



2018 October Newsletter

OUR EMOTIONAL DIMENSION

Emotional intelligence is characterized by:

1. Self-awareness: Knowing **what** I feel in any given situation and **why** I am feeling this way.
2. Self-management: Recognizing that my emotions at times **will be consistent with reality** and at other times **will not**. In order to have good and healthy relationships I need to know the difference.
3. Empathy: Moving beyond myself and **identifying** with others: their joys, fears, pain and longings.
4. Strong relational skills: Putting self-awareness, self-management and empathy into practice as I interact with others by **listening and responding constructively**.

I encourage you today to live fully connected to both your interior and exterior life. Commit to explore and discover your core feelings; recognize their importance. Take your “emotional pulse” daily and make it a point to communicate life-giving empathy whenever possible. Raise your emotional IQ and experience deep transformational change in all the dimensions of your life!

Ron Paterik is a practicing psychotherapist in Phoenix, Arizona with over 20 years’ experience. He is a licensed Independent Substance Abuse Counselor and also a Whole Life Leadership Mentor at Grand Canyon Counseling.

You can read, comment and ask questions for Ron to address in his blog on the PAL website, Home page. Palgroup.org