

Top Ten 2020 Skills Project

SKILL 6 – EMOTIONAL INTELLIGENCE THE EMOTIONAL CYCLE



6. Emotional Intelligence

SKILL 6 – Emotional intelligence

The emotional cycle

Aim: Know and understand the origin, generation and importance of emotions in the results we have in any area of our lives.

Objective 1: Understanding the emotional cycle

Objective 2: Learning to change emotions

Objective 3: Difference between emotion and emotional state

Contents: The cycle of emotions; operating and non-operating emotions; the generation of emotional states, how to sustain them in time.



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“Do not make a permanent decision based on temporary emotions”

Anonymous



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The importance of emotions

- Any human interaction means a transference of emotions.
- As sure as you are of your own emotion, you transfer it to others.
- Nobody wants to live with or be close to a sad person.
- Emotions explain most of the results we have in any area of our life.



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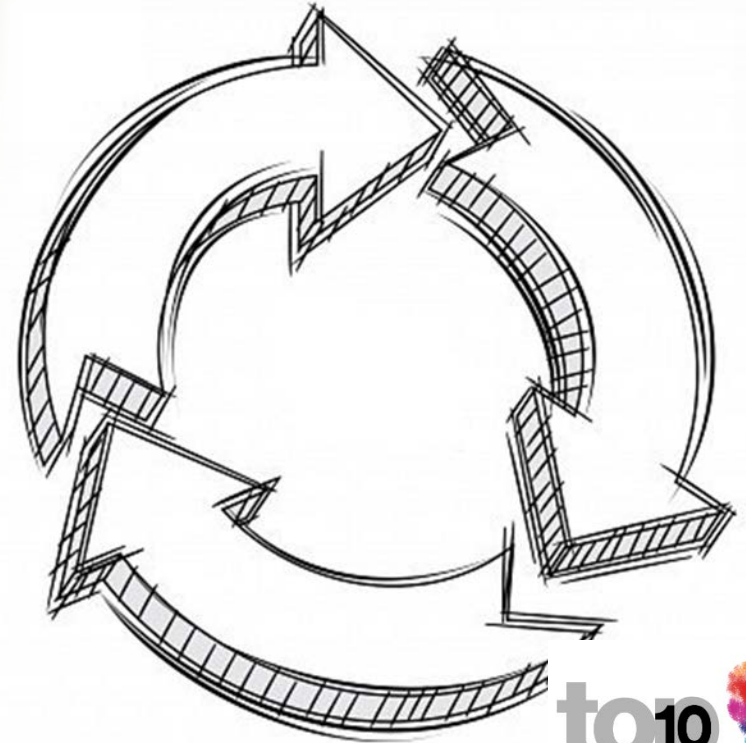
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The cycle of emotions

It explains the process why we experience emotions as reactions to certain stimuli, and how those emotions affect to our actions and, finally our results.

Emotional Intelligence (EI) has to do with learning the management of the emotions, not avoiding or denying them, and always looking for the most operative result. So, EI happens in this cycle.



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Stimulus

Every day we are exposed to hundreds of circumstances or events which affect us, most of these are out of our influence but are important to our daily performance. We can say some of them are “positive” (a new job, a prize...) and some are “negative” (a disease, a dismissal...).



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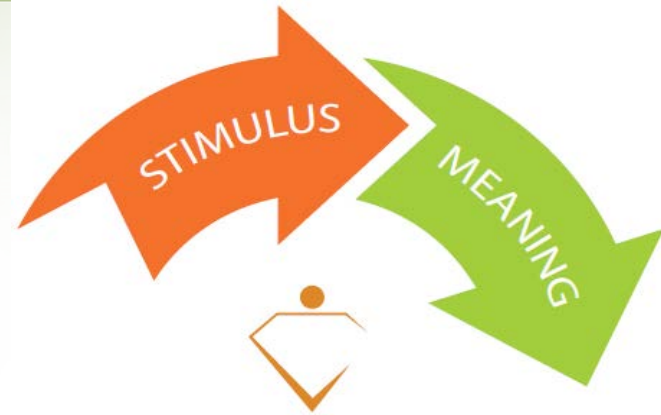


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Meaning

The stimulus, “the thing that happens” is important, but the real decisive factor is the meaning we give to it. That is what story I tell myself about what is happening. Between the fact and the emotion is what Victor Frankl called “the freedom to choose”, because here lies our responsibility.



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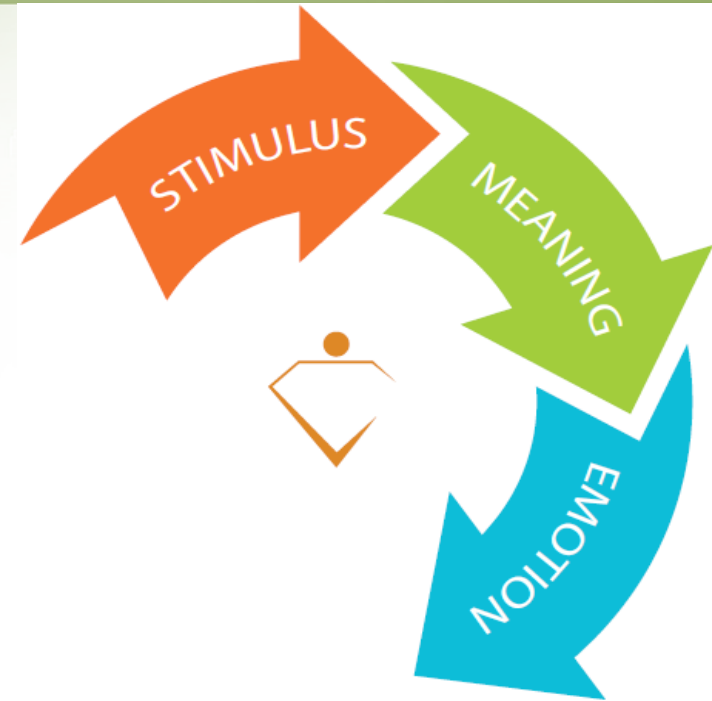


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Emotion

It is the specific reaction generated as an answer to a particular event, based on biochemical and physiological alterations in our body and nervous system. They happen as an internal answer, but with external connotations and reflects.



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In a very basic classification, emotions use to be divided in “good” or “bad” ones. It is true that there are more pleasant emotions than others (for instance, joy is supposed to be nicer than anger), but an emotion is a vehicle to make the way between our actual point and the objective we want to achieve, so the classification should in “operating” or “not operating” emotions.



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The word emotion comes from the Latin *emovere*, meaning to 'move through or out'. That is, it happens inside our body but is only visible by external facts, such as facial expressions, non verbal communication, but also verbal (how and what we talk about)



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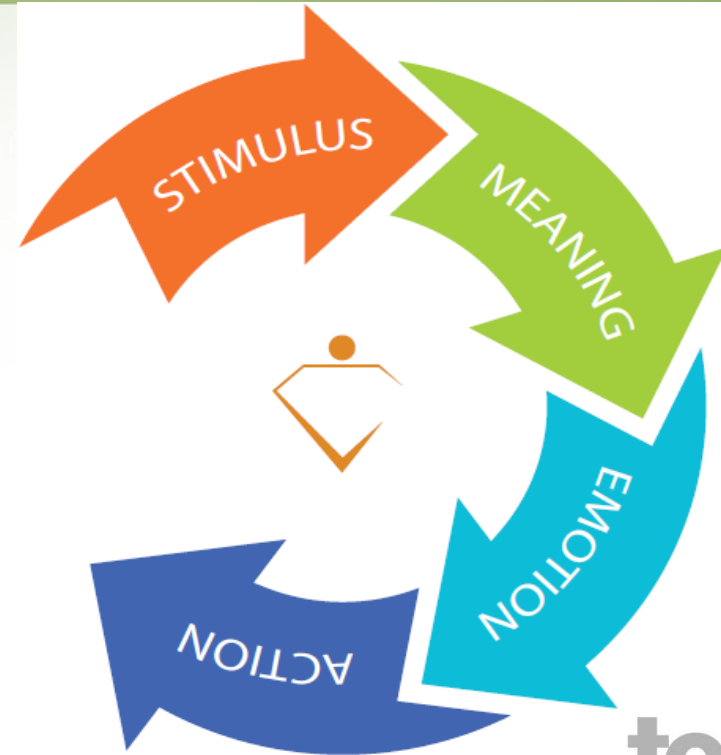


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Action

The sum of all those external reflections are our actions, that is, all what we do and also what we do not do. Action comes from 'act' and, the way we act defines our attitude towards life. Action is what people can see about us, but the real interesting fact is that our attitude comes from a certain emotion.



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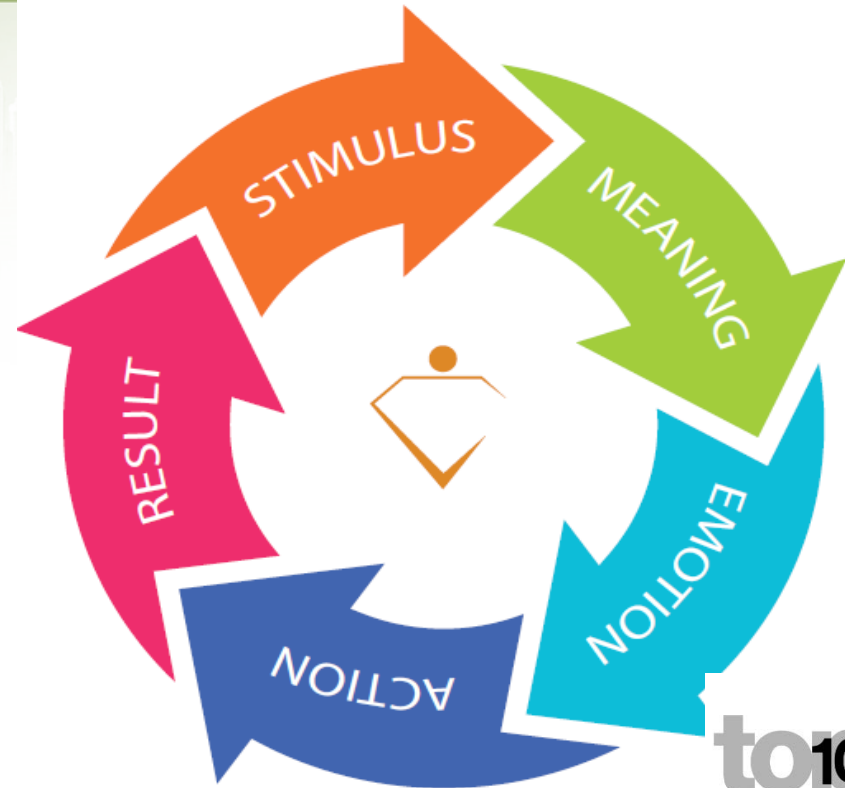


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Result

The consequence of our actions are our results, in any way and in any aspect. We are used to explaining our life in terms of our results, but we do not always think about their origins and motivations. Even, in this cycle, they reinforce the stimulus, becoming themselves in new stimuli which start again the wheel.



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Fruits / results

Stem and branches / actions and habits

Roots / emotions

Seeds / thoughts (meanings)

“Sow a thought and you will harvest an action; sow an action and you will harvest a habit; sow a habit and you will harvest a nature; sow a nature and you will harvest a destiny”

Aristotle



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If after this cycle, our result is not the expected or desired one, here is the point where Emotional Intelligence works. EI acts just in the space previous to a new contact or encounter with the stimulus which generated a non operating emotion. The stimulus will be again the same, unalterable, and if we keep giving the same meaning we will be prisoners in a wheel without weapons to change our results.



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Thus, emotions are a key factor to explain our results, but only in a short-mid term. Long-term results are explained by the emotion we are able to keep for a longer time, and here the most important factor is not the external stimulus or the meaning we gave to it, but what we do to sustain that emotion in time. Here is our responsibility.



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Emotions are human, punctual and very short answers to external circumstances. But when we add to that original emotion:

- **TIME:** How long do we keep it?
- **INTERPRETATION:** Long term meaning to an original stimulus.

Then we are generating an emotional state, and this can explain long-term and even all-life results.



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FOR INSTANCE

If we are fired : sadness, fear or anger are logical and human emotions. These emotions are operating ones for a certain period of time. We could say that we need them to overcome that negative situation in our lives. But if we sustain them for a longer period of time and we find a non-operating interpretation (i.e: This was the job of my life; I will never find another one; Nobody is going to hire me ...) we will build an emotional state that will bring us to a non desired goal, ie find a new job.



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Then, taking as departure point an original emotion, how do we build an emotional state?

“Fear is an emotion, but cowardice is a behaviour. Between them we find the capacity of the human being to choose to be courageous, his authentic nature”

José Antonio Marina (philosopher)



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We build emotional states giving **COHERENCE** to any emotion, sustaining it in time and in the same way in four dimensions: thoughts, feelings, actions and words



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The European Union flag, featuring twelve gold stars arranged in a circle on a blue background.

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