

EMOTIONAL INTELLIGENCE

Emotional intelligence is the ability to regulate your emotions to have more positive outcomes when dealing with people, places, things, situations, or ideas in life that are difficult. Being more attentive to emotional intelligence can help you to live a more balanced and empowered life. Here are some ways to tell if you are on track to improve your emotional intelligence.

Welcome change. All changes, positive or negative, are stressful. Your ability to process change is dependent on your overall coping skills. Although change is hard for all of us, changes might be exceptionally hard if you are struggling with seeing the world through the “trauma lens” of complex post-traumatic stress disorder. Even emotionally intelligent people know that change is an inevitable part of life and recognize that their first instinctive reaction to change may be to resist it. But emotionally intelligent people are not immobilized by fear of change because they have a stable sense of self that tends to stay constant in the face of changes. Emotional intelligence will support you in seeing change as an opportunity for growth.

Show empathy to others. When you have a healthier connection to your own emotions, you can recognize and relate to other people’s emotional experiences. Emotionally intelligent people are more able to recognize and observe social and emotional cues. People with emotional intelligence can see past what is said to know what someone might be experiencing. Empathy is also the capacity to recognize the effect your behavior has on others, and you can access the place inside of yourself that cares about that effect.

Know yourself. As you improve your emotional intelligence you can recognize the degree to which your strengths and weaknesses are in tune with your emotional responses to triggering situations and can take preventative measures to avoid or overcome them. Emotionally intelligent people begin to accept themselves as they are and reality as it is.

Reduce perfectionism. Here is a little secret that may be helpful for you to understand: you will never be perfect. So, stop beating yourself up in a desperate chase after impossible perfection. A sign of emotional intelligence is to accept yourself for who you are and continue to learn and grow from mistakes, instead of seeing yourself as a hopelessly imperfect and unfinished person. You are a work in progress. One day at a time you can continue on the journey to awakening to your higher self.

Live a balanced life. Emotionally intelligent people seek balance in their lives. They understand that focusing on only one aspect of their lives leads to neglect of the other many wonderful parts of who they are. You are not just a victim of your past or a person living with a mental or physical health challenge. You are an eternally radiant soul and a vital part of humanity. Go out and enjoy your life and give everyone the blessing of your presence.

Be grateful. Emotional intelligent people look for opportunities to be grateful and express gratitude. Whether they keep a gratitude journal or just a simple frequent prayer of "Thank you!" gratitude is a cornerstone of emotional intelligence. Don't obsess over what you have or don't have. Take time to appreciate the good things you have in your life. Emotional intelligence also means you are not focusing on the next big event in your future life but stop to appreciate the gifts you have right now. This will keep you grounded.

Becoming more emotionally intelligent is one of the best things you can do on your healing journey. By gaining some regulation and control over your emotions you can move forward and make a better life for yourself. An increased acceptance of reality as it is and yourself as you are, can help you grow in emotional intelligence.

