

GROWING UP EMOTIONALLY

INTELLIGENCE
MATURITY
SOBRIETY

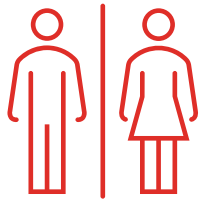


EMOTIONS MATTER!

- Emotional control is critical to being able to thrive independently and in community with others.
- Emotions help us to take action, survive, strike and avoid danger, make decisions, and understand others¹.
- More, they help other people to understand us.
- Losing control of our emotions creates suffering and alienates us from people we need and care about.

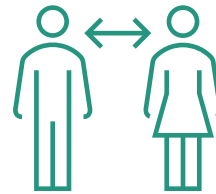
¹ <https://imotions.com/blog/emotions-matter/>

3 EMOTIONAL PILLARS



MATURITY

awareness & control
over your own
emotions, and
regulating how you
react & respond to
different situations
independent of others



INTELLIGENCE

awareness &
understanding of others'
emotions in different
situations, with your
emotions acting as a
stabilizing force
(aka. voice of reason)

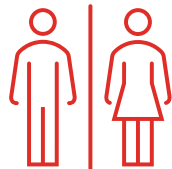


SOBRIETY

awareness & control
over how your internal
value, worth & esteem
are externally
dependent upon
people, places, things
& situations

EMOTIONAL MATURITY

awareness & control over your own emotions, and regulating how you react & respond to different situations



Helpful Links: [1](#) | [2](#) | [3](#)

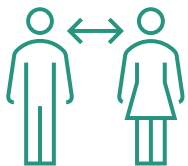
5 Practices to Increase Emotional Maturity

There are myriad different opinions on what emotional maturity is and how to increase yours – look closely and you’ll see traits and themes common to most – these are:

1. **Notice your triggers** – be aware of people and situations that trigger strong emotions and make you lose control – practice healthy responses to your triggers.
2. **Identify how emotions feel in your body** – when triggered, *what* are you feeling *where* in your body – strong emotions can be felt physically – recognize your default response to different triggers (anger, defensiveness, blame, fear, etc.).
3. **Label your emotions** – awareness is enhanced when you give your emotions a name – this helps you communicate what you’re feeling to yourself and others.
4. **Learn how to soothe your emotions** – accept your strong emotion, allow yourself to ‘be’ with it without judgment, and practice calming yourself through the experience – mindfulness practice works great here – practice acceptance.
5. **Observe rather than react to other people’s immaturity** – listening to understand instead of listening to respond is a fantastic practice – you’ll better understand what’s behind another person’s strong emotion and won’t react involuntarily.

EMOTIONAL INTELLIGENCE

awareness & understanding of others' emotions in different situations, with your emotions acting as a stabilizing force



Helpful Links: [1](#) | [2](#) | [3](#)

5 Practices to Increase Emotional Intelligence

Emotional Intelligence (EQ) builds upon Maturity by looping-in the emotions of others; the ability to be an emotionally stabilizing force for others is one of the primary traits of great leaders. Here are 5 practices to increase yours:

1. **Watch for emotionally-charged situations** – situations can easily trigger strong emotions in others - be prepared to intervene and calmly stabilize an overreaction.
2. **Practice 'other awareness'** – not everyone has high EQ and people overreact when they don't feel understood or respected – use active listening skills along with empathy to help the person feel understood and regain emotional control.
3. **Practice 'reframing' techniques** – people sometimes overreact when they get stuck with a single negative view of a situation – helping them see the situation through different perspectives can defuse the situation by presenting options.
4. **Be coachable** – let others know you're working to increase your EQ – help them understand what you're practicing and ask them to hold you accountable. This doesn't just help you - it acts as a powerful influence on their journey as well.
5. **Learn DISC** – one of the most powerful tools we have in business and life is a clear understanding of how we give and receive information and, more importantly, how others give and receive information. Learning DISC will change your life!

EMOTIONAL SOBRIETY

awareness of how your internal value, worth & esteem are externally dependent upon people, places, things & situations



Helpful Links: [1](#) | [2](#) | [3](#)

3 Practices to Increase Emotional Sobriety

Emotional Sobriety is a term first coined by a co-founder of Alcoholics Anonymous who understood that breaking physical dependence on drugs & alcohol wasn't the only kind of sobriety – breaking our dependence on emotional crutches is also necessary to find complete individual freedom:

1. **Let go of external expectations** - it's natural to attach expectations to the work we do – if I do this, I expect to get that – the problem with this is if our expectation isn't met, we react emotionally with hurt feelings, anger, resentment, etc. Practice doing everything without an attachment to an expectation – practice doing things because they're the right thing to do, not because you'll get something.
2. **Give up the scorecard** – we've always been taught to find the 'win-win' in every situation – it's true that for me to win, you don't have to lose (and vice versa), but often seeking this balance means one or both of us must give something up – what would happen if you simply helped the other person get 100% of what they need without attaching your own demands to the transaction? Try this and see what happens.
3. **Give away serenity** – there's a great quote in the AA Big Book: "I will have peace of mind in exact proportion to the peace of mind I bring into the lives of other people" – more than just kindness or being helpful, you can ask someone the most difficult challenge they're facing, then spend time with them talking through options, different perspectives, and helping them see things they may be missing (see into their blind spots).