

Emotional Intelligence (EQ)

EQ Made Easy – Dr Sashi Shashikanth –6.7.2010

EQ is one of 4 intelligences

1. **IQ** – ‘Intelligent Quotient’ - *rational intelligence* – is what most of us learn through our formal education – the use of reason ,logical and rational thought
2. **II**- *Intuitive intelligence* – is our ability to tap into the natural wisdom which we carry all the time (‘Just does not feel right’)
3. **SQ**(Spiritual Intelligence) – is the awareness of our real and authentic identity ,our capacity to use our core values to connect our personal life with daily actions

4.**EQ** (Emotional Intelligence)

1. Being aware of our feelings and emotions- **Self awareness**
2. The ability to recognise personal emotional states and to manage them effectively so that they don’t adversely affect our thinking and decision making - **Self control**
3. Being sensitive to the feelings and emotions of others - **Empathy**
4. An array of skills ,capabilities and competencies that influence a persons ability to cope with environmental demands and challenging relationships- **Social skills**

The moment you get emotional – you lose creativity and ability to create choices

To understand emotion , we must understand **Ego**.

Ego is commonly defined as *an inflated feeling of pride in your superiority to others.*

Ego can cause many types of behaviour- Criticising , blaming ,defending ,controlling competing ,complaining , judging ,envying etc

Ego occurs due to **attachment** to wrong image about yourself or to a wrong belief .

Example-

Behaviour - Criticising – *'I think your idea is not very good and will never work'*

Specific fear- *I think my idea is better and I am scared your idea could be accepted*

Attachment – *Attached to my own idea*

In order to develop better EQ , one has to be able to **give up attachments** which will result in you **giving up your ego**.

Example – When someone smash our car , we feel angry because we are **attached** to the car. We ,in effect, turn into that car and feel the same pain that car would have felt. In other words, we feel someone has smashed us. If we detach ourselves from the car and think it is a machine which is damaged ,you will be able to calmly contact the insurance company and do the needful. Some describe this as 'watching the scene from above in a detached manner' (like *ghost*)

EQ will ultimately determine your response to any situation.

Please have a look at this life formula

E (event) + **R** (response) = **O** (outcome)

Events have just happened or are happening (past and present)

The outcome depends on your response.

Ultimately you decide the outcomes depending on how you respond.

EQ will help you to appropriately **respond** to bring the best **outcome**.

Example

Event – Some one driving the car slowly in front of you

2 possible outcomes

Someone with low EQ

Perception- Slowing everyone down

Thought – I am getting late to work

Ego- Criticise that driver /Blame

Attachment – to work

Emotion – Anger and frustration

Response- Overtake, Hoot

Outcome- Dangerous driving ,Road rage , possible accident

Someone with high EQ

Perception-He must be having problems with his car

Thought- He must be struggling to go to work too

Emotion-Empathy

Ego/Attachment- None

Response- You go slow

Outcome – safe driving

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Acknowledgement – Reed course