# Emotional Intelligence

DARE - Demistifying Fears & Failures to take Actions Elsa Rouanet 05 mars 2020

**ViaBrachy** 

**Understand** emotion

Strategical abilities

Recognize emotion

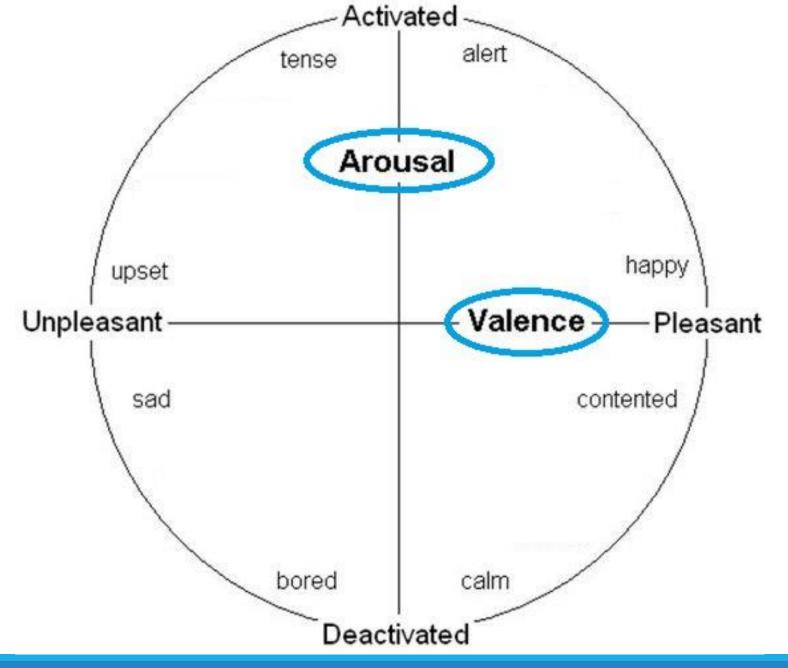
**Emotional** Intelligence

Regulate emotion

Experiential abilities

**Assimilate** emotion

# 1. Recognize Emotion



# 1. Recognize **Emotion**

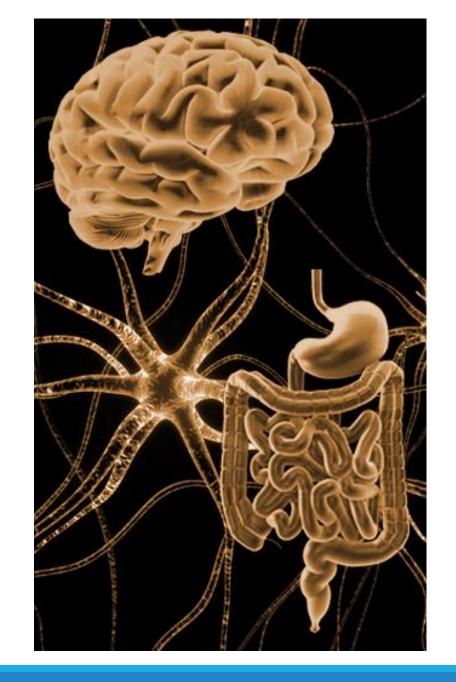
Unknown feeling? Name it ©

#### 2. Understand Emotion

Physiological reaction

In response to something from

- Outside environment
- Inner environment



#### 2. Understand Emotion



Growth

Esteem (respect, values...)

Love and support (friends, family...)

Security (health, roof, justice...)

Energy (eating, sleeping...)

#### 2. Understand Emotion

Where does it come from?

What is the message?

- One of your goal/need is threatened
- One of your goal/need is furfilled

#### 3. Assimilate Emotion

Observe

Consider

### 4. Regulate Emotion

« to increase, decrease or maintain a positive or negative emotion in order to help the achievement of a goal »

## 4. Regulate Emotion

Work on the antecedent
Focusing on something else
Compare to another situation

Work on the reaction
Initiate a behavior

**Attention Thoughts Behavior**