



A little bit all

WHAT WOULD A MIND WITHOUT EMOTIONAL DISTURBANCES BE LIKE AND WITH BETTER EMOTIONAL PERFORMANCE?

A mind without emotional disturbances is generally more balanced and able to deal with stressful situations more effectively. This can result in better emotional performance, where the person is better able to regulate their emotions, maintain focus and make rational decisions.

I recently read some books that talk about emotional intelligence and I want to share some points with you, and for those who are interested, I've left some links below.


LET'S GET STARTED



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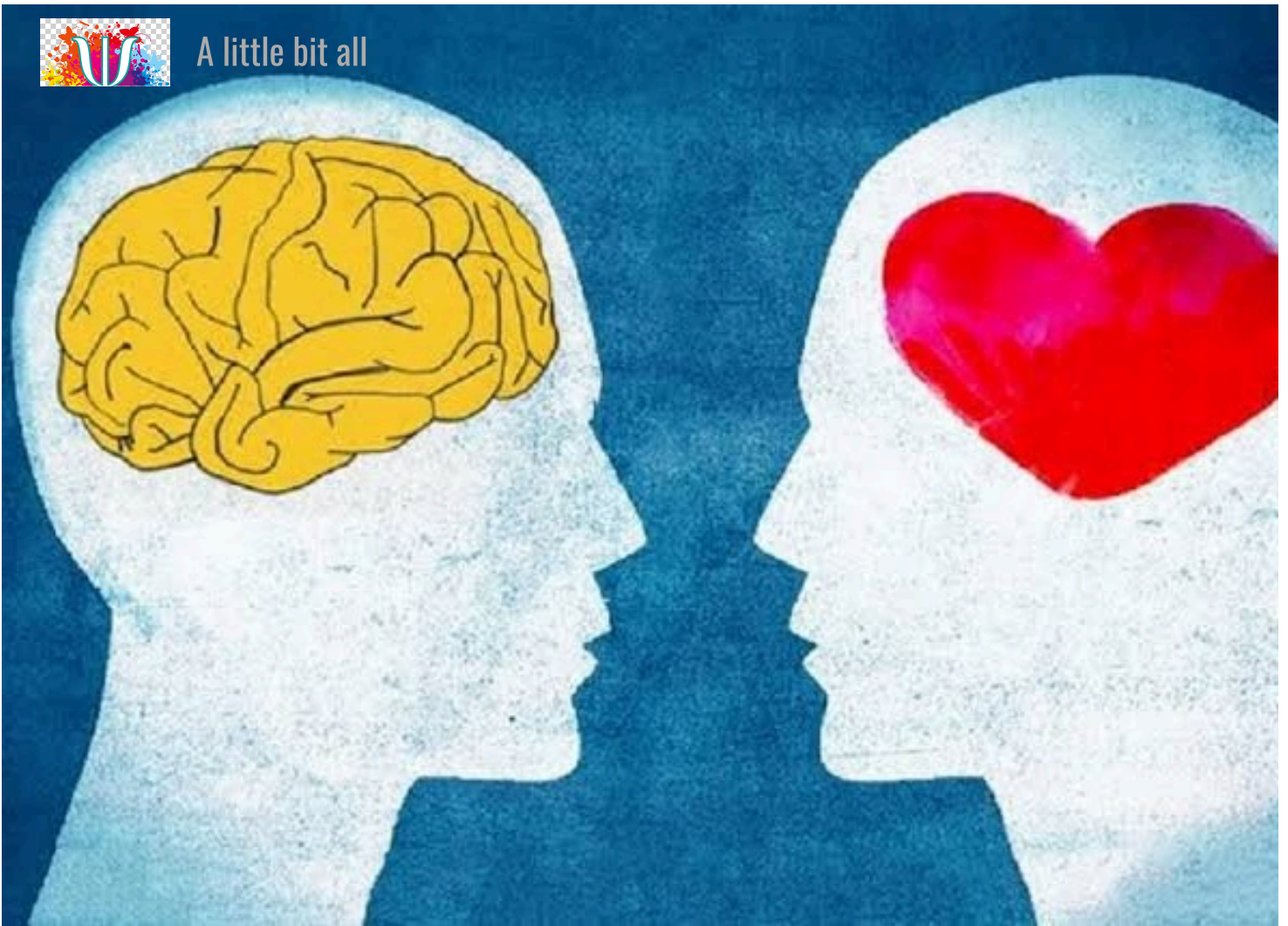


**HERE ARE 5 THEMES THAT I TOOK FROM THE BOOK
EMOTIONAL INTELLIGENCE BY DANIEL GOLEMAN.**

1.  Emotional self-awareness: Recognizing and understanding your own emotions, including the ability to identify specific feelings and understand how they influence your behavior.
2. Self-control: Effectively manage your own emotions, avoiding impulsive reactions and making conscious decisions even under emotional pressure.
3. Motivation: Stay focused on long-term goals, persist in the face of challenges and seek personal excellence through self-motivation and optimism.
4. Empathy: Understanding the emotions and perspectives of others, cultivating the ability to put yourself in another person's shoes and respond in a compassionate and genuine way.
5. Social skills: Develop healthy interpersonal relationships, communicate effectively, resolve conflicts constructively and work as a team.

These themes are fundamental to the development of emotional intelligence and are explored in detail in Goleman's book.

Clear! Here are some practical examples of emotional self-awareness that can be found in Daniel Goleman's book "Emotional Intelligence":.



1. Mindfulness meditation. ••mindfulness practices can help people develop greater awareness of their emotions in the present moment, observing them without judgment and recognizing how they affect their thoughts and behaviors.

2. Emotions diary. •• keeping an emotions diary can be an effective way to track and reflect on your emotions over time. writing about feelings experienced in different situations can help identify emotional patterns and better understand their origins and impacts

3. Self-questioning. ••asking yourself regularly about how you are feeling and why can increase emotional awareness. questions like this "what I'm feeling right now" and "why I'm feeling this way" and can help you name and better understand their origins and impacts.

These practical examples are just some of the many strategies that can be used to develop emotional self-awareness.

read the book "emotional intelligence" to find out more



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LET'S SEE HOW TO DO THIS👉👉👉

To develop emotional self-awareness, it's helpful to practice techniques that help you recognize and understand your own emotions. Here are some suggestions on how to do this:

1 PRACTICE MINDFULNESS. •• Dedicate a few minutes a day to practice mindfulness. Focusing your attention on the present moment and observing your emotions without judgment. This can be done through mindfulness meditation or simply paying attention to your thoughts and feelings as you go about your daily activities.

2. KEEP AN EMOTIONAL DIARY. •• set aside time regularly to record your emotions in a diary. Write about what you are feeling, the situations that triggered those emotions, and how you reacted to them. This will help increase your emotional awareness and identify recurring patterns.

3. PRACTICE SELF-QUESTIONING. •• ask yourself questions about your emotions and triggers. Ask yourself: "what I'm feeling right now?", "Why I'm feeling this way?" And "How are my emotions affecting my behavior?" This will help you better identify and understand your own emotions

This are just a few suggestions for developing emotional self-awareness. The important thing is to regularly practice these techniques and be open to self-knowledge and personal growth.

If you want to learn or wish to learn about practices and techniques that help us recognize and understand our emotions, you can access the links below👉👉👉

The language of emotions

The art of loving

Awareness: the perils and opportunities of reality, by Anthony de mello

Thank you for reading 📖 this far and I hope you enjoyed it

