



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	Emotional self-awareness
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: **Emotional self-awareness**

# A BRIEF INTRODUCTION TO Emotional self-awareness

# Emotional intelligence

Enjoy the journey

*There is much more to the journey than  
the end result!*

Don't reinforce the  
negative



satisfying, even pleasant

rationalising an old way of doing  
things

Emotional intelligence is understanding one's moods, why we are the way we are. Understand yourself and others. Be mindful of these issues.

Be vigilant and if you have faith in yourself you won't have to try too hard to be controlling.

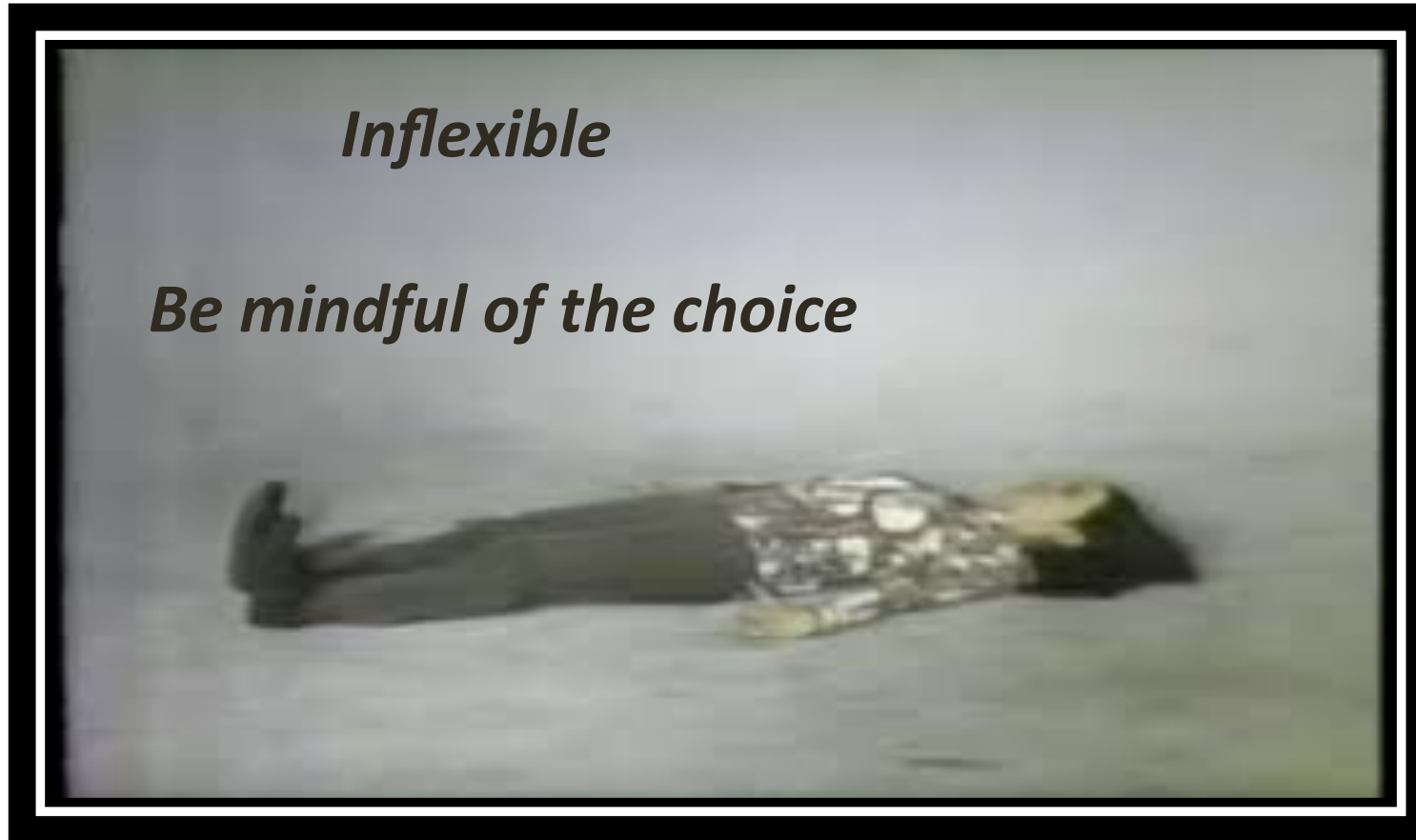
**Enjoy the journey.** Don't obsess about or idealise the end result. Try and make the journey satisfying, even pleasant, rather than justifying why it shouldn't be pleasant or rationalising an old way of doing things. Don't reinforce the negative; see things as an opportunity to enjoy something new.

***There is much more to the journey than the end result!***

Accept the things you cannot change and change the things you can change. We look for someone to blame or blame ourselves. Or do both!

Try not to 'care' too much about every issue. Find other channels for emotional and intellectual energy. Be creative and imaginative.

# Emotionally self-aware



1 ***Don't become inflexible, otherwise you will become stuck.***

The more nervous you get AND the more you invest in making things perfect, the less equipped you are to deal with situations when they go wrong.

***Be mindful of the choice rather than drifting into it mindlessly.***

2 Be happy, at peace and content with what you do, even if there is more to be done. You are doing the best you can for the moment.

We are always going to make mistakes. Then the only difference with the winners and losers is the mental strength.

'Should have done.....' 'Could have done' .....All negative thinking! Be at peace with what you have done

AND ACCEPT THE LIMITATIONS

3 There are two sides to acceptance. Accept because Know it's a fact ( Only-Therefore still helpless) Emotionally accept (Not helpless. Can make choices. Examples Douglas Barder/ Marriage breakdown.

4 Sometimes the strategy for coping becomes a problem in its own right e.g. alcohol. Consider if wellbeing is dependent upon anything in particular, e.g. approval, being perfect. Often wellbeing is dependent upon everything running PERFECTLY. If I just.....etc. I would be good enough. This is not true.



# Be aware



When work is disappointing, look for other strategies.

Be mindful and aware of what you are feeling and why you feel that way.

***It doesn't mean capitulation or giving up. Just be realistic about what is reasonable and appropriate.***

Be pragmatic, make choices and bear the limitations of those choices.

Accept that we are all different.

1 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.

2 At home and at work engage more, become more flexible. Our logic and reason may be fine but our psychological and emotional foundations may not be so strong. Our focus may be on the STRATEGIES and not on stronger foundations.

3 REGRET THE PAST/FEAR THE FUTURE - NOT BE ABLE TO MAKE THE BEST OF THE PRESENT  
It's a shame if you damage your present life by worrying about what you didn't do in the past.  
"If only I could do this...then everything would be okay". Not true!

4 Instant Gratification ( Get the fix, buzz etc now) And Avoiding Discomfort (Put something off because uncomfortable). Opposite sides of the same problem. When dependent on it, it will never be enough (Whether a little fix or a large one)

5 Recognising the inner conflict and accepting the dilemma is a definition of being well balanced. You can't help the bad feelings you experience, but you can change how you deal with them. Conditioning is so powerful; we can so easily slip back if not very careful and aware.

6 We need to accept the limitations of OUR formula. That DOES NOT MEAN resignation/ giving in/not trying hard. Dissatisfaction at work often results from not feeling good enough or feeling helpless. Whatever we do doesn't change it. There will always be limitations. THAT DOES NOT MEAN GIVING IN.

# ISSUE ?

# PROBLEM ?

# Crisis?

***Reinforcing what we already believe***



**Reason can never win  
over emotions!**

**Stepping back?**

**Taking it personally**

# Exercise 1

- Sit down somewhere comfortable and quiet. Still yourself by breathing deeply a few times.
- Hold the thought that feelings are like clouds.
- Invite the uncomfortable feeling to come to you.
- Sit with it and continue to breathe slowly and deeply.
- Try entering into a dialogue and talking to your feeling – what is it saying to you? Is this message true? Is it positive? Is it useful? What does feeling safe mean to you?
- The nature of feelings is that they're dynamic, when you sit with them, they change. If it is too difficult to sit with it, just be with it for as long as you are comfortable and then let it go.
- Consider the message the feeling was giving you. Surprisingly sometimes negative feelings have a very protective undertone. Conversely, sometimes a feeling will be a reflection of a limiting belief that when subject to conscious reflection and the light of day, is rejected as being groundless.
- You can repeat this exercise as often as you like or when you have time and space.
- Over time the feeling and more importantly your fear of the feeling will dissipate.
- In time you may be able to see how the feeling served you or kept you safe.

# Exercise 2

Reveal Your Heart. Gain insight into where you are 'at' emotionally.

- Set aside some quiet time to write a letter that no one will read, but will help you to reveal your hearts messages and wisdom.
- Write at the top of the page the question you want an answer to, such as “How do really I feel about Sam?” or “How do I feel about my job”
- Write down all the things you wish you could say, what you wished you could've said, etc – basically getting it all out.
- Include all the memories – positive and negative – you can remember.
- Try not to analyze what you are writing – just let it flow from the heart. Write without judgment – just put down whatever comes to your mind – we will analyze it later.
- When you have finished, leave it for a few hours before reading it, or better still sleep on it.
- As you read over what you have written, highlight or underline anything that strikes you as interesting, unusual or significant.
- These are the messages and the wisdom your heart is bringing through to you. Think about what these messages are, and what wisdom your heart is revealing to you.
- When the time is right, ask yourself what you would like to do with the letter? Put it in a keep safe box, place in a bottle and let it go in the ocean, burn it, bury it or even send it.

# Further Resources

<http://www.youtube.com/watch?v=u3k7lykTWTk>

<http://www.youtube.com/watch?v=SCPEHjIJvu4>

## **Synonyms**

<http://thesaurus.com/browse/self-aware>

## **QUOTES**

<http://www.goodreads.com/quotes/tag/self-awareness>

## **Web Links**

<http://www.pathwaytohappiness.com/self-awareness.htm>

## Further Resources (2)

### **More extensive test**

[http://www.3smartcubes.com/pages/tests/selfawareness/selfawareness\\_instructions.asp](http://www.3smartcubes.com/pages/tests/selfawareness/selfawareness_instructions.asp)

### **BOOKS**

The Psychophysiology of Self-awareness: Rediscovering the Lost Art ...

by Alan Fogel · W.W. Norton · 2009 · hardback [http:](http://www.3smartcubes.com/pages/tests/selfawareness/selfawareness_instructions.asp)

Self-Awareness Travis Bradberry

<http://www.questia.com/library/psychology/personality-and-emotions/self-Awareness>

### **On Line Articles**

<http://www.theseffawarenessguy.com/>

[http://scholar.google.co.uk/scholar?q=self+awareness+articles&hl=en&as\\_sdt=0&as\\_vis=1&oi=scholart&sa=X&ei=r7HmUrmPC4P2ygPNsIHQCA&sqi=2&ved=0CCkQgQMwAA](http://scholar.google.co.uk/scholar?q=self+awareness+articles&hl=en&as_sdt=0&as_vis=1&oi=scholart&sa=X&ei=r7HmUrmPC4P2ygPNsIHQCA&sqi=2&ved=0CCkQgQMwAA)



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>