

Emotional Fluency

“Having a high IQ might make you a genius, but having a high EQ makes you someone everyone else wants to be around.”

Neuroplasticity: *the brain’s capacity to change*

- Old Trauma / ingrained habits and “it’s just how you were raised” does not need to last forever
- Neuroplasticity is the brain’s amazing capacity to change and adapt
- It is the “muscle building” part of the brain; the things we do often we become stronger at, and what we don’t use fades away

PRACTICE
changes the way the brain reorganizes itself by forming new connections through out life

HABIT #1: Self-Regulation

Managing upsetting reactions and impulses

R: Recognize

A: Accept

I: Investigate

N: Not-identify

HABIT #2: Awareness & Empathy for Others

HABIT #3: Healthy Inner Dialogue

HABIT #4: Understanding & Managing Triggers (when stress styles collide)

HABIT #5: Recognizing Feelings

HABIT #6: Practice Counter-Intuitive Move

CONNECTION → *rupture* → *protest* → *repair* → *reconnection*

Emptying the Emotional Jug

What are you MAD about?

What are you SAD about?

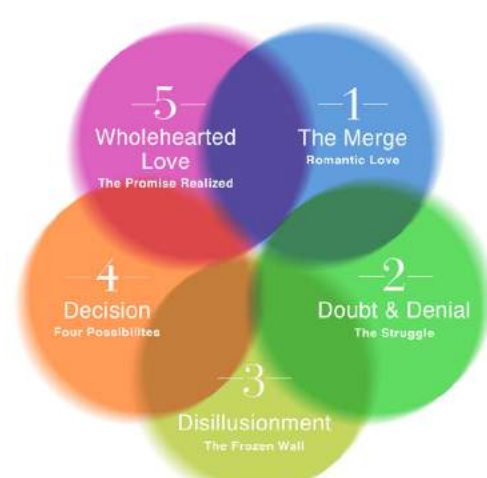
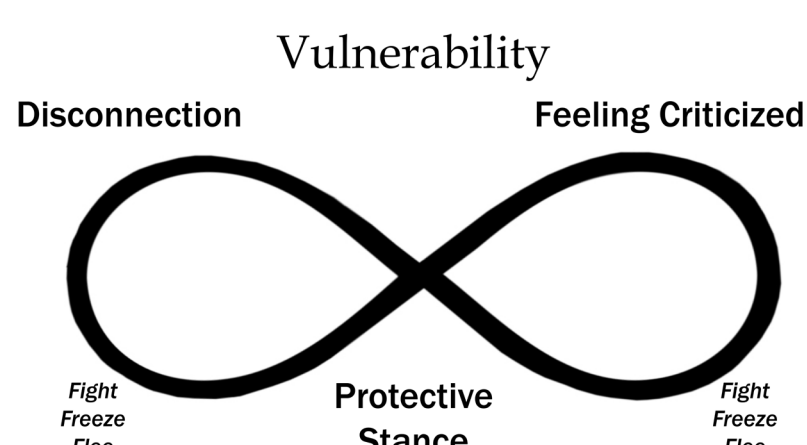
What are you SCARED about?

What are you GLAD about?



LOVE CYCLES: the 5 Essential Stages

“Love’s journey is like a spiral, in which we can find ourselves back in earlier stages even after a long relationship.”



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