

HOW TO IMPROVE EMOTIONAL INTELLIGENCE

And Achieve Peak Mental Performance

WHAT IS EMOTIONAL INTELLIGENCE QUOTIENT? (EQ)

- ◉ Emotional intelligence (EQ) is the ability to identify, assess, and control the emotions of oneself, of others, and of groups. (Wikipedia)
- ◉ An intelligence quotient (IQ) is a score derived from one of several standardized tests designed to assess intelligence. Whether IQ tests are an accurate measure of intelligence is debated... It is difficult to define what constitutes intelligence; instead, it may be the case that IQ represents a *type* of intelligence. (Wikipedia)

HOW DOES EQ COMPARE TO IQ?

- ⦿ Success in life is much more based on E.Q. than I.Q. (Intelligence Quotient)
- ⦿ Out-of-control emotions can make even the most intelligent individuals behave in a manner that simply is not very smart.

UNDERSTANDING EQ

- ⦿ E.Q. is really a measure of characteristics which research has confirmed are very important to successful enjoyable living.
- ⦿ E.Q. has been shown to help people think more clearly, communicate more effectively, reduce polarizing statements, and develop unity in group settings.

UNDERSTANDING EQ

- ◉ Emotional Maturity: an openness and willingness to develop, grow, and be mature in how we handle others and ourselves.

UNDERSTANDING EQ

- ⦿ Individuals with a high E.Q. understand their emotions and feelings and can express, control, and manage them.
- ⦿ They usually have insight into the feelings and views of others, and more easily understand the dynamics of a group and their role within it.

UNDERSTANDING EQ

- ◎ 5 Basis Components of E.Q.
 - Knowing your emotions
 - Managing your emotions
 - Recognizing emotions in others
 - Managing your relationships
 - Motivating ourselves to achieve goals

UNDERSTANDING EQ

⦿ Factors Affecting E.Q.:

- Heredity
- Childhood experiences
 - Sexual abuse during childhood
 - Watching entertainment TV during childhood
- Current level of emotional support
- Physical factors such as (lifestyle choices)
 - Lack of sleep
 - Lack of exercise
 - Poor nutrition

UNDERSTANDING EQ

- ◎ **The Factor Eclipsing All Others:**
 - What an individual thinks...
 - In other words, your moment by moment thoughts have a tremendous amount to do with your personal E.Q.
 - Proverbs 23:7 For as he thinketh in his heart, so is he...

UNDERSTANDING EQ

- ◉ The 1st principle of Cognitive Behavioral Therapy (CBT) is that your mood result from your “cognitions” or thoughts.
- ◉ Again, Proverbs 23:7 For as he thinketh in his heart, so is he...
- ◉ The ABCs of CBT are often used to illustrate this fact.

COGNITIVE BEHAVIORAL THERAPY



COGNITIVE BEHAVIORAL THERAPY

- The core tenets of CBT are as follows:
 - Thoughts precede feelings and emotions.
 - You can control your thoughts (and therefore your feelings).
 - Managing your emotions affects your values and behavior.
 - When an individual's values line up with what is accurate (e.g. truth), he or she will often feel better and get better.
 - Truth-oriented principles of CBT are so pivotal to clear thinking that they are the focus of the 1st part of this lecture.

UNDERSTANDING EQ

- Dr. Neil Nedley's "The Lost Art of Thinking"
- 1st part: How thinking changes brain chemistry
- 2nd part: How lifestyle affects your brain
- 3rd part: Putting it all together

HOW THINKING CHANGES BRAIN CHEMISTRY (1ST PART)

- ◉ To begin improving your E.Q. and achieve lasting change, you will have to consider both the words you are using and the thoughts you are thinking.
- ◉ To get started, I encourage you to begin “thinking about your thoughts.”
 - Is your mind always on overdrive, expecting the worst?
 - Do others generally consider you to be a pessimist?
 - Do you tend to talk using absolute words such as all, always, completely, no one, must, none, never, everything, totally, or nothing?

THE 10 THOUGHT DISTORTIONS

1. All-or-Nothing Thinking
2. Overgeneralizations
3. Distorted Mental Filters
4. Mind Reading
5. Fortune Telling
6. Magnification and Minimization
7. Personalization
8. Emotional Reasoning
9. Mislabeleding
10. Discounting the Positive

1-ALL-OR-NOTHING THINKING

- There is no in-between for all-or-nothing thinkers.

ALL-OR-NOTHING THINKING



ALL-OR-NOTHING THINKERS HAVE:

- ◉ Difficulty accepting anything less than the best
- ◉ Unrealistically high expectations of themselves and other people
- ◉ Trouble acknowledging that we all make mistakes and that many things in life are actually learned through a series of small mistakes
- ◉ The belief that they or others must be either a total success or a total failure

ALL-OR-NOTHING THINKING LEADS TO:

- ◉ Low self worth
- ◉ Procrastination
- ◉ Incomplete projects
- ◉ Exaggeration
- ◉ Suicidal thoughts
- ◉ Discouragement
- ◉ Pessimism
- ◉ Frustration

THERE IS A PLACE FOR ALL-OR-NOTHING THINKING

- ◉ The wedding vow to “forsake all others... as long as life shall last” is central to a strong, secure, committed marriage.

ASSIGNMENT:

- Make a list on an index card, electronic device, etc. of all-or-nothing words you frequently find yourself saying.
- Always, never, must, everything, nothing, useless, horrible, terrible, awful, totally, and completely.
- (If you think of similar words that are in your regular vocabulary, add them to the list.)
Then for a period of several days, keep track of how often you say those words.

STRATEGIES FOR SUCCESS

- ◉ Watch for all-or-nothing phrases that are not really true.
- ◉ Adhere to truthful all-or-nothing statements.
- ◉ Avoid negative thought patterns.
- ◉ Evaluate for distortions.
- ◉ Journal your thoughts.

ACCEPTING OUR IMPERFECTIONS

- “I really can’t deal with rejection.”
- “Now that I’ve eaten a cookie & blown my diet, I might as well eat the whole bag.”
- “I’m too out of shape for this exercise program; guess I’ll give up.”
- “I don’t like rejection, but I will get through it.”
- “I’m sure glad I can stop at 1 cookie, since I can do that w/o gaining weight.”
- “I can work up to this exercise routine, & just trying will have a positive impact.”

Cognitive Distortions

Corrections

2-OVERGENERALIZATIONS

- ⦿ A form of unintentional exaggeration known as “overgeneralization.” People who overgeneralize tend to oversimplify reality, choosing to take on or two negative events as “pattern of life.”
- ⦿ Making generalizations can be helpful and healthy, overgeneralizing is risky.

OVERGENERALIZATIONS

◎ PROFILE OF AN OVERGENERALIZER:

- Overgeneralizers tend to conclude that since something bad happened to them once, it will happen repeatedly for the rest of their lives.
- This cognitive error is based on the wrong assumption that if something is true in one case, it is true in all similar cases. The words “always” and “never” are also hallmarks of this distortion.

COMMON OVERGENERALIZATIONS

- “I’ve had two panic attacks in the store now. Guess I can count on having one every time I go shopping...”
- “Every time I drive, my heart starts to race. I’m going to die from a heart attack behind the wheel just like my mom.”
- “My boss is sure to fire me now because I made a typo on that letter.”
- “You never wash the dishes.”
- “Nobody likes me.”
- “I’m going to fail the final exam, then I’ll never get a good job and my life will be ruined.”
- “I can’t ask her for a date. I’ll be so nervous my hands will shake, and she’ll see what a loser I am.”

NEGATIVE EFFECTS OF OVERGENERALIZING

- ◉ Fear of rejection
- ◉ Fear of trying new things
- ◉ Unnecessary suffering
- ◉ Anger
- ◉ Depression
- ◉ Despair
- ◉ Hopelessness
- ◉ Failure
- ◉ Doubt
- ◉ Anxiety
- ◉ Worry
- ◉ Tension

HEALTHY GENERALIZATIONS

- Healthy thinkers recognize that information is often incomplete or biased, so they make tentative conclusions and state them with care.

TWO PRIMARY MISTAKES:

1. Holding the generalization as fact rather than a hypothesis.
2. Generalizing from too few instances.

STRATEGIES FOR SUCCESS

- The key is to recognize automatic thoughts, identify thinking errors (or cognitive distortions), and modify your thoughts accordingly.

3-DISTORTED MENTAL FILTERS

- A mental filter is actually a perceptual sieve through which events pass as they are encountered. This gives all of those events social meaning and context based on prior experiences. The filter through which one views life could also be compared to looking through binoculars. If our binoculars are flipped around, smudged, or broken, the view of life will be skewed.

DISTORTED MENTAL FILTERS

- ◉ A distorted mental filter is focusing exclusively on certain negative or upsetting events while ignoring the positive.
- ◉ When we focus on minor aspects of a situation to the exclusion of others, we look through “mental filters.” Here’s how to be sure yours are clean.

EXAMPLES OF UNHEALTHY MENTAL FILTERS

- ⦿ Your boss praises your report but wants a few changes. All you can do is dwell on the criticism.
- ⦿ You feel so bad about yourself that you think that compliments directed your way are given out of pity.
- ⦿ You ran out of time when taking a test, and are now preoccupied with the time limit on every exam you take. You look at the clock every 5 mins, have trouble concentrating, and can't stop thinking, "I'm going to run out of time."

FILTER FALLOUTS

- ◉ Clean mental filters promote healthy, free flowing decisions.
- ◉ Unhealthy mental filters create emotional baggage.



THE HIGH COST OF PESSIMISM

- ⦿ Greater risk of depression
- ⦿ Impaired immune system
- ⦿ Increased risk of premature death
- ⦿ Increased risk of fatal accidents
- ⦿ More likely to contract heart disease, the flu, and other health challenges
- ⦿ More frequent doctor visits
- ⦿ More likely to be inactive
- ⦿ A reduction in overall physical and mental health

REALISTIC OPTIMISTS CAN:

- ◉ Roll out of bed each morning and face the day with their mental and emotional operating systems completely clear of prejudices, negative memories, or other mental errors.
- ◉ Avoid judgmental clutter and acquired “soot” when analyzing information received each day.
- ◉ Make life’s decisions with crystal-clear perception.
- ◉ Plan their days with clarity and confidence.
- ◉ Look at people close to them not as they are, but what they could become.

14 DAY PLAN TO IMPROVE THOUGHTS

- ◉ For 2 wks decide to say nothing critical or negative about anything or any person.
- ◉ Not one critical word is allowed to be spoken to others (not even “constructive criticism”)
- ◉ Speak to others using positive or neutral words or speak nothing at all (use the same rule for thoughts).
- ◉ If you slip up on any day during the 2 wks, you begin counting again until you achieve 14 consecutive days.
- ◉ Don't get discouraged if you have to start over; things will get easier as you become more aware of your thoughts.

POSITIVE FILTERS

- ⦿ Joseph's life story
- ⦿ Paul and Silas singing in the Dungeon
- ⦿ Jesus Himself

STRATEGIES FOR SUCCESS

- Think on whatever is :
 - True
 - Honorable
 - Pure
 - Lovely
 - Excellent
 - Admirable
 - Worthy of praise

4-MIND READING

- The attribution of mental states to others from their behavior and the use of that assumption to guide our actions and predict those of others.
- In CBT, you are mind reading when you assume that people are reacting negatively to you when there's no definite evidence to support that view.
- Some examples:...

EXAMPLES OF MIND READING

- “If he really cared, he’d know that I’m too tired to go out tonight.”
- “I know what you’re thinking...”
- “You’re only saying that because...”
- “You know what I mean...”
- “You would never do that unless...”
- “I just know they are talking about me right now...”

- Note: 1Sam 16:7 “Man looks on the outward appearance, but God looks on the heart.”

STRATEGIES FOR SUCCESS

1. Avoid putting words into the mouths of others.
2. Play the *Mind Compatibility* Game
3. Listen to others and do not assume
4. Practice your skills

5-FORTUNE TELLING

- “Fortune-teller error” is a cognitive distortion in which a person concludes that his or her predictions are 100% accurate regardless of the probability that they might actually occur.
- People who commit fortune-teller error anticipate that things will turn out badly and feel convinced that their prediction is an already-established fact.
- Fortune-teller error brings with it a number of dangerous and detrimental side effects:

NEGATIVE EFFECTS OF FORTUNE TELLING

- ◉ Doom and gloom mentality (everything's bad)
- ◉ Pessimistic outlook on life
- ◉ Negative self-fulfilling prophecies
- ◉ Anxiety, excessive worry, and/or panic attacks
- ◉ Suicidal tendencies
- ◉ Jumping to conclusions
- ◉ Strain on personal relationships
- ◉ Tendency towards obsessive-compulsive behavior

NEGATIVE EFFECTS OF FORTUNE TELLING CONT'D

- ◉ Leads to an “end justifies the means” rationale
- ◉ Counteracts altruistic thinking
- ◉ Contributes to addictive behavior
- ◉ Financial loss
- ◉ Failed businesses
- ◉ Divorce
- ◉ Disease

IMAGINING THE WORST

◎ Calamitous Thoughts:

- “This project will turn out horribly!”
- “My life is over!”
- “My career is finished!”
- “I’ll never recover!”
- “I’ll never find anyone to love me.”

ANTIDOTES FOR CATASTROPHIZING

- ⦿ Remember, there are only two possible outcomes:
 - ⦿ A. The feared thing doesn't come true, in which case undue worry has created misery over something that did not come to pass.
 - ⦿ B. The worst scenario does come true, in which undue worry has caused you to suffer the catastrophic experience multiple times in your mind, rather than just once.

THE PHYSICAL INJURY SCALE

- 100—death
- 90—paralyzed from waist down
- 80—dominant arm cut off
- 70—1 hand cut off
- 60—2 fingers cut off
- 50—3 broken limbs
- 40—dominant arm broken
- 30—broken nose
- 20—gash requiring stitches
- 10—bruise
- 0—nothing

UNREALISTIC OPTIMISTIC PREDICTIONS

- ◉ Fooling yourself
- ◉ Happily ever after?
- ◉ More money equals more happiness

STRATEGIES FOR SUCCESS

- 1. Remind yourself that you don't really know what is going to happen
- 2. Remind yourself of the outcome of past worries.
- 3. Re-wire your thinking
- 4. Distract yourself when obsessive thoughts come (washing dishes, etc.)
- 5. Write down some true thoughts to replace the obsession with, then only allow emotional reactions or behaviors that are completely true.

6-MAGNIFICATION AND MINIMIZATION

- ⦿ A mental distortion that inappropriately alters the size of one's circumstances, events, or comments.
- ⦿ You blow things out of proportion—or shrink them below their size—either way you're in trouble. Here's how to avoid both; to balance your view.

ADVERSE EFFECTS OF MAGNIFICATION & MINIMIZATION

- ◉ Lack of patience
- ◉ Pride
- ◉ Stress and anxiety
- ◉ Can lead to depression
- ◉ Obsessive-compulsive disorder
- ◉ Ignoring the red flags
- ◉ Poor social relationships
- ◉ Undervaluing others
- ◉ Risk of financial failure
- ◉ Pessimism

Magnification

Minimization

FORMS OF MAGNIFICATION

- ⦿ Catastrophizing (making mountains out of molehills)
- ⦿ Low Frustration Tolerance (LFT)
- ⦿ Egotism or an inflated sense of pride

STRATEGIES FOR SUCCESS

- ◉ Downgrade your description
- ◉ The power of re-wording

REPHRASING MAXIMIZING WORDS

- ◉ I must...
- ◉ I mustn't...
- ◉ I shouldn't...
- ◉ I can't stand it...
- ◉ This is unbearable...
- ◉ You always do this...
- ◉ You never do that...
- ◉ I would like to...
- ◉ I would prefer not to
- ◉ I would rather not
- ◉ This is difficult...
- ◉ This is very difficult...
- ◉ It seems like you always do this...
- ◉ It seems like you never do that...

Instead of:

Replace with:

YOU HAVE A CHOICE

- “When trials arise that seem unexplainable, we should not allow our peace to be spoiled. However unjustly we may be treated, let not passion arise. BY indulging in a spirit of retaliation we injure ourselves.” Ellen G. White, COL

INDICATORS OF INFLATED PRIDE

- ◉ Trying to be noticed
- ◉ Craving attention
- ◉ Itching for compliments
- ◉ Needing to be important
- ◉ Detesting the idea of being submissive
- ◉ Loathing the idea of admitting to wrongdoing
- ◉ Being strongly opinionated
- ◉ Being argumentative
- ◉ Wanting control over others

INDICATORS OF INFLATED PRIDE

- ◉ Being argumentative
- ◉ Demanding your way
- ◉ Wanting control over others
- ◉ Flaunting your individual rights
- ◉ Refusing advice
- ◉ Being critical, yet resenting criticism
- ◉ Thinking you have excellences you don't have

7-PERSONALIZATION

- ◉ Blaming yourself 100% for bad outcomes because you might have had some small role to play in it.
- ◉ With this type of cognitive distortion, we blame ourselves for things we couldn't have avoided or aren't primarily responsible for.

WHEN PLAYING THE “BLAME GAME,” PEOPLE MAY:

- ◉ Blame themselves for things they couldn't have avoided or aren't entirely responsible for.
- ◉ Blame others for things they are partly responsible for.
- ◉ Interpret the comments, questions, and behavior of others as attacks on their own esteem.
- ◉ Reject constructive criticism that was important for them to hear.
- ◉ Make assumptions about what other people think.

IDENTIFYING INAPPROPRIATE GUILT

- ◉ Was I negligent in important details that caused this bad situation?
- ◉ Did I know what the negative consequences of my actions would be prior to the incident?
- ◉ Do other people consider me at fault for these circumstances?
- ◉ If my best friend were in this situation, would I consider him guilty?
- ◉ Were there any key factors that I had no control over, such as other's actions or unpredictable natural events?
- ◉ Can I do anything to correct any damage?

STRATEGIES FOR SUCCESS

- ◉ Questions to ask before personalizing:
 - ◉ Is he really picking on me, or is there another explanation?
 - ◉ Is so-and-so really my personal blood enemy, or is she, for whatever reason, simply behaving badly at this particular time in her life?
 - ◉ Consider any other plausible explanation for what is going on before assuming it is a personal attack?

8-EMOTIONAL REASONING

- Individuals engaged in emotional reasoning take their emotions as evidence that whatever they feel is really the way things are.

EMOTIONAL REASONERS CONCLUDE THAT BECAUSE THEY FEEL:

- ◉ Like a loser, they must be a failure
- ◉ Guilty, they must have done something bad
- ◉ Inadequate, they must be a worthless person
- ◉ Overwhelmed and hopeless, their problems must be impossible to solve
- ◉ Lazy, they might as well stay in bed.

EMOTIONAL REASONING AND POOR LIFESTYLE CHOICES

- ◉ Obesity
- ◉ Addiction
- ◉ Procrastination

STRATEGIES FOR SUCCESS

- ◉ When emotions begin to rise up, practice impulse control.
- ◉ Stop and ask yourself, “What is the truth here, and what is the evidence for that truth?”
- ◉ The goal should be to elevate feelings to an analytical level and replace emotional reasoning with true, powerful thoughts that bring peace in the midst of a storm.

9-MISLABELING

- Mislabeling is describing oneself or others with words that are heavily loaded emotionally and not completely true.
- Mislabeling involves the use of inaccurate, inflammatory descriptions to label oneself or another person.

POSSIBLE OUTCOMES OF MISLABELING

- ◉ Escalation of angry, upset feelings
- ◉ Polarized relationships
- ◉ Verbal and physical hostility
- ◉ Political and military conflicts
- ◉ Reduced hope for change
- ◉ A damaged sense of self-worth

AS HE SEES

- “Christ looks upon...souls, not as they are in themselves, but as they may be if they will surrender themselves to him in sincerity, as did the thief on the cross.” Ellen White

QUESTIONS TO ASK BEFORE APPLYING A LABEL

- ◉ Is the label true and completely accurate?
- ◉ If the label is accurate, is there anything to be gained from using it?
- ◉ Are you labeling an error (this is safe), or a person (passing judgment)?
- ◉ Is this label truly instructional, and does it allow for positive change?

STRATEGIES FOR SUCCESS

1. Cultivate an atmosphere of respect.
2. Be a model of respectful behavior.
3. Explain to others why name-calling is harmful.
4. Avoid name calling as entertainment.
5. Correct or walk away.
6. Keep track of your progress

10-DISCOUNTING THE POSITIVE

- A negative thinking pattern which can lead to the following negative effects:
 - Drags down self-worth
 - Takes the joy out of living
 - Decreases motivation
 - Decreases accomplishments
 - Leads to depression
 - Leads to actions that brings on more negativity

HABITS OF DISCOUNTERS

- ◉ Marginalizing positive experiences and personal achievements by insisting “they don’t count.”
- ◉ Turning good things into negative experiences.
- ◉ Acknowledging the good but believing it is of no value.
- ◉ Lack of motivation in achieving attainable goals.

STRATEGIES FOR SUCCESS

- ◉ The best weapon against discounting the positives is believing the truth.
- ◉ True beliefs can be positive thoughts that take root and spring into action.

PUTTING IT ALL TOGETHER

- ⦿ Real change is a marathon, not a sprint. But if you're willing to apply these principles, you can win the race....