

# PRACTICING EMOTIONAL INTELLIGENCE

## INSTRUCTIONS

**Step 1: Define the core emotion you are feeling** (sad, scared, angry, joyful, sexual)

**Step 2: Locate the sensation in your body** . Bring your attention to the sensation and describe it's precise nature as accurately as possible. Use verbs to describe the sensation like twisting, popping, tightening, swirling or flowing.

**Step 3: Breathe** Take a few gentle full breaths, breathing as deeply into the belly as possible.

**Step 4: Allow, Accept, or Appreciate the sensation** Ask yourself these questions:

Can I allow these sensations to be here?

Can I accept these sensations as they are?

Can I appreciate these sensations just as they are?

**Step 5: Match Your Experience With Your Expression** Use moving, breathing and vocalizing (no words) to match the sensation in and on your body. Ask the questions:

If the sensation could make a sound, what would it be?

If the sensation could move, how would it do that?

## Step 6: Get the Wisdom of the Emotion

<b>Anger</b>	What is not or no longer of service? What is not aligned? What needs to be changed or destroyed so something better can be put in place?
<b>Sadness</b>	What needs to be let go of, said goodbye to or moved on from? What person, dream, vision, belief or opportunity needs to be released?
<b>Fear</b>	What needs to become known? What needs to be faced? What do I need to wake up to? What needs wants to be learned?
<b>Joy</b>	What needs to be celebrated? What wants to be appreciated? What wants to be laughed at?
<b>Sexual Feelings</b>	What wants to be birthed or created? What attraction wants to be acknowledged