Hello and thank you for your interest in Emotional Smarts!

Emotions play a huge role in our ability to function successfully in life. As a physician in private practice, I directly observe the impact that emotions can have on my patients’ health and well being every single day. Often, we aren’t even aware how our emotions are affecting our well being in both positive and negative ways.

In order to lead a truly successful and healthy life, we must deal with our own emotions and those of others in a healthy and effective way. We need to have the power to do three vital things with our emotions:

✔ Handle frustrations – our own as well as those of others.

✔ Manage our own emotions, and be understanding of others’ emotions.

✔ Sharpen our social skills so that we can more effectively live and work with others.

Emotional Smarts enable us to effectively deal with people and problems in ways that reduce anger and hostility, develop collaborative effort, enhance life-balance and produce creative energy.

Take the first step toward boosting your Emotional Smarts with the following worksheets on the five domains of Emotional Intelligence.
Worksheet # 4 – The Five Domains of Emotional Intelligence

Domain #1 - Self-awareness *(Self-awareness is knowing what you are feeling when you are feeling it)*:

Developing self-awareness requires tuning in to your true feelings. If you can recognize and evaluate your emotions, you can manage them. The ability to recognize an emotion as it happens is the key. The major elements of self-awareness are:

- Emotional awareness.
- Your ability to recognize your own emotions and their effects.
- Self-confidence.
- Sureness about your self-worth and capabilities.

The science of emotional intelligence tells us we must begin with our own self-awareness before we can tap into other’s emotions.

**Question:** What emotions and their affects would you like to be more aware of as they are happening?

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Worksheet # 4 – The Five Domains of Emotional Intelligence

**Domain #2 - Self-regulation.** *Self-regulation is using your emotions to serve you and not get in your way. Self-regulation is also the ability to recover well from emotional stress:*

From self-awareness flows self-regulation. Self-regulation is handling your feelings to respond appropriately to an emotional situation. Without knowing what you’re feeling, you can’t manage those feelings.

Regulation is less of a concern when dealing with positive emotions. But negative emotions such as anxiety, frustration, anger, rage, sadness, or panic, require more regulation. Self-regulation involves:

- Self-control.
- Managing disruptive impulses.
- Maintaining standards of honesty and integrity.
- Conscientiousness.
- Taking responsibility for your own emotions.

**Question:** What emotions do you experience that feel most disruptive to you and your life that you would like to regulate?

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Worksheet # 4 – The Five Domains of Emotional Intelligence

**Domain #3 – Motivation** *(Delaying gratification to pursue important goals and persevering when faced with setbacks or frustrations):*

Personal motivation requires clear goals and a positive attitude. We must ready ourselves in order to act on opportunities. Regardless of whether you have a predisposition to a positive or a negative attitude, you can, with effort and practice, think more positively. Remember:

- People with greater emotional intelligence experience hope and optimism more often than those with less emotional intelligence.
- Motivated people have less emotional stress.
- Optimism protects people from apathy and depression. It can also keep people from blaming failure on a personal trait that cannot be changed.

If you catch negative thoughts as they occur, you can reframe them in more positive terms, which can help you achieve your goals.

**Question:** What emotion motivates you to be your best?

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Worksheet # 4 – The Five Domains of Emotional Intelligence

Domain #4 – Empathy (Empathy is sensing what others are feeling and seeking other perspectives):

Empathy is the ability to recognize another’s emotional state. The more skillful you are at discerning the feelings behind others’ signals, the better you can control the signals you send. Empathy involves listening carefully, picking up on what people are truly saying, and responding accordingly. Stephen Covey describes empathy as listening for emotion, which in turn makes people feel understood. To be more effective when being empathetic, try these techniques:

1. Recognize your own bias: People who are angry or in a bad mood notice another person’s bad mood more readily than another person’s good mood.

2. Put aside your own feelings: When you have your own “emotional agenda,” it interferes with your ability to empathize with other people’s feelings.


Question: To what degree are you able to recognize someone else’s emotional state?

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Emotional Smarts! Using Emotional Intelligence to Create a More Joyous, Richer Life
Worksheet # 4 – The Five Domains of Emotional Intelligence

Domain #5 - Social skills (Social skills is the ability to interact with others comfortably and cooperate during those interactions):

Of all the domains, social skills is the easiest to recognize. Social skills allows us to connect with other people. Social awareness builds on the domain of self-regulation in that it allows us to access and express emotions in appropriate ways.

Among the most useful social skills are:

- Influence - Wielding effective persuasion tactics.
- Communication - Sending clear messages.
- Change - Initiating or managing change.
- Conflict management - Understanding, negotiating and resolving disagreements.
- Building bonds - Nurturing instrumental relationships.
- Collaboration and cooperation - Working with others toward shared goals.

**Question:** What emotions support you socially, and which of your emotions get in the way for you socially?

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__Emotional Smarts! Using Emotional Intelligence to Create a More Joyous, Richer Life__

Julia Bowlin, MD is one of the nation’s top family doctors voted by Consumer Research Counsel of America. In her many years as a doctor in private practice, Dr. Julia has implemented a blend of conscious awareness and conventional medicine. She is the author of *To Me I Thee Wed: Be Your Own Better Half*.

Because of her past struggles with self abuse, depression and eating disorders, her Bachelor of Arts degree in Socio-Anthropology, and her Doctorate of Medicine degree, she has an intimate as well as professional understanding of how personal, social, and cultural influences impact one’s inner self and as a result one’s overall health and wellness.

Learn more at [JuliaBowlinMD.com](http://JuliaBowlinMD.com).