internal self-accountability tool of our minds. Where willpower is what makes the shift toward more positive perspectives, actions and habits, self-discipline is the tool we have at our disposal to make them stick. Also, self-discipline frees up mental space for willpower to be accessed when new, sudden and unexpected factors or situations continue to arise in the future.

❖ Strategy

You should adopt a new frame of reference from which to align your actions according to essential everyday tasks that need to be done for functioning, for those you shouldn't need to spend willpower, but develop self-discipline.

Planning: This is an excellent self-discipline strategy.

- ❖ You will require less willpower to tackle every day if you can plan for most possible outcomes.
- ❖ Planning is a way to be prepared and empowered.
- ❖ It relieves feelings of anxiety and fear of the unknown (limiting emotions).
- ❖ The process of planning involves developing your visualisation skills.
- ❖ Planning gives you the opportunity to see problems and situations objectively.

By implementing planning as a self-discipline strategy to deal with the limiting feelings that come from not knowing how we may handle life's unpredictable situations, we will be giving our minds a sense of control, and the help it needs to focus on ways to adapt, change, evolve, and improve itself and our bodies in the process

CHAPTER 2: MANAGING EMOTIONS

As are your thoughts, your emotions are at the moment. Conflicting emotions are strong constraints in mind. The managing emotions are learned through regular practice of awareness of its positive and negative thoughts. Measuring happiness depends mainly on how active you are in control of emotion.



The emotions are fleeting, bound to swing. Emotions are transient and related to the movement of thoughts in mind at the moment. The thoughts of happy events in the present moment are to make you happy. Thoughts of sad events of today are to make you sad. When meeting a friend, you feel happy. But a moment later, seeing the enemy, you become sad, angry and worried. As are your thoughts, your emotions are at the moment.

When you work with any reluctance you transport movements of negative thoughts in your mind. This makes you the excitement of this movement full of anger and irritation, and you feel sad. But a moment later, while doing the same job with the acceptance, your emotions are filled with peace and love and you feel happy. Measuring happiness depends mainly on how active you are in control of emotions.

Conflicting emotions are strong constraints in mind. It becomes unbearable in a physical situation causing contradictory thoughts in mind at the moment. Managing

emotions means that you can be happier and able to cope with problems in a better way. The first step in managing emotions is self-consciousness. The right or wrong way of thinking depends on complex factors of culture, education, attitude, belief, economic situation and the footprints of civilisation. Most people do not realise the harmful effects of flooding the mind with negative thoughts.

The managing emotions are learned through regular practice of awareness of its positive and negative thoughts.. Take steps to feel the damage caused by negative thoughts in creating emotions sad and stressful. Continue to try to keep positive thoughts to create emotions, full of happiness at the moment. In this strategy, we can live a dignified life, without stress, even in situations of poor physical health.

There is no remedy against stress on the mind born out of negative emotions, but positive thinking. The uncertainty of the physical situation cannot be amended many times. Outstanding issues in mind cannot be solved many times. But their thoughts can be controlled by repeated practice is self-consciousness. Nobody is immune to stress. But the situation that causes stress can be managed by managing emotions.

Immediate relief from stress caused by emotions is obtained by diverting his attention. The transmission of emotional distress and deliberately trying to do something else can redirect emotional energy. It is always useful. This strategy will provide temporary relief from the tension caused by emotions directed by unpleasant thoughts that flows through the mind control.

Continue to focus on the unconscious negative thoughts lead to emotions dark and stress in mind. Continue to concentrate consciously witness positive thoughts leads to neutralise the movement of pain and stress in mind. Humour is the best remedy to control the flow of pain if your heart.

Emotional Mastery

The inability to manage emotions (in particular 'negative' emotions) is a serious issue and one that can be extremely damaging to leadership. It is often when we become careless with managing emotions that the dark side of personality emerges. When emotions get the better of us, we suddenly revert to our biologically inbuilt response to stressors, threats and danger: flight, flight or freeze.

But it does not need to be this way. Yes, emotional mastery requires patience and a great deal of practice, and individual differences play a crucial role when it comes to the frequency and intensity with which we feel positive and negative emotions (the Adjustment scale of the Hogan Personality Inventory is a reliable indicator of resilience, for instance). But when deployed effectively, Emotional Mastery can go a long way to prevent lasting damage to our reputation, while co-currently promoting cohesion and understanding at work.

Tips for yourself:

1) Self-Acceptance: how many times have you felt ashamed for feeling angry, or jealous? Being judgmental about the way we feel is counterproductive. Emotions are hard-wired automatic responses, and their presence is outside our control. You can't help feeling the way you feel, so moving towards true acceptance is cited as hugely useful.

2) Self-Regulation: now that we have taken a step back, understood and accepted our emotion(s), we can learn to regulate them. It does not mean repressing or fighting them, but simply adjusting our response so that it becomes appropriate for our audience and the environment. The ability to regulate your emotions responses and impulses (which again varies significantly among individuals) plays a crucial role here.

3) Self-Inquiry: this step involves identifying the cause of the emotion to be able to differentiate facts from fiction. Indeed, at the source of many emotions is a distorted perception of how others are treating us, or the 'real' message they are trying to convey. Commonly presenting thoughts such as these can lead to distorted perception. Is our emotion justified? Are we misinterpreting others' behaviors and intentions?

4) Self-Expression: having understood and implemented the previous steps, we are now better able to express our emotions with honesty and respect (based on true understanding and acceptance of the emotions themselves). When we are not 'possessed' by the emotion, it is easier for us to tell others how something they said or did trigger a specific emotional response, opening the door to honest and productive dialogue instead of conflict.

Tips For Working With Others' Emotions

1) Recognition: by observing someone else's body language and behaviour we can make 'inferences' concerning the emotions that they may be feeling. Again, the emphasis here is on inferences - it is impossible to read someone else's mind, so it is important to acknowledge the limitations of our opinions. The very nature of observing how you think somebody may be feeling can lead to open and creative conversation.

2) Acceptance: this tip can be a real challenge, especially when faced with someone else's anger. Anger inevitably triggers defensiveness, a reasonable and biologically logical response (referring again to the flight, flight or freeze human response system). Still, we must accept and validate the emotions of others without judgment. It makes a lot of sense; try to tell an angry person to relax, or don't be angry, or

worse suggest that there is no need to be angry. What reactions do you think this may trigger? Yes, anger levels are likely to increase.

3) Defusing: it is straightforward to engage in a heated argument and become an active participant in its escalation. However, the best reaction sometimes is to not react at all to reduce the intensity of the emotion(s). Escalation can easily lead to increasing the emotion (and the conflict) rather than defusing it.

4 & 5) Inquiry & Listening: what is the other person thinking? Who/what has triggered the emotions they seem to be experiencing? The key here is to help others express their needs and interests to understand their position. We can support others in their emotional expression without sacrificing our own needs and interests.

Tips To Becoming A Happier Person

Be Happy - Happiness is a Choice and an Easier One When You are Managing Your Emotions.

OK, so if happiness is a choice, how come more people don't choose to be happy? How can you be happier? Quite merely, managing emotions is a learned skill. And, unless you're just naturally happy, or been taught how to choose which mood serves you best at the moment, there's no reason you can expect to have mastered the incredibly wide range of emotions a person can feel.

You see, managing emotions starts with baby steps. So, how about this, begin by noticing what mood you're feeling at any given moment. That might seem like a big chore, so let's boil it down to this: Tomorrow morning when you're getting ready for the day, tell yourself that you will be conscious of any strong emotion you have through the course of the day. No matter what emotion it is, happiness, fear, frustration, love, you'll catch yourself in the moment of high emotion.

Next, ask yourself, what circumstances came right before this? Does this emotion serve me? Is it as strong as it needs to be? Do I enhance this emotion or do I inhibit it by changing my focus? To be generally happy on a regular basis, tune in your focus to all that is right in a single moment. Do not stop until you can come up with at least ten factors that make this moment just right. (Such as the sun is shining; you're having your favourite food for dinner, your best friend just called you for a movie, etc.)

Focus, focus, focus on everything that's right. Now, you're on your way to managing your emotions to be a happier person. GO FOR IT! One more tip. Keep a happiness journal. No kidding. Try it. Record all things great. You know, a lot of studies have been done on people who journal about negative stuff in their lives, and guess what? You're way ahead of me, and they get ***more*** negative!

CHAPTER 3: EMOTIONAL INTELLIGENCE

What Is Emotional Intelligence?

Emotional intelligence, also known as EI, is the innate ability of a person to perceive, assess, and influence one's own emotion and the emotions of other people around them. Being emotionally intelligent is knowing when and how to express emotion.



This above definition is simple enough, although it doesn't fit neatly into the four-pillar arrangement of secular emotional intelligence. But being emotionally intelligent by knowing when and how to express emotion implies an acute level of personal and social awareness and management.

The essential premise of Emotional Intelligence is that EQ skills relate to how effectively people work with others, specifically around:

- ❖ Self-Awareness
- ❖ Self-Management
- ❖ Social Awareness
- ❖ Relationship Management

1) Self-Awareness

Self-Awareness means having a clear understanding of one's emotions, strengths, weaknesses, drives and capabilities. On the surface there's nothing new about this

concept - it's been touted for thousands of years. But it's a critical skill, and it's overlooked by many people.

It's so important because people with a high degree of self-awareness recognise how their feelings and values affect them, and this relates to how they interact with others.

They tend to be very thoughtful in the sense that they take time to think about the things that are important to them, and how their work and lives relate to these things. This self-reflection helps them to be aware of both their limitations and strengths, and they're candid about this.

2) Self-Management

Self-Management frees us from being prisoners to our emotions. Without understanding what we're feeling, we can't control our feelings, and this leaves us at the mercy of our emotions. This is okay when it comes to positive emotions like enthusiasm or success, but it's a problem if we're controlled by negative emotions like frustration or anxiety.

People with this mastery are usually optimistic, upbeat and enthusiastic. It is particularly important in the workplace because emotions are contagious.

3) Social Awareness

The third component of the EQ model, Social Awareness, is mostly about empathy. It's the ability to read another person's facial expressions, voice and non-verbal signals to understand that person's emotions.

It is especially important for leaders because by staying attuned to how people are feeling, they can say and do what is most appropriate. For example, they can try to calm people's fears, lessen anger, or in a more positive case have a good time at the office party.

4) Relationship Management

We can look upon this trait in connection with your profession. It is the aspect of your EQ that enables you to succeed in inspiring other people and helping them to reach their full potential.

It is also vital in negotiating successfully, resolving conflicts and working with others toward a shared goal. Your success in this final area is directly correlated to your success in the other three areas because management is all about successfully interacting with other people. At the end of the day isn't efficient management all about getting the work done?

The following aspects of successful relationship management:

- ❖ Leadership - develop others by identifying their strengths; Influence others probably through your motivation
- ❖ Communication - being a change catalyst to incorporate new ideas when change is needed
- ❖ Conflict management - connecting with people through networking
- ❖ Teamwork and collaboration- by giving credit to everyone to make them feel good about their contribution.

Why Is Emotional Intelligence Important?

Even though emotional intelligence lacks the volume of quantitative empirical cognitive research that IQ has, the research in the field of cognitive learning has suggested that emotional intelligence is a crucial fundamental aspect of knowledge.



According to a report published by the National Center for Clinical Infant Programs, the level of success that a student has learned new material boils down to their levels of confidence, self-control, curiosity, their ability to communicate, their cooperativeness, their relatedness and their intentionality. All these traits are aspects of emotional intelligence.

More recently social scientists are beginning to uncover the relationship of emotional intelligence to other organisational psychologies, such as leadership,

group performance, individual performance, interpersonal exchange, performance evaluations, and change management. Humans are social beings and as such our level of success when dealing with people is intimately linked with our level of emotional intelligence.

How Does Emotional Intelligence Affect Your Life?

Performance at work - EQ helps you to comfortably handle the social complexities of the workplace, motivate and guide others and succeed in your career. Nowadays companies view emotional intelligence as being an important aspect and perform EQ testing before hiring.

Physical well-being - Stress is imminent in today's world no matter which profession you belong to. Stress is a common factor leading to serious health issues in most of the people. Uncontrolled stress level is known to increase the risk of heart disease. Our immune system suffers when the stress level is high.

Mental well-being - Stress affects mental health negatively. You might have read or heard about stressed people going to the extent of committing suicide. When you cannot manage your emotions, you become a victim of mood swings or other mental disorders that can seldom allow you to form or maintain healthy relationships in life.

Personal relationships - Understanding your emotions help you to express your feelings to your loved ones. When there is a block in communication, your relationships suffer both at work and in your personal life.

Improving Your Level Of Emotional Intelligence

Researches and scientists see the intelligence quotient, also known as I.Q., as fixed, meaning that it does not change throughout one's lifetime. E.I. differs significantly from I.Q. in that E.I. can be improved through a combination of life experience, maturity, conscious thought, and perseverance. You can refine your level of emotional intelligence by doing the following:

1. Think back to the most recent time you can think of when you had hurt somebody's feelings and analyse what your reactions were at the time and analyse what you said that inflicted emotional pain on the other person. Try to put yourself in the other person's shoes and empathise with them and their feelings as you said these words. In this drill, you will effectively increase your understanding of empathy thereby increasing your level of emotional intelligence as a result.
2. Instead of finding fault with others, develop a mindset of positive thoughts and try to seek positive solutions on a given problem. Remember that everyone you deal with is human and as humans we make mistakes. Also by being human, we can learn

from our mistakes, and by creating a positive attitude, we can effectively coach other people and ourselves to move forward instead of blaming other people or events for mistakes.

3. Realize that to succeed in the game called life, and it becomes necessary to have a high level of interpersonal communication with those around you. You are, for the most part, helpless without other people to help you along the way. By better understanding their emotional needs you will be able to communicate with them more effectively and more accurately thus paving the way to your success.

Here are six tips to increase your emotional intelligence:

- ❖ Learn to reduce negative emotions
- ❖ Stay cool and manage stress
- ❖ Be assertive and express difficult emotions when necessary
- ❖ Stay proactive, not reactive in difficult situations
- ❖ Bounce back from adversity
- ❖ Express intimate emotions in close, personal relationships

Strengths And Emotional Intelligence

The simple premise of the strengths movement came forth from positive psychology. Rather than focusing on your weaknesses, the goal of the campaign is to find out what your natural strengths are (and have been from an early age) and develop these further. The central principle is that you will get farther faster if you strengthen what you are already naturally good at.

Those things you are terrible at doing (and always have been) will never be the areas where you shine. Instead of wasting your time and energy chasing mediocrity, you spend it turning your strongest gifts into greatness.

The simple premise of emotional intelligence came forth from breakthroughs in brain science-specifically, the discovery that the brain is hard-wired to respond emotionally to events before it can process things rationally. The goal is to increase your awareness of your emotions so that you can understand them and manage them to your benefit.

When you develop self-awareness, you can quit wasting your time attempting to push your emotions aside and allowing them to control you. Instead, you can understand them and manage them to your benefit and the benefit of the people around you. You get farther faster when you become adept at reading emotions and handling them constructively. The best thing about emotional intelligence is that it's something you can change. The areas of the brain where emotional intelligence operates are highly elastic-as you develop new behaviours in your mind physically

changes to make these behaviours into habits that become easier for you to use again in the future.

How Emotional Intelligence Influences Your Strengths

Every person, no matter their profession or stage in life, should be developing their strengths and their emotional intelligence together to make the most of their opportunities in life. For example, you may discover that your strengths include being competitive, strategic, and futuristic; but if you have no self-awareness and no ability to self-manage, you will have a difficult time mobilising these strengths into personal or professional success.

Picture a true visionary with the motivation to win and the ability to see how to get from here to there. If she's compelled to try to win every conversation with anyone she encounters, she won't recognise when it just may be the worst moment to push too hard and lose the support from key allies she needs to get her vision off the ground. If she lacks the self-awareness needed to understand that she's competing in her conversations, she won't even realise how she's allowing this strength to work against her.

The urge to beat others will impede her ability to reach strategic goals, and it will slowly erode the quality of relationships that she'll hope to rely upon in the future. If she develops her emotional intelligence skills, she can ensure every interaction with her coworkers will boost her vision and penchant for winning by igniting their support and commitment.

Real Life Benefits Of A High Emotional Intelligence

Most of us call it gut feeling, but now psychologists are calling those feelings emotional intelligence or EI. Emotional intelligence is something like your IQ. Your IQ score doesn't tell you how much you know it merely tells you what your capacity to learn and comprehend is.

Your EI is a tad trickier to measure, and there is a great deal of disagreement on how it should be done. However, scientists can agree that in general, people who have a high EI, meaning they can identify their own emotions and the emotions of others, tend to have certain behaviours. Here's a quick list of some of those behaviours.

1. Adaptability

Developing emotional intelligence allows an individual to understand the emotions or motives of others and as a result, they are more willing to adapt to a situation than a person who can only know what they are feeling.

2. Managing emotions in others

Understanding the emotions in others is a key leadership trait which allows the person with high EI to influence others. Understanding needs and feelings lend itself to developing courses of action that will fulfil those needs and at the same time accomplish what the leader wants to be performed.

3. Emotional control

Persons with a high EI understand their own emotions and can analyse them rationally. So when they experience frustration or fear or anger, they are less likely to react to them instinctively and are more likely to act in a controlled and informed manner.

4. Less Impulsive

High EI means bad news for marketers who depend on impulse buys. People with high EI don't react impulsively but instead look at their feelings and make rational decisions without the interference of overwhelming emotional pull.

5. Strong relationships

Maybe one of the most considerable advantages of high emotional intelligence is the ability to enter into and sustain healthy and fulfilling relationships. Being able to understand and appreciate the emotions of others and not being driven by a "me first" need can result in more satisfying and less conflictive interactions with the people around you.

6. More optimistic

Face it. We live in a culture that sees the glass half empty more than we see it half full. High EI develops high self-esteem which in turn gives the person the confidence to see the brighter side even in difficult situations.

7. Better stress management

Precisely because they have more self-esteem, self-confidence and an optimistic viewpoint of life, people with developed EI can handle more stress and pressure than others. Being able to identify stress points not as threats but simply as challenges to be met, changes the nature of the stress to a manageable condition.

Managing emotions enhances your assertive communication. Picture either the angry or the low self-confidence person trying to be confident. Neither anger nor low self-esteem or helplessness will help you to be assertive. However, a higher level of emotional intelligence will help you with self-management, self-confidence and impulse control, as well as helping you with social awareness, being more tolerant of others whose emotional intelligence isn't as strong as yours.

CHAPTER 4: PERCEIVING EMOTIONS

When thinking of someone who is highly intelligent, one first takes into account the logical reasoning, math, problem solving or verbal skills, the capacity of our brain to produce something. That is the standard way to define intelligence, although the definition of "intelligence" remains controversial. The importance of cognition is valued the most.



Not surprisingly, tons of tests to determine each person's intelligence level, or IQ, have been developed following the same structure. But there's more to intelligence than the conventional understanding.

Yes, it is true that IQ is a high predictor of academic or professional success, and therefore it is for some reason that it is crucial, while debatable, measure. However, it's not a complete one. Why?

Intelligence isn't just based on one domain. There are several types of knowledge, all of them contributing in some part to the success of each person. Some people might be weak in problem-solving, but they are very developed regarding special and visual intelligence, for instance. But one major area which is increasingly being given importance is the emotional intelligence.

Perceiving The Emotions

Perceiving the emotions refers to the ability to identify accurately what you and those around you are feeling. Without a strong understanding of emotions, the rest of the other three EI skills would be weak. It's the old garbage in, garbage out. Perceiving the emotions is more than just awareness, it's accurate awareness.

Leaders who are highly skilled in this area can read people, label feelings appropriately, and express the correct emotional signals. Bill highly wanted here.

Becoming more aware of your own emotions begins with a quick assessment. Please answer the questions below by giving a score of 1 (strongly disagree), 2 (disagree), 3 (agree), or 4 (strongly agree)*:

- ❖ It is essential to think about feelings.
- ❖ Emotions should be felt and noticed.
- ❖ I pay attention to how I am feeling.
- ❖ I usually make sense of how I am feeling.
- ❖ My feelings are clear.
- ❖ I know how I am feeling.

So, how did you do? If your total score is less than 16, you might want to use the following tools to increase your awareness of emotions:

❖ **Write Morning Pages**

First thing in the morning, write three pages by hand, non-stop, and fast. Anything that comes to mind writes it down, without editing. Don't think, don't hesitate, and don't stop.

The key is to keep your hand moving no matter what splats out onto the pages. If it takes you more than 20 minutes, you're overthinking. Morning Pages are NOT prose, poetry, or journaling. You shouldn't show them to or share them with anyone. You will be amazed at what you learn about your emotions through your writing. Try it, and you might like it.

❖ **Catch a Movie**

Dr Amy Van Buren recommends that you scan through a movie and stop at any point where two people are talking. Turn the sound off and watch the scene for about 30 seconds. Next, evaluate the emotion in this scene using the emotion scale above. You may want to compare notes with a partner. Then, watch the scene again with the sound on.

❖ **Model at Work**

Identify a leader at work that you, and others, believe demonstrates high emotional awareness. Find ways to work more closely with the individual. You may even ask them if you could shadow them occasionally.

❖ **Work With a Coach**

A good coach will help you identify an ideal image that you have of yourself, provide feedback regarding your real self at this moment, assist in the development plan to bridge the gap, and coach you through the process of learning new behaviours.

Making Our Fears And Insecurities Become Our Ally

When we can look at our devils within ourselves and accept them - this is the first step towards addressing our fears/worries/frustration. Accepting them does not mean that we are happy with them. It is the first step towards taming them. Acknowledging their presence make them easier to deal with because we can then talk to them to understand where they come from. We are not born with fears, frustration and resentment. Newborn and young kids are fearless. They smile at whoever smiles to them. They reply spontaneously even though we may be decades older than them and they do not think of the implications of their acts.

Somewhere down the road, the challenges of the day to day life the pressure of doing everything at the speed of light, the betrayals/disappointments that we experience, the urge to "fit in"/to be famous or to be liked by others all this leads to a melting pot of emotions leading us down the drain... our emotional energy gets sucked in.

Emotional energy is what allows us to deal with our feelings; finding ways of expressing them constructively or creatively. Artists are the best examples. They convert their emotions into songs, movies, poems, paintings. They have found an outlet to express whatever is inside them. There are alternative outlets to show what is within us. To speak out our mind is not something that everybody can do for fear of hurting the feelings of others.

Going out for long walks, dancing, photography, jewellery making, jogging, karaoke can become outlets of getting off our chest the unexpressed feelings. Writing to ourselves and shredding the paper into pieces gives us a sensation of having released our emotional baggage.

The more we practice releasing them, the easier it gets, and that sense of "*heaviness/ache*" in the chest or heart area slowly disappears. At some point in time, we find ourselves being able to face them and ask ourselves what have led to this melting pot? Emotions are powerful indicators of informing us "the stirrings of our heart", our deepest fears.

Fears stem from the fact that they have a positive intent behind each one of them. The fear of the unknown comes from the fact that we like being in control. Can we control the attitudes of people, can we control the weather? There are so many things beyond our control, and yet we love the feel of being in control... ironical isn't it? The more we accept things as they are, the easier it becomes to deal with the unexpected... It does not mean just sitting back and enjoying the view. It says we do the best we can with the information we had at that time and then we leave it to rest.

The fear of the future stems from the fact that we have important goals to achieve, dreams close to our heart, responsibilities that we would like to fulfil. Why worry

about what is going to happen in the future? Nobody can predict what will happen. What we can do is to make the best of the present so that we end every day with no regrets and with the feeling that we have done everything possible!

The easier it is to deal with our emotions and getting to understand them, the stronger becomes our emotional energy.

We slowly find ourselves constructively speaking our minds because we have mastered the way to deal with our feelings.

As our emotional energy gets stronger and lighter, we now attract more and more things that make us feel good: calm, fun, happiness, success and abundance in every sense of the word! Each energy has a level of frequency: like attracts like. Dejection/despair cannot attract happy events. Similarly, success attracts success and moves away from sadness and frustration.

Use Negative Emotion To Your Benefit

Self-expression is a path to transformation. To express yourself means that you permit yourself to share your inner reality with the outside world of others. Express means to press out, to reveal your innermost thoughts and feelings so that others see you for who you are. The value of self-expression is empowerment, confidence and creation of what you want.

Using the power of self-expression, you can get what you want most of the time. Oddly enough, your negative emotions are often the key to unleashing an unfettered ability to receive all you could ever want in your life. You can use your negative emotions to work for your benefit if you understand that they are part of a natural process of transformation.

The purpose of emotion is to tell you what is right and wrong in your life. Positive emotions tell you to move towards whatever and whoever causes the good feelings. Negative sentiment is a clue that something is not good for you and needs to be changed. Strong negative emotion is an internal signal that you need to evaluate what is happening that you don't want.

It is easy to get stuck in the negative feeling and focus only on what is happening that you don't like. You play it over and over in your head reinforcing the negative situation. In so doing, you miss the gift of the negative state.

The negative emotion is only the first step of a three-step process of transformation for good. There is an important second step to take in using your negative emotion for your benefit. This second step is to identify what you do want. In a few short minutes, you can pop out of the negativity by clarifying what you want to be happening.

The empowering third step is to express what you want to the appropriate person(s). Only ask for what you do want. Be careful to focus your request on what you do want rather than what you don't want. Most of the time, the person will give it to you. Oddly it is the last thing we think of when we are stuck in negativity. But it is the easiest thing to do. Once you get in the habit of asking for what you want, the results are like magic in your life!

CHAPTER 5: LANGUAGE AND LOGIC OF EMOTIONS

During a recent family rift, one person exclaimed: "Feelings are not logical!" It was just a few years ago when that statement became popular leverage to help people recognise the value of emotions. It is true that feelings often do not seem logical, especially if they belong to person 'B' and person 'A' believes that intellect is more valuable, valid or powerful than emotions. How an individual perceives emotions will affect his ability to understand their logic.



Currently, society is recognising that the intellect is not as logical and compelling as we used to believe. Over-Reliance on the intelligence causes other problems.

The first step to understanding the language and logic of emotions is to learn how to feel comfortable with your own emotions. We constantly have emotions. It is only out of feeling pleased with, and having respect for our emotions, that we are then able to empathise with and understand the logic of another person's emotions.

If an individual were not raised, from early childhood on, to be comfortable with their emotions, it would benefit them to learn how to do so as an adult. It involves learning to be comfortable with the full spectrum of your emotions, rather than just trying to "be happy." No one can "be" an emotion. All emotions are valuable, and all emotions give us information. Emotions occur according to whatever is going on

around and within us at the moment. Fear is a beautiful example; if you are walking across a street and you suddenly notice that you are about to be hit by a truck, you will feel fear, which will tell you to get out of the way. Intellectual thinking is not involved. This simple, basic example will help most readers recognise that emotions have great value. It is vital to learn to understand how they speak to us and appreciate how logical they are.

The language and logic of emotions are difficult to describe using intellect and words. Using creative expression for emotions is helpful. The clearest example of that is acting. Most people enjoy movies. Movies tell stories about people having emotions through the use of the language and logic of emotion. Dance, music, mime, storytelling and visual art are also beautiful methods to describe the language and logic of emotion. Music is a direct line to the limbic system, the origination point of emotions. Good visual art is designed to evoke an emotion in you.

Facial expressions have evolved to express and communicate emotions. Most of us speak the language of emotions with our facial reactions, so quickly that we may not know we have done so. Our tone of voice and body language are other natural expressions of the language of emotion. Imagine walking down the street and seeing someone who smiles at you. If you happen to be feeling relatively calm, you will recognise that person's emotional language and be able to smile in response. That is an emotional connection. If you are in the midst of having some internal, emotional turmoil, you might respond by feeling annoyed. That is an example of emotional disconnection. If you know you are in emotional turmoil, before you go out into the street, you can use some coping skills to help yourself out of that turmoil and be open to someone smiling at you.

Human beings connect through the language and logic of emotion. If one human cannot tolerate his own emotions, he will not be able to connect, well, with others. The high intellectual ability cannot help people connect well with others.

Emotions are the essence of life. Human beings cannot be free of emotions anymore then they can be free of blood. If you hear yourself telling others, "Stop being emotional!" or "You're too emotional!" the problem may be in you. The problem may be that you have not learned how to be comfortable with your emotions. When everyone involved in a conflict can cope with their own and other's emotions, the conflict can deepen intimacy. Conflict raises everyone's emotions. If an individual cannot cope with the emotions, he will, often, get off the subject and begin to focus on trying to direct other people's emotions. That can offend other people and compound the problem. Stay with the emotions. Allow the emotions. Listen to them with respect. They are communicating with you. Practice emotional awareness, and learn how to be with your emotions so you can be with the emotions of others. When you can do this, your relationships, with yourself and others will improve.

Control Your Emotions In Day To Day Life

To live a better and happier life, you must take charge of the natural instinctive state of your mind arising from circumstances, moods or relationships with others. Controlling your emotions doesn't mean ignoring them, it says you recognise and take proper actions on them.



You must be in charge of your emotions day-to-day! If you genuinely desire unlimited happiness, you must control your emotions. Do you struggle to control your emotions? You have the power to create your state of happy and favourable emotional circumstances. A clear mind is better and able to control emotions. Unclutter your mind! Emotion is the generic term for a subjective or conscious experience that is characterised by psychophysiological expressions, biological reactions and mental states. It is often associated and considered reciprocally influential with temperament, personality, mood, motivation and depression. Emotions can be influenced by hormones and alcohol. It is the force behind human actions and reactions. Emotions can be expressed in the form of fear, joy, envy, excitement, distrust, depression, curiosity, contentment, desire, despair, embarrassment, confidence, gratitude, happiness, shame and shock. With the harsh weather conditions, the economy in a miserable state, lack of job security, infidel partner, stubborn children, nagging co-workers, and unrest in the society, it can be

easy to allow your emotions to run amok. An independent state of mind can make a bad situation worse. Every emotion begins with a thought. If you learn to control your mind and feelings, you can rule your emotions. Guard your heart because out of it flows the issues of life. As you think in your heart, so you are. While it does take practice, you can be in firm control of any of the particular feelings that characterise the state of your mind, such as hate, horror, anger, fear, happiness or love. Learning to control your emotions during challenging times of emotional stress is beneficial to your mental and general health. Emotions play a significant role in life, and decisions are often based on feelings. However, problems occur when emotions are out of control.

Becoming a master of emotional intelligence which involves emotional literacy, emotional coping and emotional awareness will help improve your emotional sagacity which enables you to develop an excellent emotional freedom technique. To go higher in your career, build good relationships with people and be successful in life, you must keep a tab on your emotional quotient. It is common in day-to-day life to regret those actions we took because of uncontrolled emotion. Some keys will help you lead a healthy and better emotional state in life.

1. Recognize Your Emotions

Human feelings are expressed in different forms. Take time to understand the nature of your feelings. Some of the most challenging emotions include anger, depression, anxiety and fear; the good news is that they can be subdued.

2. Meditation

The best way to maintain good emotional health is to focus and dwell on uplifting and empowering thoughts. It will help you harmonise your mind, spirit and body. Meditation helps you to be in charge of your physical, mental and emotional health. Some people meditate using prayer, yoga, reading a life-enriching book or listening to soul-uplifting music.

3. Affirmation

Affirmation is like confirmation. Through this means, you speak faith into your circumstances and gladly expect the best result with cheerful expectancy. Say to yourself, "Am a success." "Am favoured beyond measure, and things are falling in pleasant places for me." This kind of positive thinking and confessions can change your mood from bad to right. Over 80% of the things we worry about never happen and 15% out of the other 20% of the time, things don't happen as bad as we thought. Worrying only saps you of energy and vitality. These keys listed above can help you develop your cope capacity, create and be in-charge of your favourable emotional state 24/7. You can handle situations more than you ever thought possible by taking full control of your emotion in your day-to-day life.

FINAL REMARKS

We are designed to have emotions. They have a purpose. They are our internal guidance system. We have ignored them. We are taught by our culture and our family to ignore them. Science is now showing us the value of emotion. People who use emotion and reason together are more successful and happier than those who don't. Look for a surround yourself with the messages that show yourself that emotions are okay all of them.

Each emotion we experience is driven by a set of thoughts or beliefs about ourselves, other people and the world around us as well as our religious or spiritual beliefs. The beliefs tend to be subconscious although we can access them if we make a point of it. Some of the beliefs will be accurate, and some will be inaccurate. We form these beliefs from the time we are very young.

When our emotions seem to be a large reaction to a small event, it is a good idea to examine the beliefs underlying our reaction. Sometimes, we need help to uncover our beliefs. That is where a friend or coach or therapist can be valuable. It is an ongoing process of self-discovery that leads to a healthier and happier life.

In order to increase your stress tolerance so you can more effectively cope with the challenges that you experience in life, some basic needs have to be adequately met. It is where it becomes essential to take care of yourself. The basic needs are exercise, adequate quantity and quality of sleep, proper nutrition and slow life. These four alone would keep the majority of us busy making changes. And they are incredibly worthwhile.

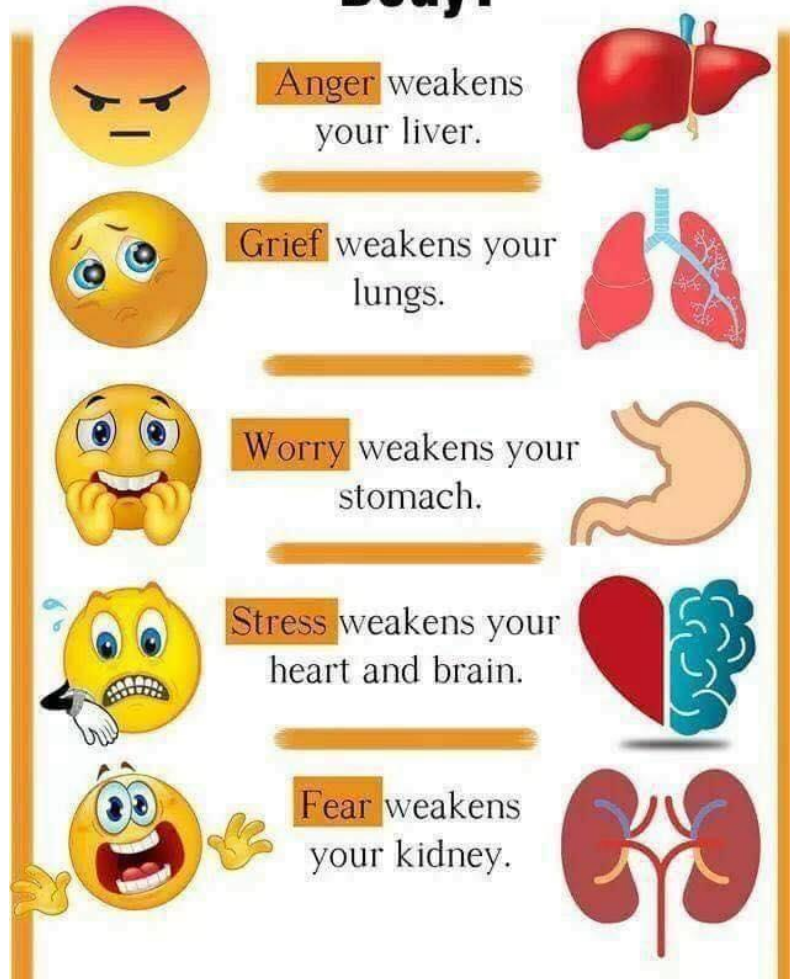
In conclusion remember one thing, when all is said and done, irrespective of the circumstances you always have a choice. Maybe not an option in what has happened but a choice in how you react to what has happened. Choose as much as possible to see the good in any situation and the emotions those thoughts bring forth will help you through most hardships.

Start by looking at what's not right in your life now. Take a third party view and try appreciating the situation. Ask yourself what could be the underlying subconscious message? You will gain Emotional Wisdom with each answer you find.

Thank You Once Again For Downloading This Fantastic Guide!

RECOMMENDED RESOURCES

How Emotions harm your Body?



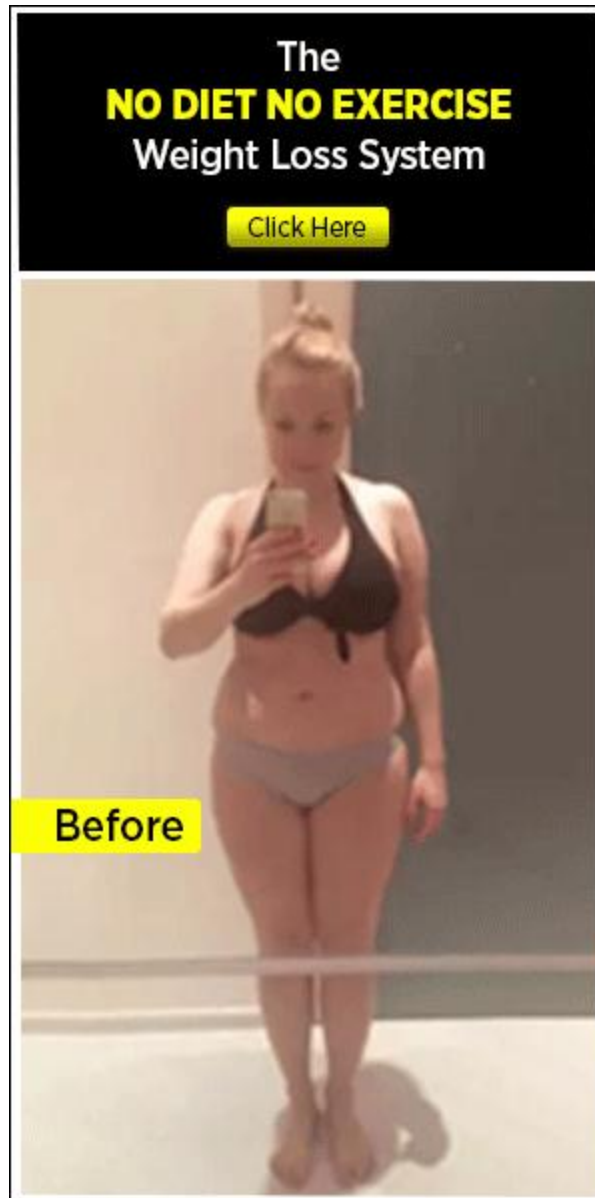
This is how emotions affect our body...

There's a simple 3-minute exercise where you can do practically anywhere....

Which unleashes the innate healing power of your body...

And eliminates the ROOT CAUSE of chronic pain and disease.

[>> Discover These Natural Techniques To Reverse The Pains Here <<](#)



Many of us turn to food to relieve stress or cope with unpleasant emotions such as sadness, loneliness, or boredom like the way people smoke.

And after eating, they feel even worse. Not only does the original emotional issue remain, they are becoming guilty for overeating.

[>> End Your Emotional Eating Here <<](#)