

EQ PRACTICE LAB: BUILDING RELATIONSHIPS

Doing this optional pre-work will help you get the most out of your session

1. Connecting with Others: The Role of Self-Disclosure

Resource: 5 Levels of Interpersonal Communication by Ed Batista, PhD

Assignment:

- *Read the article.*
- *Identify 1-2 people at work with whom you'd like a more satisfying relationship*
(1) _____ (2) _____
- *Which "levels" do you tend to occupy when you talk with each other?*
(1) _____ (2) _____

2. Self-awareness: The Role of Feelings

What feelings make it hard for you to fully listen to others?

Resource: Vocabulary of Emotions

Assignment:

- *Review the **Vocabulary of Emotions**.*
- *Write down 1-2 feelings that are hard to listen to when **others** express them.*
(1) _____ (2) _____

Examples:

"When others express sadness, I just try to cheer them up."

"When others express frustration, I quickly jump in to give advice."

- *Notice your habitual responses during an average week.*

We look forward to seeing you on April 8th!