



The
IGUANA Project
Improving Education Together

Emotional Intelligence

Amongst many of these emotional intelligence competences there is considerable overlap. The message is often the same and is repeated over and over again!

MODULE	Emotional Intelligence
COMPETENCE AREA	Intra-personal competences
SUB-MODULE	Good-enoughness
VERSION	2
DATE	May 2014

The **Emotional Intelligence Module** consists of four competence areas:

- **Intra-personal competences** – the personal competences that enable an individual to accurately assess their emotional intelligence and how this is likely to shape their relationship with the external world and with other people.
- **Inter-personal competences** - applying intra-personal competences to engaging with other people in meaningful and productive ways.
- **Adaptability** - the competences that enable an individual to manage themselves and their relationships with others in response to changing situations.
- **Affective competences** – the competences that shape how an individual assesses their mood and how they manage their mood in relation to behaviours and relationships.

There are three competences in each of these four competence areas.

This overview covers one of the competences in the Intra-personal competences area: **Good-enoughness**

A BRIEF INTRODUCTION TO Good-enoughness

FEELING GOOD ENOUGH

- Accept
- Be aware
- You can't stop yourself



You can change how you deal with it.

- 1 *To feel good enough we need to accept the limitations of the situation and of our control. Be aware.*
Understand why the situation would arise and give yourself room to make a choice to do it differently.
Understand why you feel the way you feel and accept it. You can't stop yourself feeling what you feel. You can change how you deal with it. If you stop making it worse it can start to get better
- 2 Don't go down the path of 'if only' or 'if I just...' The challenge is to be positive and supported. Be positive, supportive and mindful. There will be relapses
- 3 There will be lapses, so be mindful and aware of the possibility. Work at being Relatively balanced (Avoiding one extreme or the other) Relatively at peace (Feeling good enough) Relatively Contented (Happy!) (Feeling good enough)
- 4 Accept the limitations. Yours, others and the situation. But especially your control. Everyone has them. Experiment with it, see if you can bear to change your attitude. "My concept of responsibility gets me into trouble." Feeling guilty that things are not perfect. Risk the middle ground. Be aware and understand the issue and accept it and choose to respond differently.
- 5 Doing the right thing may not give you the outcome you want in the short term but will be better in the long term.

Negative Reactions.

- ***Attitude is as important as qualifications.***
- Accept the limitations of your control.
- (1) Be aware
- (2) Understand it
- (3) Accept
- (4) make choices
- (5) Show enthusiasm
- (6) Try not to be negative.



1. Don't take what you can't control personally
2. Caring is good until it becomes dysfunctional. Habit, conditioning, personality are all very powerful influences. Focus on shutting out the distractions, doing the best you can and doing what you have to do
3. We are all constantly reinforcing what we already believe and how we see the world. Emotions can sometimes disproportionately affect us. Reason can never win over emotions! Can you bear to pull-back? Observe the situation from the outside looking in. The more we take it personally the worse we feel.

Getting in the way

Just try harder

Not feeling good enough

Being self conscious

Staying Stuck



Being Negative

Taking injustice personally

Having to be more in control

1. Don't be judgemental of feelings of self-consciousness. Accept it and live with it.
2. Obsessing about your or others' failings makes the problem worse not better. "If only I had tried harder..." But, of course, you cannot change the past. Also, we do what we do at the time for good reason! ... when opportunities arise.
3. If we never challenge ourselves to risk failure, self-esteem will never come. But the correlation between self-esteem and success may be too close. If we don't take risks it will get worse, and if we do it might also, **BUT IT IS THE ONLY CHANCE THAT IT MIGHT GET BETTER.**
4. We need to manage expectations. That does not mean set them low! Accept that with unreasonable expectations comes disappointment. But that is OK if you can accept that limitation.
5. Being negative is giving the wrong message to everyone including you. Not caring enough, usually, is not the problem. Caring too much will be a problem and made worse by being negative. But what is the right level of caring? It varies, depending on the situation. Can you move up and down the spectrum of caring and not be stuck at one end or the other?

FEELING GOOD ENOUGH

Be Perfect

Half full, half empty?



- **Imperative**
- **Identification**
- **Benefits**
- **Problems**
- **Treatment**



Half full, half empty, even thinking this way reinforces the negative! It just is what it is! Guilt because of not feeling worthy or good enough. IF THEY REALLY KNEW HOW BAD I WAS.....You need to understand those feelings and not let them make you behave in a dysfunctional way. The point is not to beat oneself up or look for an excuse to do so. Can you bear to make a choice to do it differently? We stay stuck because we believe that it can never be enough and so we feel bad about ourselves

Imperative

I must be perfect, wonderful, and correct in every way.

I must succeed in everything I do.

I must get top marks and win.

Identification

Never completely satisfied with what you do. Always trying harder

Benefits

Will never be enough!!

Problems

Fears of failure and losing control, and subsequent over-compensation.

Over-work. Not finishing things for fear of criticism.

Expecting others to be perfect too.

Treatment

Laughter.

Accepting being less-than-perfect.

Reframing of what 'perfect' really means to 'enough'.

1 When you respect yourself and others, people can sense this and they will begin to treat you with respect in return. You will begin to feel your sense of self-respect starting to grow. With this comes self-esteem and confidence

2 Once emotion is involved, reason will never prevail. We may need to accept that we can't win, nor do we have to fix it. The better things are, the bigger the contrast when they go wrong. The limitations become amplified. The worse they are, the more helpless we feel.

THERE IS NO FORMULA. EVERYONE/EVERY SITUATION IS DIFFERENT

3 Stress is the negative manifestation of internal and/or external pressure. We create stress mostly because of the internal pressure, created by low self-esteem/not feeling good enough.

4 Do not: violate people's rights; expect others to magically know what you want; feel anxious and avoid difficult situations.

5 Is what you do reasonable and appropriate? Be mindful but not over analytical.

6 Maybe the way 'they' react is more their issue. But we can't help comparing how we feel with how they look and assume they must feel how they look and we must look how we feel. Not so.

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Further Resources

<http://www.youtube.com/watch?v=OdyAk0ZNuqc>

<http://www.youtube.com/watch?v=RIjkGM9B-Sg>

BOOK

When Perfect Isn't Good Enough: Strategies for Coping with Perfectionism . Martin M. Antony , Richard P. Swinson

Synonyms

<http://thesaurus.com/browse/good+enough>

Links

<http://www.psychologytoday.com/blog/now-is-everything/201002/i-am-not-good-enough-three-ways-battle-feeling>

http://www.pathwaytohappiness.com/writings_perfection.htm

<http://www.psychologytoday.com/blog/me-we/201310/how-finally-feel-good-enough-deserve-better>

SONG

<http://www.youtube.com/watch?v=C03tWq8IPv4>

QUOTES

<http://www.goodreads.com/quotes/tag/be>

If you would like to learn more about this competence or any of the competence areas, why not visit the [IGUANA Open Learning Space](#) or return to the portal at <http://www.iguana-project.eu>