

DESIGNING ACTIONS TO ATTRACT



Review one action to intentionally practice each week. Invite others into your development! **Highlighted words indicate a hyperlink to additional information.** The following ten habits are a resource of the EI Consortium at www.eiconsortium.org.

<p>1. Become emotionally literate. Label your feelings, rather than labeling people or situations. Use three-word sentences beginning with "I feel_____."</p>	<p><i>"I feel impatient" versus "This is ridiculous." "I feel hurt and bitter" versus "You are an insensitive jerk." "I feel afraid" versus "You are driving like an idiot."</i></p>
<p>2. Distinguish between thoughts and feelings. Start labeling feelings; stop labeling people and situations.</p>	<p>Thoughts: <i>"I feel like..." "I feel as if..." and "I feel that..."</i> Feelings: <i>"I feel_____ [feeling word]."</i></p>
<p>3. Take more responsibility for your feelings. Analyze your own feelings rather than the actions or motives of other people.</p>	<p><i>"I feel jealous" versus "You are making me jealous."</i></p>
<p>4. Use your feelings to help others make decisions. Identify your fears and desires.</p>	<p>Identify your UEN's (Unmet Emotional Needs). <i>"How will I feel if I do this, or if I do not do it?"</i></p>
<p>5. Show respect for other people's feelings.</p>	<p>Ask others: <i>"How do you feel?"</i> and <i>"What would help you feel better?"</i> Ask others how they feel on a scale of 1-10.</p>
<p>6. Feel energized, not angry. Own your emotions and happiness. Stop believing that others cause your feelings. Do not expect others to "make" you happy.</p>	<p>Use what others call anger to be energized to take productive action.</p>
<p>7. Validate other people's feelings.</p>	<p>Show empathy, understanding and acceptance of other people's feelings.</p>
<p>8. Make time to reflect on your feelings</p>	<p>Ask yourself: <i>"How do I feel?"</i> and <i>"What would help me feel better?"</i></p>
<p>9. Do not advise, command, control, criticize, judge or lecture to others.</p>	<p>Instead, listen with empathy and be nonjudgmental.</p>
<p>10. Avoid people who invalidate you. Spend time with those who care about you and less time with those who do not demonstrate caring toward you.</p>	<p>While this is not always possible, at least try to spend less time with those who invalidate you, or try not to let them have psychological power over you.</p>