

HOW DO YOU UNTANGLE EMOTIONS?

Here's how to use emotional intelligence to make sense of big or complicated feelings.



1. Notice

Where are you tense? Hot? Cold? Twitchy? Calm? What's your facial expression?

Because emotions affect every living cell in our bodies, we FEEL them. By noticing, we can shift from abstract spinning to what's real, here, now.

2. Name

What could you call this mixed feeling? Describe it to yourself.

If every feeling is a mix of basic emotions, what's in your current mix? By putting words to it, you're getting your logical and emotional brain areas to work together – that's EQ!

3. Navigate

If this feeling is here to help you, what's it trying to help you with?

Instead of pushing them away, treat these feelings as allies. Big feelings means we're perceiving a big opportunity or a big threat (or a mix) – what's this mix trying to get you to see?

Knowing that, what's a good step forward?

