

# EMOTIONAL INTELLIGENCE

A HELP FOR LEADERS E-COURSE - VIDEO 3



# VIDEO 3 : UNDERSTANDING OUR EMOTIONS

There are many emotions we may experience because we're human and things trigger us which cause emotional responses. It's important to manage how we react to our emotions. Having high EQ will help you manage your emotional response.

Remember our emotions are triggered by something – a thing, person or situation. When this happens you may literally feel a physical sensation. Maybe it's a pit in the bottom of your stomach, maybe your palms get sweaty or maybe your chest tightens or your breathing gets shallow as you're experiencing the emotion.



**We all experience emotions – it's important to understand and manage HOW we react to our emotions**

Below is a list of different emotions. Think about the last 24 hours and something you may have experienced that brought one of these emotions.

<b>Grateful</b>	<b>Anger</b>	<b>Impatient</b>	<b>Afraid</b>
<b>Excited</b>	<b>Sadness</b>	<b>Hesitant</b>	<b>Discouraged</b>
<b>Joyful</b>	<b>Fear</b>	<b>Mad</b>	<b>Hopeless</b>
<b>All of these are normal human emotions!</b>			
<b>Happy</b>	<b>Frustrated</b>	<b>Irritated</b>	<b>Hurt</b>
<b>Empathy</b>	<b>Boredom</b>	<b>Worried</b>	<b>Defeated</b>
<b>Surprised</b>	<b>Depressed</b>	<b>Overwhelmed</b>	<b>Powerless</b>

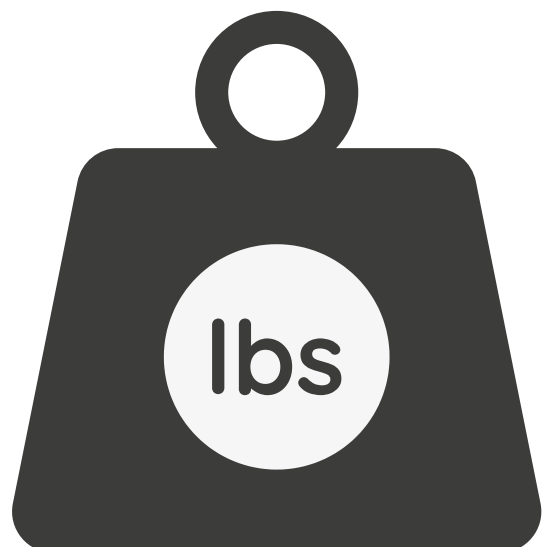
## **HINT :**

It can be confusing to experience two or more emotions at the same time so being able to name and understand why you're feeling these emotions can help bring the clarity you need in a moment.

## **IMAGINE THIS...**

Imagine someone handing you 500 lbs of weight. If you were handed it all at once, you would be crushed under its weight. But if you were handed this amount of weight, one pound at a time, over time, you would be able to carry it.

Now think of that weight as **emotions**.





If you process each emotion as they come up in a moment, you are more likely able to handle the weight of what you feel.

But when you bottle up what you feel and not process your emotions as you experience them, an explosion is bound to happen...you are more likely to hurt yourself and others in the process.

# WHAT & WHY

## IN SUMMARY

Being able to understand what you're feeling and why, will help you be able to manage your response to complex emotions. Thus giving you the ability to communicate in a productive way that builds rather than hinders connection.



**Stacey Harris**

President of Leadership  
Resources and Consulting



**LEADERSHIP**  
resources and consulting



1-800-746-1656



[info@disc-report.com](mailto:info@disc-report.com)



[www.disc-report.com](http://www.disc-report.com)



[@HelpForLeaders](https://www.instagram.com/HelpForLeaders)



[www.youtube.com/c/helpforleaders](https://www.youtube.com/c/helpforleaders)