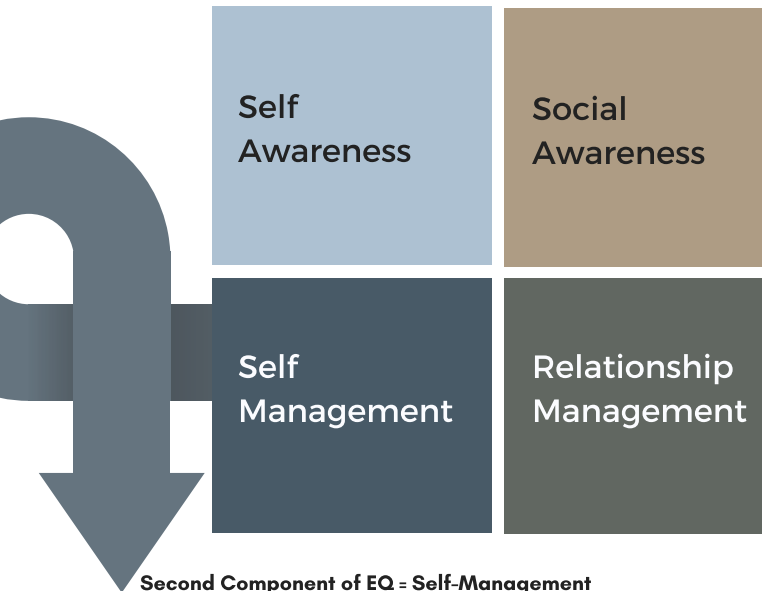


EMOTIONAL INTELLIGENCE Pt 2

The second component of EQ is Emotional Self-Management which is the ability to use the awareness of your emotions to stay flexible and direct your behavior positively. This means managing your emotional reactions to situations and people.

Emotional Self-Management doesn't mean denying your emotions. It doesn't mean stuffing your emotions. Self-Management focuses on mindfully using the self-awareness data you collected in order to positively influence the situation you are experiencing.

Self-Management is more than resisting explosive or problematic behavior. It is managing your tendencies over time and recognizing that real results come from putting your momentary needs on hold to pursue larger, more important goals.



Second Component of EQ = Self-Management

Beginning skills for cultivating Self-Management abilities:

1. Reframe
2. Sleep