

EQ, A KEY TO SUCCESS AND HAPPINESS

IQ tests have been around for years, but as a predictor of your child's success, they are not that good. Emotional Quotient, **EQ**, is a better predictor of your child's success and your own success in your relationships.

Many people have little awareness of what they are feeling. These people would struggle to name even 10 feelings that they have had within the last week. Research has shown that having a "low feeling vocabulary" results in higher levels of acting out behaviors. People, who cannot express their feelings in acceptable ways, tend to act them out in violent ways and in sexual ways.

Do you want to be successful? Do you want your children to be successful? A high **Emotional Quotient (EQ)** will take you further on the road to success than a high IQ (Intellectual Quotient). An **Intellectual Quotient (IQ)** is a total score derived from several standardized tests designed to assess human intelligence.

An **Emotional Quotient (EQ)** is the capacity of individuals to recognize their own and other people's emotions. They can discriminate between different feelings and label them appropriately. They also use emotional information to guide their thinking and behavior. An **Emotional Quotient** is often referred to as a measurement of **Emotional Intelligence**.

Daniel Goleman is an author and science journalist. He estimates that, at best, IQ makes up only 20 percent of the factors that determine life success. Other forces, such as EQ, wealth, temperament, family education levels and pure luck make up the balance.

Cognitive skills; verbal comprehension, memory, reasoning and processing speed will help academically, but they will only get a person so far in life.

To really go the distance, those IQ traits should be rounded out with social-emotional skills like awareness of what you feel when you feel it, motivation, perseverance, impulse control, coping mechanisms, empathy and mindfulness of what you are thinking and feeling.

Most professionals believe that it is impossible to increase your IQ. However, *it is possible to increase your EQ, Emotional Intelligence*. This works best with children when they are young. However, teaching children the names of their feelings requires that you are aware of and able to name the feelings that you have.

This would require that you know what you feel when you feel it. Delayed awareness of feelings is basically the same thing as being unaware of what you're feeling because you can only make decisions on that of which you are aware.

Understanding the Event > Meaning > Feeling > Behavioral paradigm is important to regaining a mastery of your feelings. Something happens, words are said, and people react. However, before you or someone else can react, you first have to put a meaning on that Event. The meaning that you choose to put on that event will determine what feelings you will have. (Seldom, if ever, do you have just one feeling.) So, the more feelings you can be aware of, the better the choices you will make.

For example, I feel physically threatened by someone or something. I react by assessing the threat (or relying on previous conditioning). I feel fear and I react with the behavior of either flight, fight or freeze.

As an adult, an important aspect of regaining feelings is by taking the judgments off your feelings. Most people tend to see feelings as either good or bad, negative or positive. Feelings are not good or bad, they just are.

There is nothing either good or bad but thinking makes it so.

Shakespeare, Hamlet 1599 A.D.

When you start judging your feelings, you tend to repress or deny feelings that you have judged as negative or bad. Once you judge a feeling as negative or bad, you will start lying to yourself when you experience that feeling. That will lead to delayed awareness. And, you cannot make decisions on feelings you are not aware of.

Life is neither good or evil, but only a place for good or evil.

Marcus Aurelius 121 A.D.

The alternative to judging your feelings is simply to make them “interesting!” For example:

- ☐ “Isn’t it interesting that I’m feeling depressed at this moment. I wonder how long I need to feel depressed?”
- ☐ “Isn’t it interesting that I’m choosing to let what she said make me angry. I wonder how long I need to stay angry at her for not living up to my expectations?”
- ☐ “Isn’t it interesting that I’m throwing myself a pity party. I wonder how long I need to keep this going?”

Saying this type of statement out loud and as strongly as you feel the feelings will help them to change. The Verbal Rule says: **Feelings expressed verbally, as strongly as they are felt, will take place, and are then free to change.**

Men are notorious for not knowing what they feel. One of the biggest complaints that women have about men is that “they won’t share their feelings.” Consider, perhaps he is not aware of what he feels. Young boys are often given the message that they shouldn’t

feel. "Jump up. That didn't hurt." "Go ahead and hit me; you can't hurt me!" "Big boys don't cry. Man up!"

Men, if you want to change to be a feeling person, you first must make the decision and then be willing to go through a learning process of recognizing the importance of feeling. Also, do not respond with "I don't know" when asked what are you feeling.

Responding with "I don't know" will make you feel more stupid when it comes to your feelings. When you take true or false and multiple-choice tests, you want to answer every question whether you know the answer or not! With a true or false test, you have a 50-50 chance of getting it right.

Allowing yourself to be "wrong" without judging, is probably the best way to learn. When you take the DMV driver's license test, which questions do you remember the longest, the ones you got right or the ones you got wrong? The next time that you are wrong and don't live up to your own expectations, tell yourself: "All that proves is that I'm human."

To err is human

Nothing is a mistake if you learn from it. Mistakes are learning opportunities! The writer Hemingway said it this way: "Everything is your fault. . . . if you're lucky." If it is your fault, then you can change it! If someone or something is doing it to you, then you get to be the victim.

Whenever I have gone through a very painful period of my life, my prayer has been, "God whatever it is I'm supposed to be learning, would I hurry up and learn it so I can quit hurting." My goal is to see life's tribulations as teachable moments and to embrace these periods and not to blame others or myself.

Increasing your feeling vocabulary is a way of increasing your emotional intelligence. If you would like some more help in this area, try Googling: [feeling vocabulary games](#). There you will find numerous games, songs, and programs to increase your feeling vocabulary. As you're feeling vocabulary increases, so will your children's feeling vocabulary increase.

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