

# Are You Ready To Increase Your E.Q.?

For so long, our society's focus has rested on our intelligence or I.Q. and yet today, the focus is more and more on the importance of our E.Q. or Emotional Quotient. Your emotional intelligence is a developed capability that is the foundation for healthy relationships and self-regulation. Many of us did not receive the support and nurturing to understand and express our emotions as we were growing up.

## So what does it look like when E.Q. is low?

- Difficulty deciphering/managing emotions
- Misinterpreting emotions of others or missing social cues
- Overreacting/withdrawing
- Cynicism/catastrophizing
- Easily irritable
- Low stress tolerance
- Difficulty building and maintaining healthy relationships
- Inability to resolve conflict
- Resistance to feedback
- Ineffective leadership

To increase your emotional intelligence, a deeper understanding of feelings is essential. Whether you are a manager, parent, partner, or friend, the greater your ability to recognize and express your feelings, the more effective you will be in self-regulation, productive communication, and building healthy relationships.

Understanding yourself must include an understanding of your feelings. Feelings are a signal telling you to pay attention and tune in to what your system is telling you. For example, your anger may be informing you a boundary has been crossed; sadness could be an indication there's something you need to let go of.

Feelings can be elusive or challenging, overwhelming or unclear. The feeling wheel is a guide for you to identify your feelings and their intensity. Once you identify your feelings you are positioned for growth.

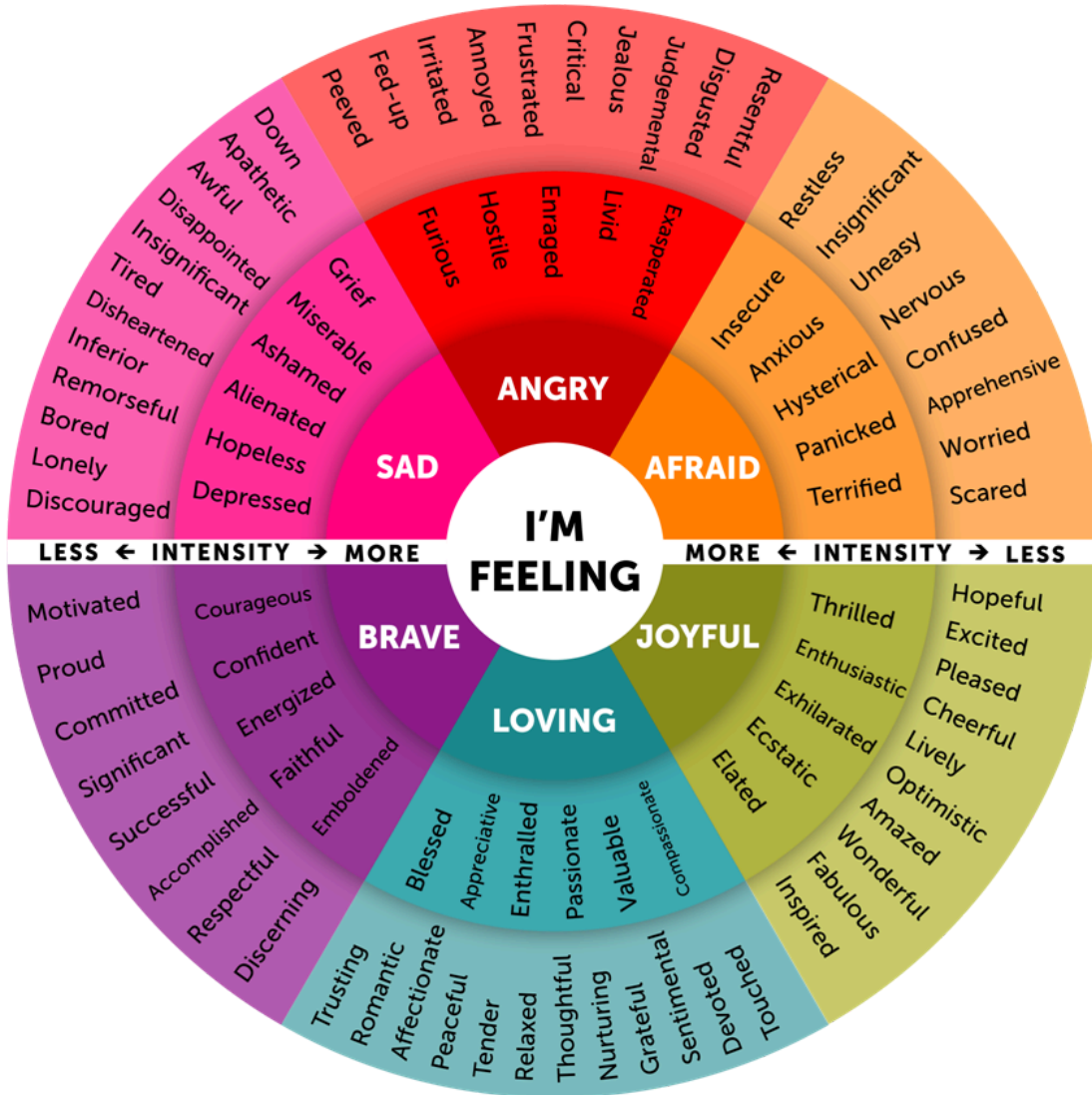
Use the feeling wheel below to:

1. **Tune in and identify the feeling**
2. **Acknowledge and honour the feeling(s)**
3. **Experiment reducing the intensity of the feeling**
4. **Explore healthy ways to express the feeling**

If you find yourself being triggered this often points to a "tender spot" or core wound. Rather than being swept away by strong feelings, we encourage you to look within for what early life experiences laid the groundwork for the "trigger." *Expanding You* offers programs designed to support people on the journey of healing, growth, and evolution.

**Expanding**  
*you*

# The Feeling Wheel



Adapted from Gloria Wilcox 1982



Are you interested in where you are in your evolution of personal development? If so, we encourage you to take our **Personal Evolution Quiz**. This will offer you some valuable insights on the stages of growth we all experience.

Scan the QR code to take the quiz: