

Emotional Intelligence (EQ): Intelligence of the heart!

Another hero of mine from the world of TA is Claude Steiner. Claude wrote, "emotional literacy is heart-centered emotional intelligence. Emotional literacy is a source of personal strength, indispensable to success in today's world. Most of the emotional damage done in relationships is done by lying and power games through one of three basic game roles: Rescuer, Persecutor, or Victim!"

Developing emotional intelligence starts with becoming aware of our emotions and underlying needs. EQ involves articulating the complex internal world of desires, fears, wants, and needs whilst also verbally negotiating the inner world of the other individual. In fact: verbalising what is going on inside! Not obvious or easy thus! EQ when used is a valuable source of personal strength that improves: life, your own sense of personal security and relationships, personal freedom and autonomy.

EQ helps your emotions work for you, instead of against you. It improves relationships, creates opportunities for connection between people, enables collaboration and fosters a sense of community.

- Are you operating within the drama triangle or compassion triangle roles?
- Do you long to be able to speak and live more from your heart?
- Can you connect with and verbalise how you feel and what you need?
- Are you being manipulated or are you in a power game?
- Are you able to show respect without being submissive or aggressive?
- Can you sincerely apologise for your own mistakes or indiscreet outbursts?
- Do you accept false excuses and let yourself be played easily?

Let's make a no-obligation intake appointment! Within 6 sessions, we can strengthen your relationships and communication through enhanced Emotional Intelligence.

