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PSYC 1205 Emotional Intelligence

ASSIGNMENT ACTIVITY UNIT 2

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CULTIVATING EMOTIONAL INTELLIGENCE THROUGH SELF-AWARENESS

1 Introduction

Emotional intelligence is characterized by recognizing, acknowledging, understanding and managing personal emotions while appreciating the feelings of others too. This can only be achieved through self-awareness. Developing self-awareness provides insight for personal and professional growth. However, it is not a day's work, it needs careful reflection of the previous experience, along with ongoing introspection and targeted techniques. This thorough review of past and present makes it possible to identify emotional patterns and build strong interpersonal skills.

2 REFLECTING ON PAST EMOTIONAL RESPONSES

When I look back at the moments of strong emotions, it helps me define how the level of self-awareness has reshaped me. For instance, I experienced extreme frustration when a team mate continuously missed deadlines in a group project. At first, I expressed my feelings in a curt message, which put more strain in communications. Later, upon reflection, I realized that my frustration mainly stemmed from missed deadlines but were aggravated by fear of my failure because of those missed deadlines. Upon thinking and identifying the underlying cause of my anxiety, I approached my teammate with empathy, and we focused on solution. According to London et al. (2023), accurately labeling emotions provides a path to understanding their root causes, allowing for more constructive responses. Recognizing that my initial reaction was driven by both frustration and fear helped me communicate more effectively and avoid escalation.

3 THREE DAYS OF SELF-REFLECTION

To enlighten my brain to self-awareness, I planned and committed to three consecutive days of intentional reflection. Every day in evening after winding up all the important tasks of the day, I spent fifteen minutes journaling about the most significant emotional moments that happened on that day. I noted what triggered me, what my immediate reactions were, and how those emotions eventually influenced my decisions. On the second day, I added an extra five minutes of mindfulness meditation before writing, which proved helpful in recalling the details with greater clarity. By the third day, I already noticed recurring patterns: I often felt tense and agitated as deadlines approached, even when tasks were manageable and could have been done on time.

This practice made me think of the findings of London et al. (2023), who highlighted that continuous self-monitoring fosters a deeper understanding of emotional tendencies. This simple act of journaling and recording my experiences encouraged me to pause, re-examine my thoughts, and accept emotions without judgment. Over just three days, I became more aware of subtle feelings such as mild anxiety that I might have previously dismissed at all.

4 TECHNIQUES TO ENHANCE SELF-AWARENESS

Once I was self-aware I tried to identify the strategies to strengthen this power further. I researched several techniques, and I found mindfulness meditation to be very effective. By spending ten minutes every day focusing on my breath, I was able to observe my feelings, emotions and thoughts without the need to immediately react to them. Research shows that mindfulness improves emotional regulation by training the mind to remain present (London et al., 2023).

Deep breathing exercises also proved valuable, especially during stressful moments. Taking slow, intentional breaths lowers physiological stress responses and creates space to choose thoughtful actions rather than impulsive reactions (Brown et al., 2013). In addition, I learnt that cognitive behavioral

techniques, such as challenging automatic negative thoughts can effectively help reframe situations more positively. For example, when I am facing a tight deadline, I can replace the thought “I’ll never finish on time” with a more positive one that “I can prioritize tasks and complete the most critical parts first.”

However, it is important to understand that these methods usually complement each other: mindfulness helps identifying emotions as they emerge, deep breathing provides immediate calm and controlling heart rate, and cognitive restructuring changes the narrative by driving towards more positive emotional response.

5 THE ROLE OF SELF-AWARENESS IN PERSONAL DEVELOPMENT

Self-awareness has a pivotal role in personal growth and emotional intelligence. By understanding and labeling emotions accurately, we can achieve the ability to regulate our reactions and can communicate more effectively. London et al. (2023) emphasized that self-awareness strengthens interpersonal relationships because it allows people to respond with empathy rather than defensiveness.

In my experience, upon recognizing when I feel more overwhelmed, it enables me to express my needs more clearly, it even allowed me to request support from a colleague instead of withdrawing in silence. This awareness is very important in improving relationships and enhancing personal well-being. On the other hand, emotional mislabeling and confusing stress with anger can lead to misplaced reactions and unnecessary conflicts (Salovey & Mayer, 1990). Hence, accurate labeling of such feelings promotes emotional balance and healthier decision-making.

Self-awareness also fuels professional advancement. Leaders who understand their emotional triggers are better equipped to guide teams through challenges and maintain a positive work environment. This skill is critical in academic settings as well as in situations where collaboration and communication are important for success.

6 CONCLUSION

Developing emotional intelligence through self-awareness is a complex process which requires intentional effort and ongoing reflection. Analyzing past experiences helps reveal how unrecognized emotions can influence behavior, while consistent self-reflection uncovers the path to patterns and triggers. Mindfulness meditation, deep breathing, and cognitive behavioral exercises provide practical tools to build this awareness. Identifying emotions accurately and timely not only helps in improving personal well-being but also strengthens relationships and professional performance. By cultivating self-awareness, individuals can gain the insight needed to navigate complex social interactions and achieve lasting personal growth.

References

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