

## Types of Emotional Intelligence:

### 1) Self-Awareness / Mindfulness

Socrates → "know thyself"

"An unexamined life is worthless"

Buddha → "knowledge of Self is very important"

Confucius → also emphasised on Self-awareness

Parallel to the continuous stream of thought that we always have that there is another continuous stream of emotions in our mind which is often weak. But when it becomes strong enough to cross the threshold of awareness then we recognised that as an emotion. Self-awareness is our ability to understand these stronger emotions & we are attuned to the emotional undercurrent in us.

It is our ability to observe & monitor our internal state including

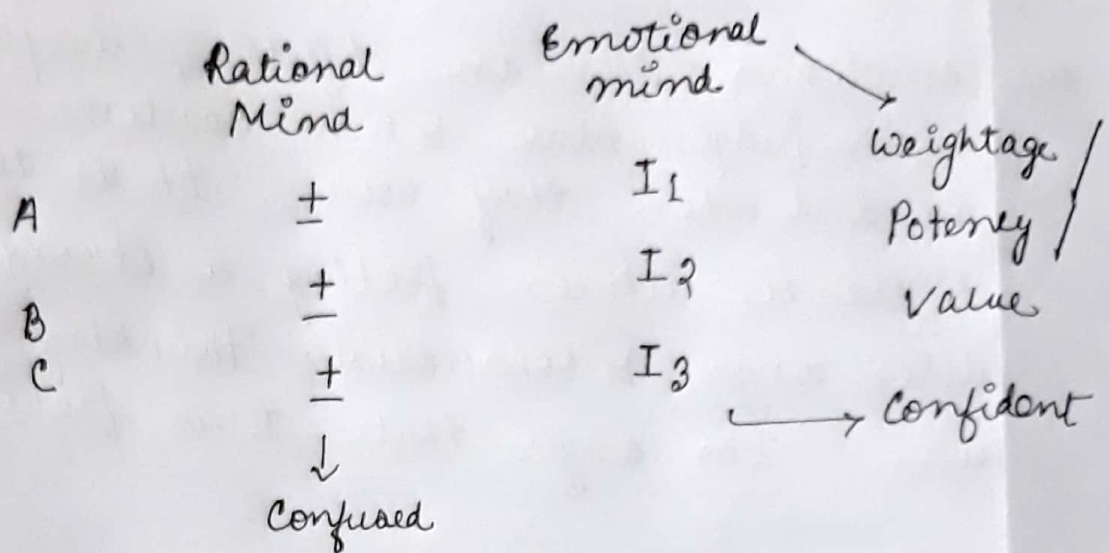
our emotions in an objective, impartial, non-judgmental & non-reactive matter as and when they occur. It is the difference between feeling a strong emotion like anger & consciously thinking that is "It's anger that I'm feeling"

[Mindfulness → (Being in present)]

Biologically speaking, it is a process in which we try to start a new activity in our Neo-cortex particularly the language area which is independent of Amygdala.

Our emotions always bring about some changes into our internal visceral organs called gut through which it keeps on giving us indications about some future events which we sometimes experience as Intuition or gut feeling. People who are high in self-awareness are more attuned to their body, can read these signals better & thus have better intuition over about some future opportunity, threat etc & which guides their decision making in the right direction.





Decisions according to Economists are based on Rationality Assumptions.  
 But Rationality is also "Bounded Rationality".  
 Intuitions play an important role in decision making.