

EQ TIP SHEET

NAME IT TO TAME IT

Emotional intelligence includes self-awareness and the ability to self-regulate. That is, being able to recognise and articulate our own emotional state so we can modify our behaviour in positive ways.

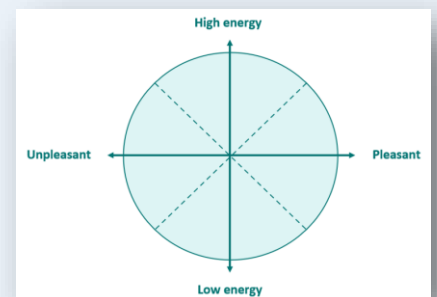


All emotions are legitimate and useful. They are feedback and fuel to help us succeed. However, it's important to make sure we accurately identify what's going on, because what we choose to call something also creates the way we will respond and seek solutions.

The first step is to discern what emotion(s) you are feeling. If you're unsure, you can use tools like [Russell's Circumplex Model](#) or [Plutchick's Wheel](#) to get started. Or you can simply **ask yourself these two key questions:**

- Is this emotion pleasant or unpleasant?
- On a scale of 1-10, how intensely do I feel this emotion?

Once we identify our emotional state we can then begin to unpack what is going on, gain greater clarity about what challenge or opportunity we are facing and work on one vector at a time to shift to a more balanced frame of mind.



The larger our vocabulary, the easier it is to navigate difficult or distracting emotions. The more precisely we can identify our emotions, the better chance we have of solving the right problem. How we deal with feeling 'angry' will be quite different if we first get clear on whether we are furious, frustrated, annoyed, or simply a bit irritated. You can view sample emotion lists [HERE](#) and [HERE](#).

As with most other elements of emotional intelligence, taking **time to pause and reflect is often the best way forward.** Psychologist and mindfulness teacher, [Tara Brach](#), offers a simple process you can follow using the acronym RAIN:

Recognise what is happening

Allow the experience to be there, just as it is

Investigate with interest and care

Nurture with self-compassion

In addition to using these strategies for ourselves, we can also use them to guide others through the process of becoming more self-aware. See the **Ask, Don't Tell Tip Sheet** for more ideas.

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