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Emotional Intelligence And Relationship Satisfaction

EMOTIONAL INTELLIGENCE or **EI** has been receiving a lot of attention in the corporate world in the areas of leadership, teamwork and collaboration, but what about our day-to-day life and more importantly what about our relationships with the significant other?

Do you feel that you have not been heard when talking to your partner? Do you listen to your partner with an intent to reply or to empathise and understand your partner's point of view even if it does not make any sense to you at this moment? How do you solve conflicts with your partner: talking openly through difficult topics or sweeping things under the carpet?

EI impacts us every day, people experience the plethora of different emotions every hour, some of which are passing through our mind unrecognised. It is not a secret that the ability to be emotionally aware and to manage our emotions, moods and feelings is affecting our general mental and physical well-being and happiness. Our emotions are an integral part of our system and shall be taken care of and developed not less than an intellect. Who is not dreaming of strong and healthy relationships with their significant other?

The statistics shows that around 50 per cent of marriages end up in divorce in the 21st century. No doubt, that various factors are influencing the divorce rate and the relationships' break-ups, however lower level or imbalanced level of **EI** is one of the reasons. **EI** is one of the most significant factors affecting partners' relationship satisfaction.

Relationship satisfaction is an intriguing and substantial predictor of couples' mutual happiness, well-being and long life span of the relationships. Good news is that **EI** skills are not fixed and stagnant, they can be developed and advanced with the help of coaching. Such helping intervention as coaching is very relevant due to the fact that painful separations are affecting our mindset and people carry the risk of developing the feelings of anger and resentment, lowered self-esteem and self-defeating mind frames.

Sometimes the relationships issues occur when there is no clarity in our own values and beliefs system, means the lack of self-awareness.

Other common **EI** challenges that the couples are facing could be the lack of empathy, poor conflict management, communication skills.

My coaching practice showed that there is a big danger for the client to turn into blaming state of mind in the unhappy relationships and put the burden of fault on the partners' shoulders. However I believe that the problem is always mutual.

Relationships is a complex and multifaceted process which entails many implicit and explicit challenges for individuals to attain adjustment and depends on the compatibility of the partners, trust, closeness, intimacy and overall satisfaction. We are satisfied when we feel that this relationship surpasses our own internal criteria of relationships' quality and better than any other past ones. But how are we willing to adjust and what are we ready to sacrifice on the road to satisfaction?

Romantic relationships brings people closer and the need to perceive and manage emotions respectively grows as well as the need to be emotionally equipped. The ability to be aware of our own emotions, moods and recognise partner's emotional state will benefit highly to develop even greater bonding, avoid potential conflict situations.

EI competencies help to avoid unhealthy relationships and toxic attachments, wasting of time on the relationships that are misaligned with your values and goals. The priority of the developed **EI** is a personal growth and autonomous development as a separate self-sufficient individual who enters into relationships to form a positive and happy union, to interact in a lively and passionate manner, manage the triggers and the ability to be self-driven, self-encouraged and hopeful and not to compensate the emotional void through the partner. Developed **EI** helps with stress-management by being aware of negative emotions and managing them on time, using the sense of humour to deal with difficult times.

Our emotions facilitate certain thoughts' process, which provokes action and finally affecting the relationships. The question is how to manage the arising emotions and direct them into productive and positive course to favour the relationships' satisfaction? **EI** as any other skill can be a subject to coaching and thus learned and advanced. However, the success is based on the desire of the client to change and enrich **EI**. The goal to self-reflect, learn about emotions and triggers, underlying issues and the need for potential behavioural change shall be present for the client to transform.

To be continued...



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