

## DAILY READING

### DAY 8

#### Emotional Aspect

The Emotional aspects of our lives may include:

- our current feelings
- chronic emotions,
- social skills,
- relationships and our primary relationship
- general feelings about ourself and our life.

Earlier we requested that you describe your current feelings, using these 5 basic emotions:

Mad, Sad, Glad, Fear and Shame

These 5 emotions, while not academically precise or complete, seem to be useful in developing a basic awareness of our feelings and are a good first step in developing emotional literacy. Something that is not emphasized in our educational training.

They are especially useful when our intention is to drop below the surface of our conscious awareness and start to own how we truly feel and then use these feelings or emotions as a gateway to our sub-conscious. By following emotions to their original source we can begin addressing the underlying issues in our life that trigger many of these feelings.

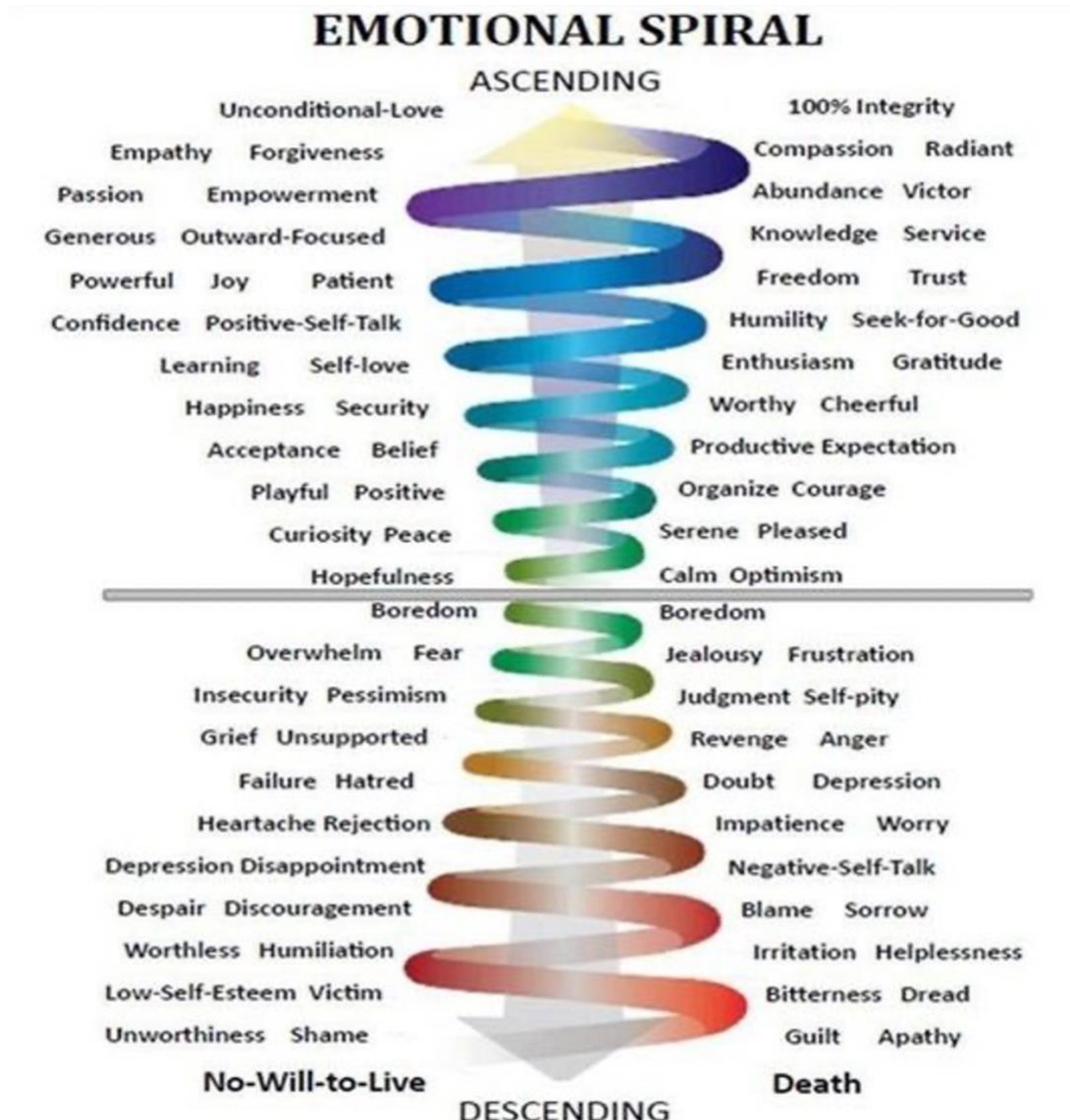
Since most of our formal education has focused on the mental and cognitive aspects of our lives with some development of our physical health and athletic skills, most personal and spiritual growth work emphasizes developing awareness and skills around our emotional and spiritual awareness.

Recently, this emotional awareness has become mainstream as Emotional Intelligence has become more of a focus.

**Emotional intelligence (EI)** is the capability of individuals to **recognize** their own **emotions** and those of others, discern between different feelings and label them appropriately, use emotional information to guide thinking and behavior, and manage and/or adjust emotions to adapt to environments or achieve one's goal(s). It may also include the individual's ability to process emotional information and use it to navigate the **social environment**.

Studies have shown that people with high EI have greater [mental health](#), [job performance](#), and [leadership skills](#).

From a personal and spiritual growth perspective, it is also worthwhile to understand that there seems to be a progression in our emotions as we grow and mature and especially as we become more aware of our emotional states and learn skills to manage and transform emotional states. Experiencing and learning the skills in this program will go a long way towards promoting emotional growth and developing effective management of our emotional states. The following chart shows one model of how emotions show up on a maturity or consciousness scale:



Everyone participating in this program, and participating in life for that matter, will be at a different stage of emotional development and emotional literacy. A priority of this program is to give you permission and encourage you to be with your emotions whatever they may be. And most importantly, please take the time to fully FEEL your emotions and take steps to hear the message they may have for you.



# MENTORS SESSION GUIDE

## DAY 8

### INTENTION

- To practice Active Listening and share Emotional history
- B is Mentor as A shares, Switch

### CHECK-IN

***Mentor B:***

I (Mentor B) will take us through today's session. Let's check-in. Please add how you are feeling physically as well as emotionally today. Remember to use I-statements and the 5 feelings and also confirm that you have done the Reading for today. I'll start.

*[both partners check in]*

### INTRODUCTION

***Mentor B:***

Today, I will practice Active Listening as you do an extended check-in, on your Emotional History. After about 10 minutes, I'll ask you for feedback on my listening and then we will switch and you'll practice Active Listening while I share.

Please use I-statements and the 5 feelings.

Any questions?

### EXTENDED CHECK-IN

***Mentor B: (A after switch)***

Now, please tell me about your Emotional life.

I'll be using Active Listening and will do a full Echo when the 10 minutes is up.

I invite you to share anything you'd like about your chronic emotions, Social skills, relationships and general feelings about yourself and your life.

*[A shares, B uses active listening for 10 minutes]*

## **CLOSURE & FEEDBACK**

*Mentor B: (A after switch)*

Thank you.

The essence of what I heard you say is .....

Are you complete for now?

Is there anything else you need before we continue?

How was that for you?

I'd also like to hear your feedback on my listening:

What did I do that worked for you, and

What did I do that may not have worked for you?

## **SWITCH**

*Mentor B: (A skips this section, starts check-out)*

Thank you.

Let's switch roles.

You (A) can start with the **EXTENDED CHECK-IN** section above.

## **CHECK OUT**

*Mentor A:*

Thank you.

Now, let's check out.

## **SCHEDULE THE NEXT SESSION**

### **HOMEWORK**

Person A will do the Reading for Day 9.

Person B can do it after the next session.