

EMOTIONAL INTELLIGENCE

Complete this worksheet to identify how you can develop your emotional intelligence (EQ).

Once you've formed a plan, action it. EQ is a key element of mental resilience as you will encounter many set backs and hurdles in attempting to complete your selection mission. A high degree of EQ is required to gain perspective, learn, adapt and overcome those setback to achieve mission success and serve within Special Operations.

Self-Awareness - feelings and emotions

How I currently act/react in negative situations...

What are my triggers?

How I would like to act/react in negative situations...

How I currently act/react in positive situations...

How I would like to act/react in positive situations...

SELF-ASSESSMENT AND SELF-CONTROL

Answer the following questions:

1. What is my current EQ level?

2. What's my EQ goal? Where do I want to be emotionally?

3. What do I need to fix, improve and sustain to reach my EQ goal?

Fix -

Improve -

Sustain -

Notes:

MOTIVATION

Do I think long term and can I forgo immediately satisfaction in lieu of future success?

How can I do this better?

Do I make decisions based on emotional reactions?

How can I do this better?

Do I handle criticism well?

How can I do this better?

Notes:

FURTHER POINTS ON EQ:

- EQ is about balancing emotions with logic. Often people think EQ is about showing no emotions, but the fact is we as human beings rely on emotions to make decisions... otherwise we'd never be able to make a choice.
- Taking constructive criticism and thanking the person is a great technique to utilize to build your EQ... whether you think that person is accurate or not... practice not getting emotional, but take the criticism, thank the person, then assess whether the criticism is worth following or not.
- Emotions aren't negative... for example anger. Anger is not a bad emotion, it's just an emotion... most of us just haven't ever learned to deal with it effectively as we're told from a young age that certain emotions are bad... they not, they are just emotions that need to be understood, accepted and dealt with.
- Don't think of emotions as bad... but rather challenging. Ask yourself why you're feeling a certain way. Find the cause and action a plan. Know that the emotion will pass and you've successfully dealt with it previously... you can do it again.
- Challenging emotions are just fleeting distractions that don't define you. What defines you is your actions and your ability to learn and grow.
- Be like the Buddhist Monks... think 100% rage and let it go. Flick your excess energy out through your hands when you're angry and let it go.
- If a situation occurs and you get emotional, what advice would you give if it happened to a friend? Think outside yourself.