

Where EI does not work?

develop your own emotion world and try to enjoy there

My Jungian test turns out to be:

Introvert(44%) iNtuitive(34%) Thinking(16%) Perceiving(16%)

- I have moderate preference of Introversion over Extraversion (44%)
- I have moderate preference of Intuition over Sensing (34%)
- I have slight preference of Thinking over Feeling (16%)
- I have slight preference of Perceiving over Judging (16%)

My conformed profile is INTP, which means in business and school it is easier for me to stay with myself and invest my attention inwardly, and I need the time to be alone.

The opposite of my profile

The opposite of me: Extraversion + Sensing + Feeling + Judging.

What he like: Vigorous while being with others, live life as it is and focus on the essentials.

To me, only the extraversion-introvert pair might cause some trouble while dealing interpersonal issues. They might keep talking all the time which could be annoying to me. Otherwise it won't be much a headache to me. On the contrary, so long as each of the member know how to respect the difference between, no one tries to impose its prejudice on others, I would like to be around with people different from myself. It is boring to join in a club with it members like me, don't you think? Personality preference contradicts might not be a problem if on one is bossy. If someone is, I would like to lose touch with him. If I can not do this either, I leave.

Situation A (Workspace, my boos and me):

Once the idea man (boss) came to me with an idea which is insane to me but terrific from his viewpoints (I tell this from his emotional make ups). I know quite well that I was not going to get promoted if piss him off by telling the truth. I knew he came to me not for my opinions but for reinforcement and to feel better about himself. I lied, every time it came up. I **acted** like I think so. I feel disgusting about it, always. But it is how I survive this world, **acting**. To pretend to be someone I am not, to tell what I do not think. And as time went by more faces got ready in my pocket.

I do not know where EI could swoop in for this case. Glad to hear your thoughts.

What I am trying to say is that, if you knew how to act (adjust to the circumstances, to optimize your goals), personality preferences won't be much a problem compare to ethical dilemma.

Situation B (college, interesting course but a boring instructor):

I like to read philosophy and without thinking it twice I chose one philosophy related course in my freshman year, the tragic thing was the instructor turned out to be boring (I do not mean to be rude, but OH NO!!), and I could not drop the course (sad? But it was designed that way).

I did not want to be an audience in there, neither to fail it. What could I do? I cheated, about course assignments and the exams. Yeah, it was and is bad, I know. I did bad things, and the terrible thing is not I cheated but I do not feel much bad about it as I tell you now, I am impossible....

Would I take it another way if I knew what I know now about EI? I might try more to persuade myself to focus on the bright side about that course and engage my attention in that part. To make up a new story about how meaningful that course is, so I could feel better about attending that course. How hard I would try? I do not know. I am not good at making up story to massage my repulsive emotions. Maybe this course can give me some hints or tricks (if you do not mind).

Is it what this course about?

To master one's emotion world hence to have a better life experience since emotion is all one has?

To be able to tell myself whatever I want to know, to make up reasons so I can feel good about myself while pursuing something?

To turn pessimistic into optimal by shaping emotions?

Strategies to deal with people with different personality preferences

1. To change the situation.
 - 1) Try to negotiate with the other persona and break down the problem.
 - 2) If you could not come to any agreement, I might seek for some help, either professional or not.
 - 3) If it still does not work, I quit. I have to say there are people I cannot deal with.
2. To adjust yourself to the situation.
 - 1) Try to move my attention to someplace else. Distraction helps, a lot to me.
 - 2) To convince myself that to accept it as it is.
 - 3) To create a theory to sooth my repulsive emotion.
 - 4) To say 'I do not care' for 7 times.

P.S.

Most of the course like to show off its 'capability', what is this subject about and what it can help us to solve. I seldom see anything about its shadow side, but the bright side---only. There is none? Or one tends to ignore it if one like it much. It is just great, to recap what I usually heard in the first day of the course.

I would like to know,

What EI cannot handle in terms of an emotion issue?

What if EI suggests something that contradict to morality? To improve your life experience you must sacrifice morality. No such thing ever?

..... to be continued...

I am trying to figure some out.

The following is a figure which sum what EI, so far, looks like in my mind. I would love to know that something is not as it says. THANKS.

