

Emotional Intelligence—UUFVB Covenant Groups-- April 2016

Chalice Lighting

May we know once again that we are not isolated beings,
but connected, in mystery and miracle,
to the universe, to this community and to each other.

Check-in: How is your spirit right now?

Opening Reading

There are five basic components of emotional intelligence: self-awareness, self-regulation, internal motivation, empathy and social skills. The concept of emotional intelligence was developed by a scientific journalist by the name of Daniel Goleman. Self-awareness is the ability to realistically recognize and understand one's own emotions, moods and motivation and how each facet affects other people. Self-regulation is the ability to control one's own impulses when around others. Internal motivation is the ability to identify one's own interests and learn from one's own mistakes. Empathy is the ability to truly understand and share another person's feelings and emotional make-up. Social skills are possessed when one is capable of building and maintaining social relationships. (GetSmarter.com)

Topic Exploration: What are signs that you need to work on emotional Intelligence?

- You often feel like others don't get the point and it makes you impatient and frustrated.
- You're surprised when others are sensitive to your comments or jokes and you think they're overreacting.
- You think being liked is overrated.
- You weigh in early with your assertions and defend them with rigor.
- You hold others to the same high expectations you hold for yourself.
- You find others are to blame for most of the issues that come up on a project.
- You find it annoying when others expect you to know how they feel. (Wilkins)

Questions / Sharing

1. Privately rate yourself on emotional intelligence on a scale of 1 (low) to 10 (very high), based on the topic exploration examples. What can you share regarding this self-evaluation?
2. Do any of your particular habits stand out as needing improvement?

Strategies to Improve Your Emotional Intelligence

A. Self-Awareness. Get feedback. A critical component of emotional intelligence is self-awareness — this is the ability to recognize and stay cognizant of behaviors in the moment. Even if you simply ask a few other people what they observe, this step is critical in heightening your sense of what you do or don't do. (Wilkins)

3. Do you know persons who would give you honest feedback, and do you think it would be useful to take this step?

B. Self-Regulation. Manage your own emotions—keep cool under pressure; stay positive, even in difficult situations; be pleasant, even if you don't like the persons you have to deal with. (Dummies.com)

Make choices about how you respond to situations, rather than having a knee-jerk reaction. Give others a chance to convey their ideas before you jump in.

4. In what situations are you successful in self-monitoring, and where do you experience challenges?
5. When others fail to monitor their emotions, how does that make you feel? Give examples.

C. Internal Motivation. Internal motivation includes our personal drive to improve and achieve our goals, but also includes the ability to learn from our missteps. Personal time management is an important part of this trait—the ability to limit our response to the demands of others. A person's internal monologue also is relevant...that voice in your head that reflects positive or negative thinking. (GetSmarter.com)

6. How successful are you at separating what you choose to do from what others expect you to do?
7. How does your internal monologue improve or inhibit your motivation?

D. Empathy. Empathy is the ability to “put yourself in the other person’s shoes” in order to feel where they’re coming from...the ability to understand both your agenda and theirs to see any situation from both sides. (Wilkins)

8. Is it natural for you to consider other peoples’ feelings and positions, or is that a challenge?
9. Describe a time when the ability to empathize with others has helped you.

E. Social Skills range from showing leadership, influencing and persuading, to managing conflict, and working well in a team. Many of these skills are rooted in self-esteem and personal confidence. By developing your social skills, being easy to talk to, being a good listener, being sharing and trustworthy, you also become more charismatic and attractive to others. (SkillsYouNeed.com)

Closing Reading

Working on your emotional intelligence could well be the most important aspect of your personal development. Research has shown that people with higher levels of emotional intelligence enjoy more satisfying and successful careers and relationships. If you think about ways to enhance your EI you are likely to become more interesting and attractive to others, and you will also give your self-esteem a boost. (SkillsYouNeed.com)

Check- out and reflection on today’s session

Extinguish the Chalice

We extinguish this flame but not the light of truth,
the warmth of community, or the fire of commitment.
These we carry in our hearts until we are together again.

Housekeeping