

Integrate Thinking with Feeling

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In our last article we talked about reacting with “low emotional intelligence (EQ)” – well, you might ask, what is “high emotional intelligence,” what does that look like?

We act with “high emotional intelligence” when we *Recognize Pattern’s of behavior* that do not serve us well by using the information from our thinking brain (the cortex associated with IQ) and our emotional brain (the amygdala), so as to act with greater wisdom.

For example: You’re having one of those days, you are feeling really good about things (good things that have happened, at home or work). As you bask in this feel good feeling, you decide that you would like to have an extravagant night out or splurge on new clothing, knowing full well that you really can’t afford to do so. But, you do it anyway. However, when reality hits you the next day of over spending, you feel the consequences, emotionally and cognitively.

The first step toward “high emotional intelligence” is in recognizing that this is an emotional pattern that has not served you well. At this moment of “high emotional intelligence” you are choosing to integrate your thinking brain and your emotional brain and applying *Consequential Thinking*. You’re choosing to respond to your emotional high and not just react as before - Just because I’m feeling good, does not mean that I need to spend this money now, which I will regret later.

Within this scenario two of the eight emotional intelligence core competencies were employed: *recognizing patterns and consequential thinking*.

The **Eight core competencies of Emotional Intelligence (EQ)** are found within the **Three Pursuits** of the *Six Seconds EQ Model* © (Know/Choose/Give):

- 1) **Know Yourself (Awareness)** ~ *Enhance Emotional Literacy* - Identify and interpret emotions and *Recognize Patterns* - Recognize reactions and choices
- 2) **Choose Yourself (Intentionality)** ~ *Consequential Thinking*- Evaluate costs and benefits of choices before acting; *Navigate Emotions* – learn from and transform feelings; *Intrinsic Motivation* – build internal energy and drive; *Optimism* – Identify multiple options for moving forward.
- 3) **Give Yourself (Purpose)** ~ *Increase Empathy* – Respond appropriately to others’ feelings and *Pursue Noble Goals* – Align daily choices with principles and purpose.