

# EMOTIONAL INTELLIGENCE

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Matthew 22: 37-40



# TAKE CAPTIVE EVERY THOUGHT

- 2 Corinthians 10: 5

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.

**Feelings/Emotions and Thoughts are not the same thing.**

- *Feelings do not have an action to them*
- *Thoughts do have an associated action*

# TAKE CAPTIVE EVERY THOUGHT

- John 2: 13-17
- John 18: 2-11
- Emotional Intelligence is a person's ability to understand their own emotions, the emotions of others, and to act appropriately using these emotions.
- Emotional Intelligence never stops growing. Because we are always evolving as people.
- Emotional Intelligence is something that must be nurtured. (Gihan Aboueleish)

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## WHAT ARE EMOTIONS?

Impulses to act or react – emotions/feelings.

Happy to Furious. Joyful to Depressed.

Key – what meaning are you associating to the event – what emotion/feeling?

- P – physical associations (how do you act?)
- A – attention (what are you paying attention to in your mind?)
- L – language (what are you saying to yourself?)
- M – meaning (what meaning are you associating to the event, what feeling?)

# MINDFULNESS AROUND YOUR EMOTIONS

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1. Self-awareness
2. Self-management
3. Motivation and Resilience
4. Empathy
5. Relationships

1-3 is about us.

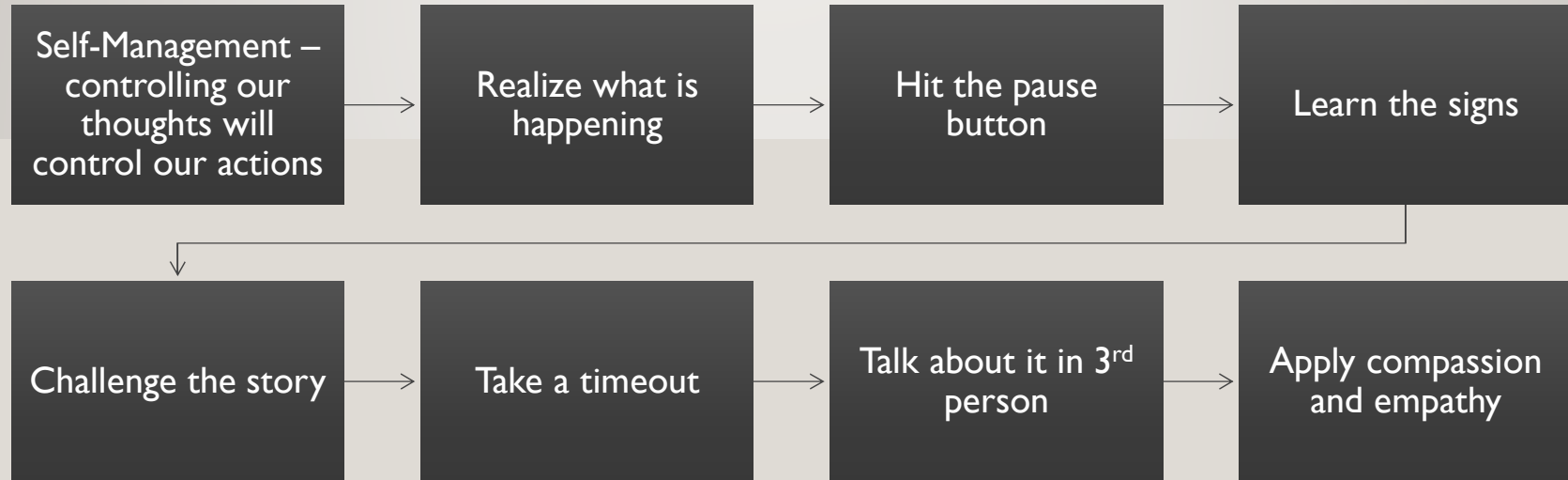
4-5 is about others

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## HANDLING OUR EMOTIONS

Self-Awareness – being aware of both our mood and our thoughts about our mood.

- R – recognizing
- U – understanding
- L – labeling
- E – expressing
- R - regulating



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MOTIVATION – THE EMOTION  
THAT DRIVES YOU



RESILIENCE – KEEP GOING  
EVEN WHEN TIMES ARE TOUGH



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## HANDLING OUR EMOTIONS

Empathy – understanding the emotional perspective of other people

- Cognitive – you are feeling something
- Emotional – you feel something
- Compassionate – you do something

Relationships – listen to understand, not respond.

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Matthew 26: 36-45