

UNDERSTANDING EMOTIONAL INTELLIGENCE

THE IMPORTANCE OF SELF And Social Awareness

The Observer

Our conscious self aware observation

I allow my emotions to exist without judging them

My emotions are symptoms of being human

Proactive and Strategically Controlled Emotional Regulation

"I am part of a system"

Cause-effect thinking

I feel safe in and with my emotions even when they are not comfortable

Processing Emotions

- Identifying the emotion
- Contextualizing Emotion
- Understanding the intrapsychic dimension from which it operates
- Cognitive integration for adaptive regulation

Mindfulness

Accountability

- Boundaries
- Standards

Tuned Empathy

Understanding Communication

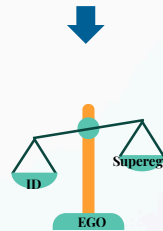
- Active listening
- Feedback

Responsible Proactivity

- Prevention

Ending Stigma

STRESS



Understanding Mental Health

Weakness

Strength

What i see (Projection)

Weakness: Rude Behaviour, Disobedience, Argumentative, Hate, Lazy, Inattentive

Strength: So Mature for your age, You're so independent, Hard worker, Always Strong, So Organised

Switch Focus From the Symptom to Trigger!

What it could be

Weakness: Boundaries, High Standards, Assertive/ Firm, Expressing Frustration/ Decompression, Depression, Sensory Overwhelm, Executive Dysfunction

Strength: Chronic Self Containment, Fear of Commitment/ Suffering, Fear of Failure, Masking, Feels Unsafe, OCD, Autistic Meltdown, Unmet Needs, Stimming, Trauma Response, Burnout, Diagnosed Undiagnosed Neuro-Psychological Conditions

Not all behaviour is a choice

Know Your Thoughts



EGO

Conscious Mind, Thoughts, Perception

Defence Mechanisms



Sublimation- Transforms the impulse into a positive activity -Activism
Rationalisation- Acceptable explanations for failure
Projection-Placing your feeling or thoughts into someone else
Repression- Toxic Positivity

Esteem Needs

Relationships, Connections



Emotional Regulation

Emotional regulation represents the ability to identify, understand, modulate, and use emotions in a conscious and contextualized way, so that they contribute to the individual's adaptation and influence intrapsychic and relational dynamics.

- Internal signaling function
- Adaptative function
- Relational function
- Organising function
- Transformative Function

All my emotions are valid

Understand Your Values



Superego

Subconscious Mind
Morality, Internalised Ideals
GUILT-SHAME
SELF JUDGEMENT

Safety Needs

Security, Stability

BEING KIND $\neq$ BEING GOOD

Conclusion

What?

Emotional intelligence is the ability of a person to recognize, understand, and manage their own emotions, as well as to understand and influence the emotions of others, through the understanding that the human psyche is not only rational, but a mixture of conscious and unconscious forces that should desirably be harmonized to be transformed into personal assets and socially moral and continuous growth oriented actions.

How?

To develop emotional intelligence at a mature level, it is necessary to also develop cognition, that is, the ability to observe, analyse, and understand our own intrapsychic system in all its complexity.

When?

Strengths and weaknesses often share the same core trait, what changes their polarity is intent. Emotional intelligence is the awareness that lets us feel and recognize our internal state, understanding whether a behaviour arises from conscious choice aligned with our values, or from fear, survival, or compensation, therefore, the same trait can be a strength when freely chosen, or a limitation when unconsciously protecting a wound.

Why?

The individual cannot be understood in isolation. Every person is part of multiple interconnected systems: family, close relationships, organizations, culture, and society. From this perspective, emotions and behaviours are not only internal processes, but also the result of interactions between the intrapsychic system and relational systems therefore, emotions are not only individual reactions, but also signals of the system's dynamics and tools for regulating systemic balance.

Know Your Impulses



ID

Physiological needs

Food, Water, Rest



Impulsive Reactions

Immediate Satisfaction

IT's ok to feel all the feelings

Balance the Ego, Superego & ID To Develop Emotional Intelligence