

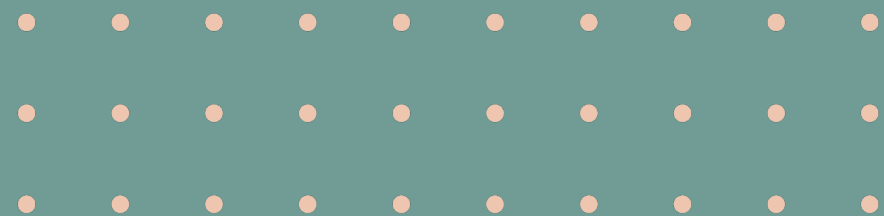
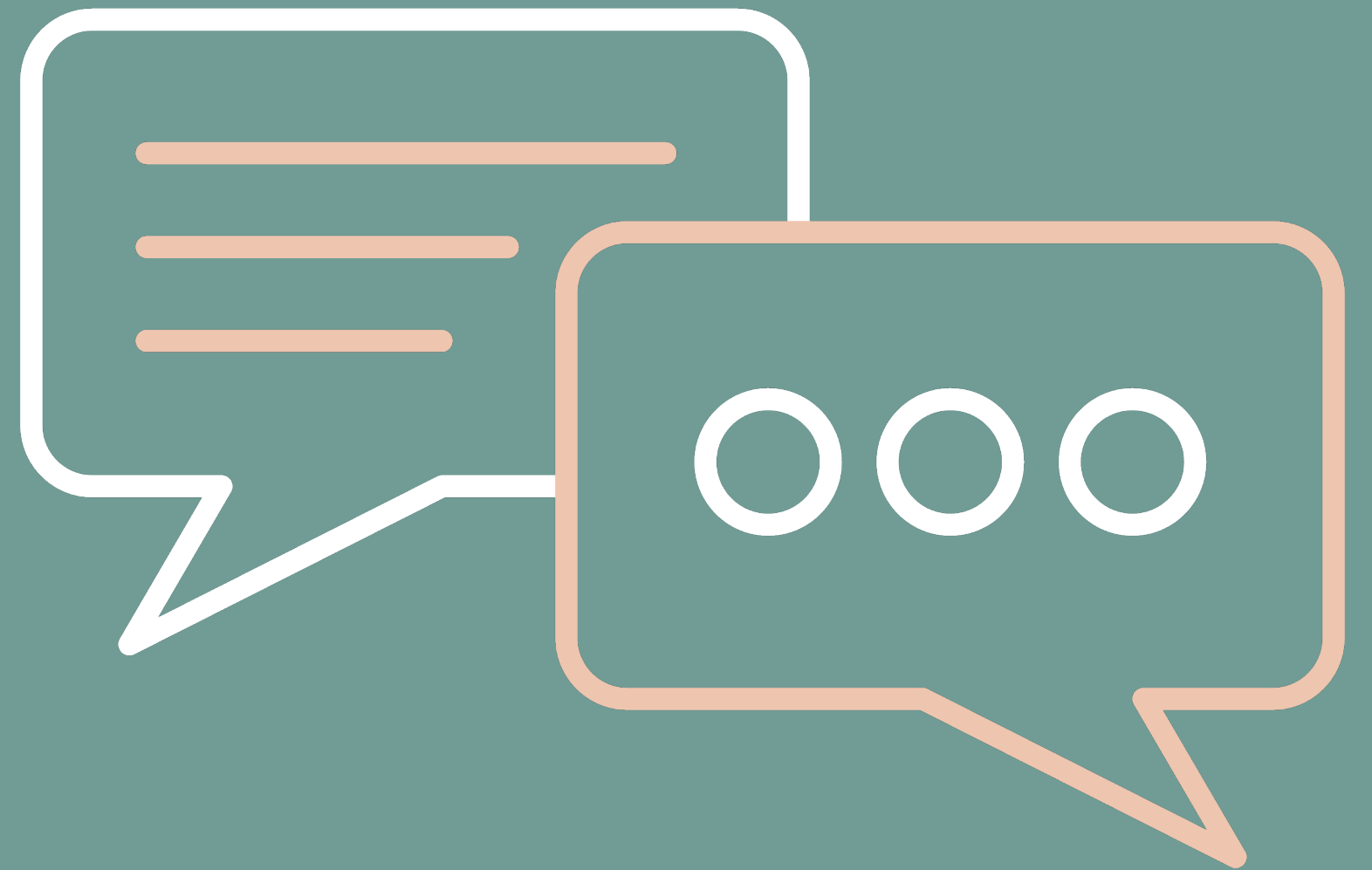
# Regulating Your Inner World:

Building Your Emotional Architecture

Cassandra Rambo, CPC



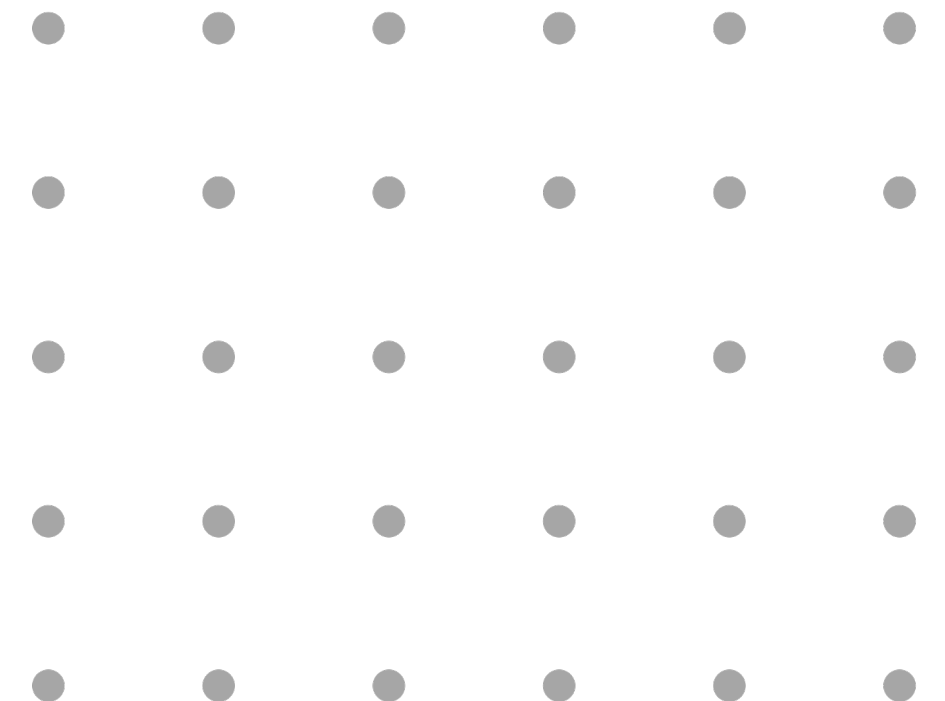
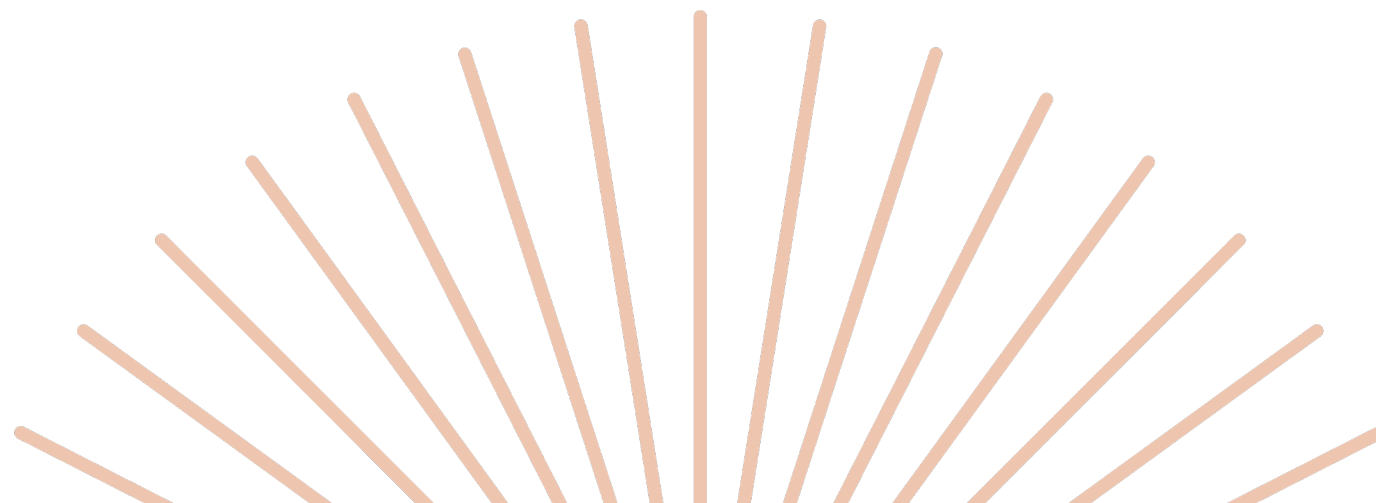
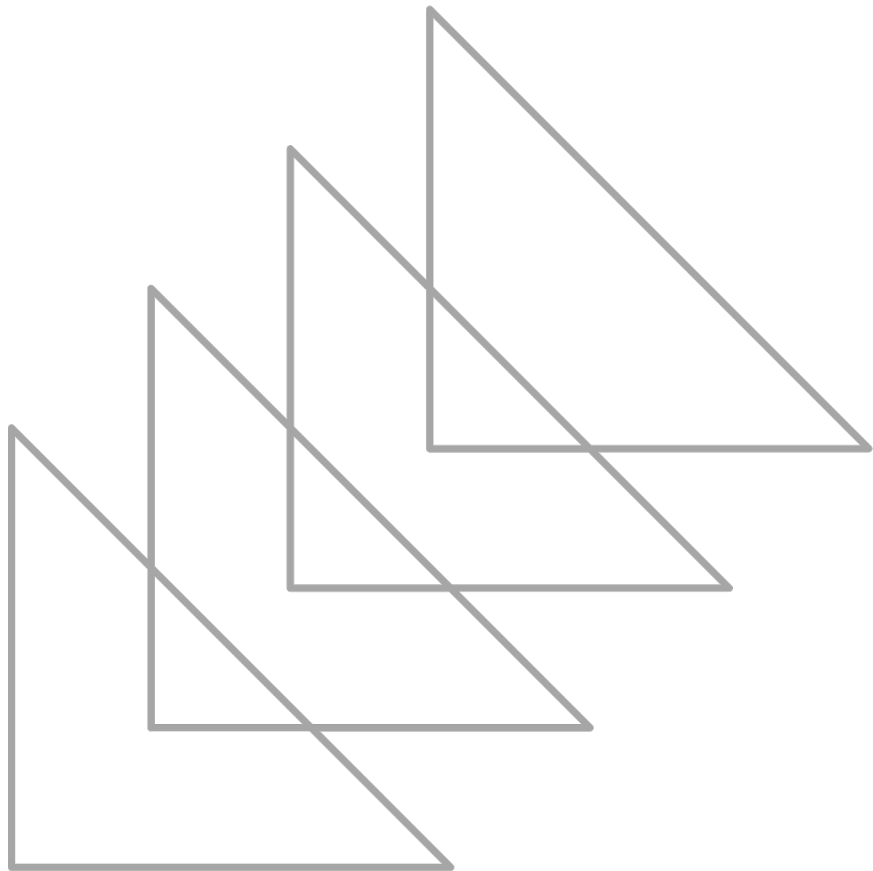
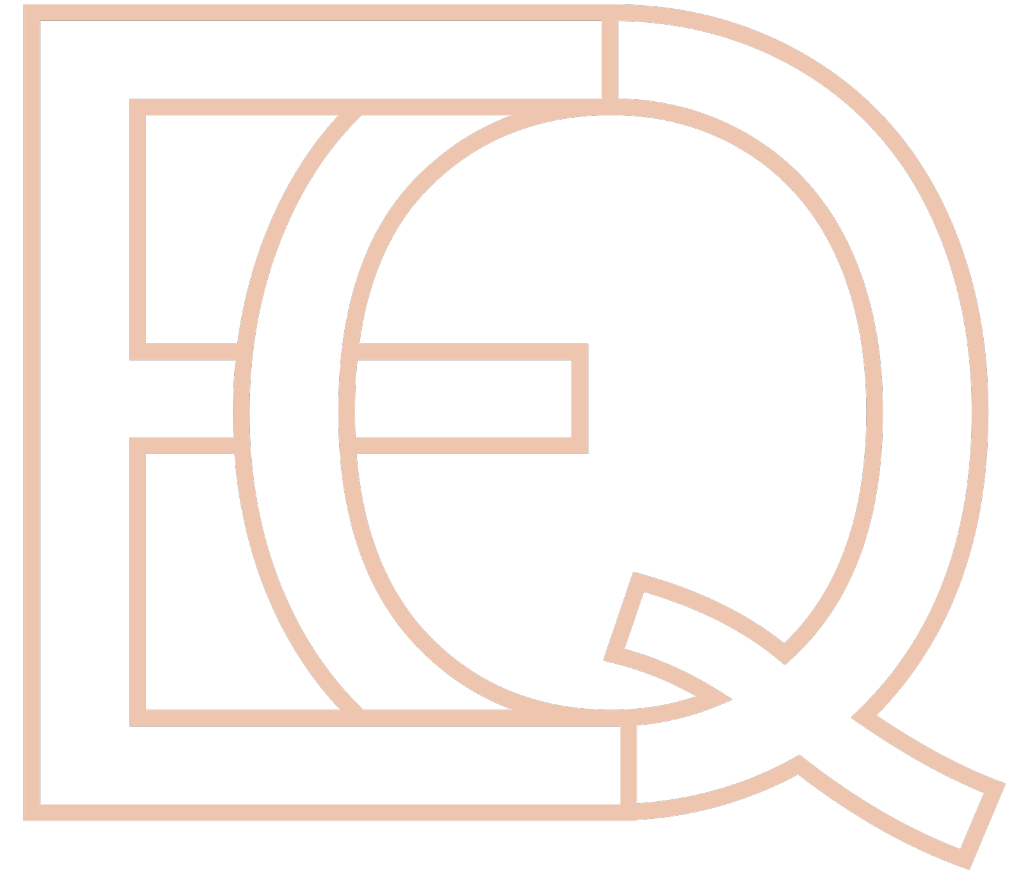
how are you feeling  
today?





# HELLO!

what's our purpose today?



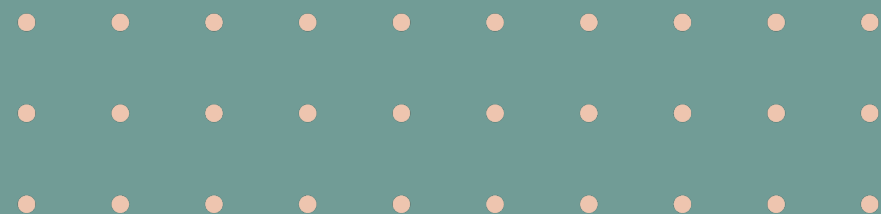
**01.** **DEFINITIONAL TERMS**  
*Defining Emotion & EQ*

**02.** **THEORIES & APPROACH**  
*The Study of Emotion*

**03.** **FRAMEWORK & STRATEGIES**  
*Techniques to Build Emotional Literacy*

**04.** **WRAP UP**  
*Final Thoughts and Q&A*

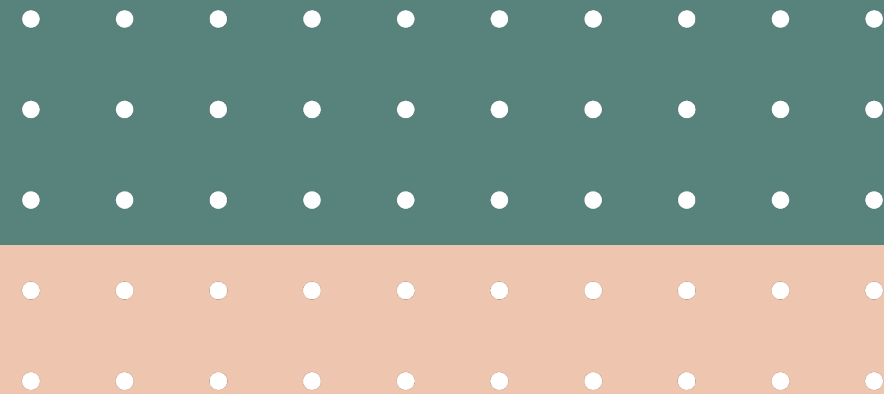
**AGENDA**

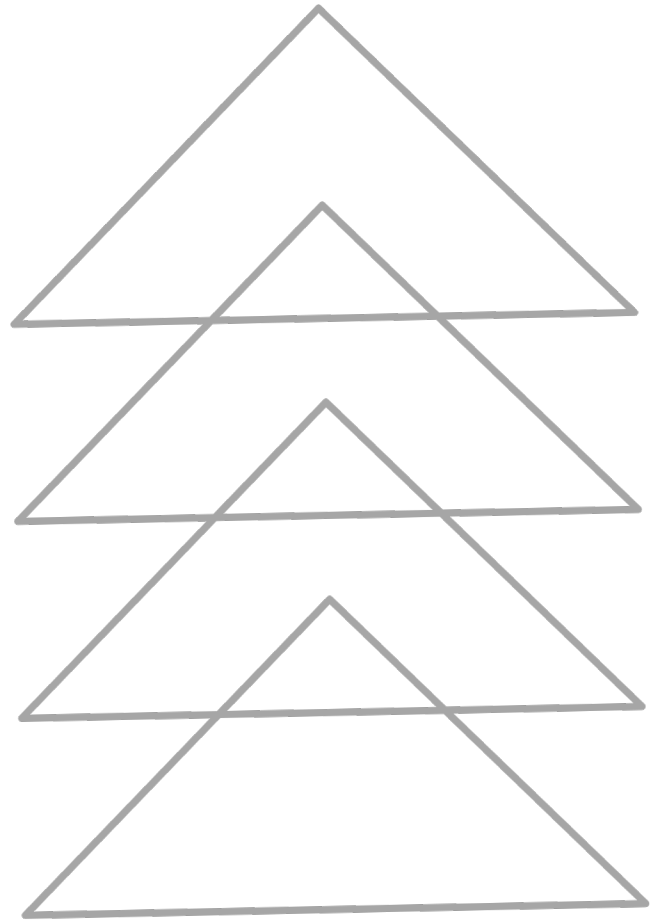


01.

# DEFINITIONAL TERMS

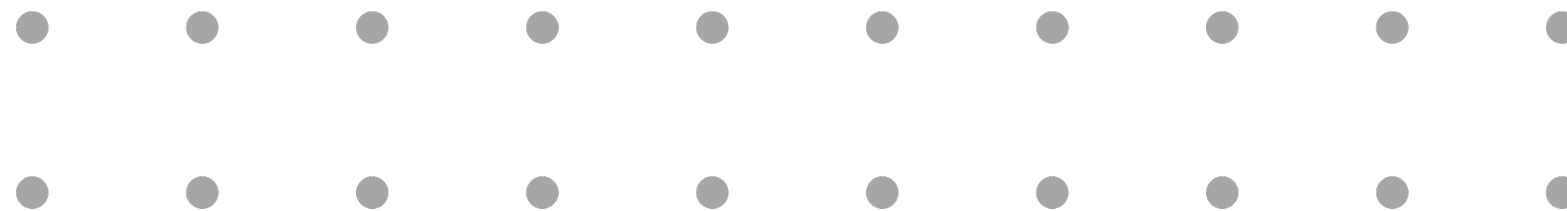
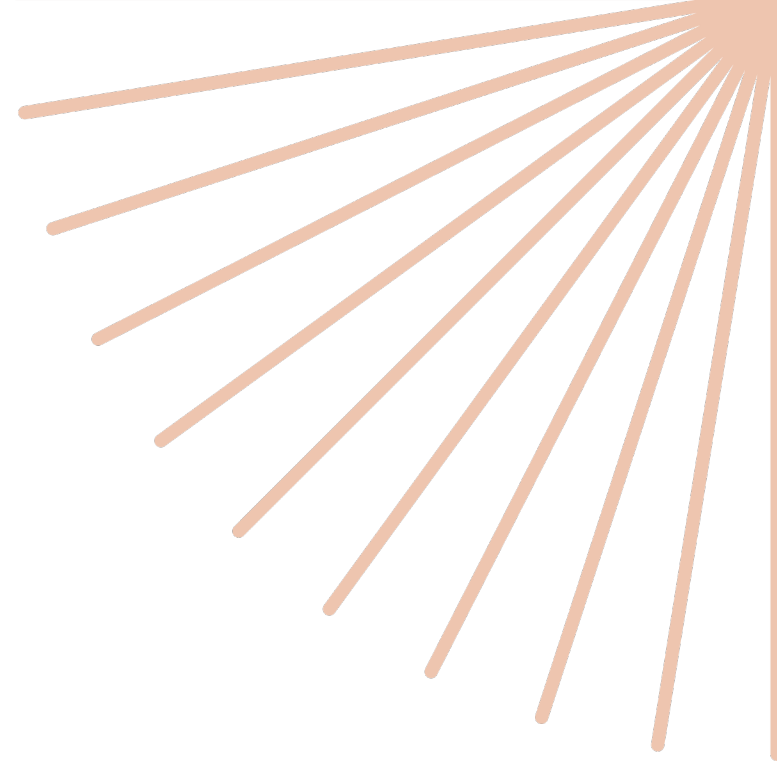
*Defining EQ*





# Emotion

*Noun.* a natural instinctive state of mind deriving from one's circumstances, mood, or relationships with others



# Emotional Intelligence

## AWARENESS

## MANAGEMENT

## SELF

Self-awareness - Recognize and understand your moods, emotions and motivations; and understand the effect on others

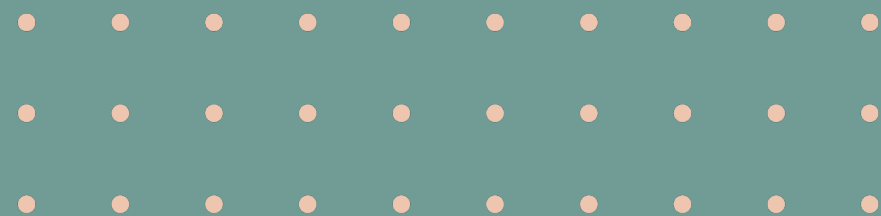
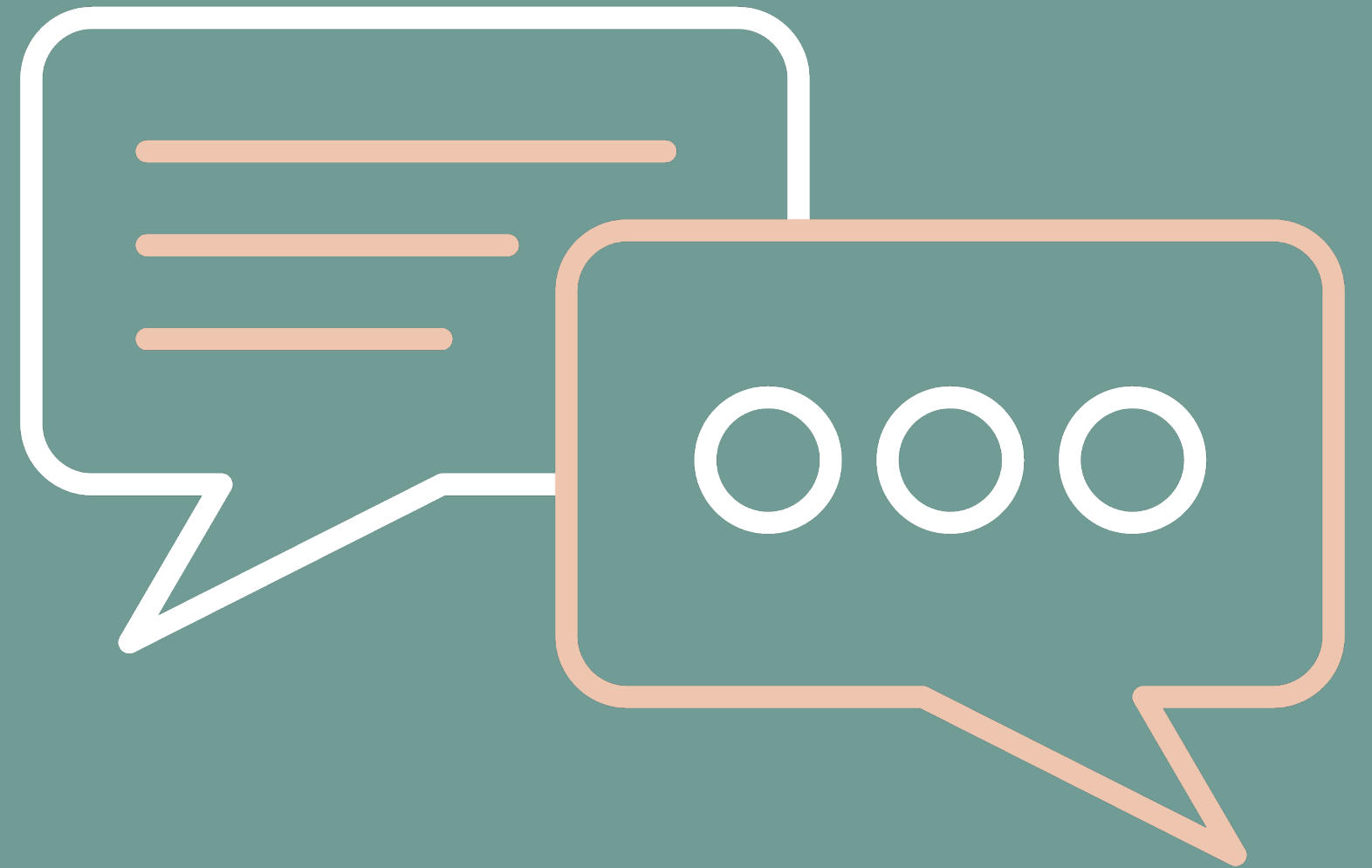
Self-management - Control or redirect disruptive impulses and moods, ability to suspend judgment, think before acting

## SOCIAL

Social-awareness - Empathy (treating people according to their emotional reactions, recognizing and understanding the emotion in others)

Relationship-management - (social skills) Building networks, influencing, ability to find common ground and build rapport

what emotions can  
you name?

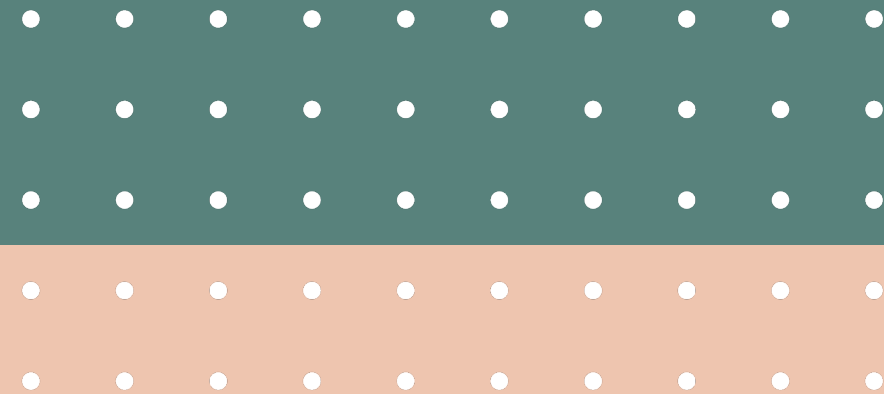
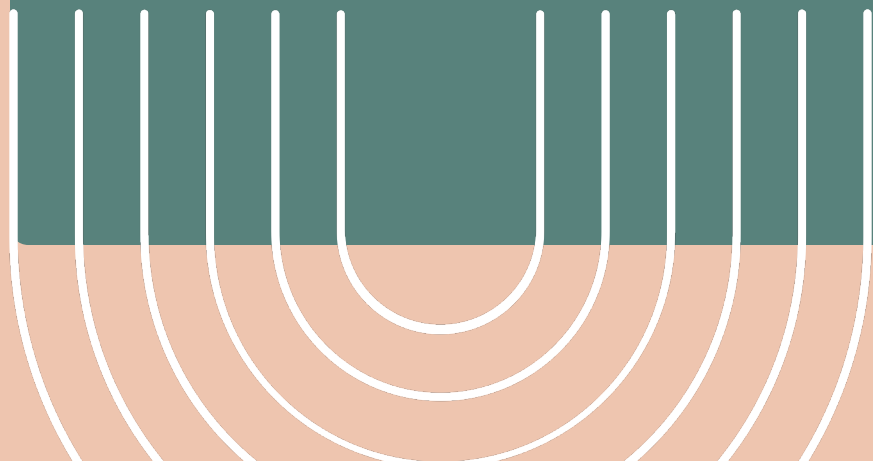




02.

# THEORIES & APPROACH

*The Study of Emotion*





PAUL EKMAN

Disgust

Happiness

Sadness

Fear

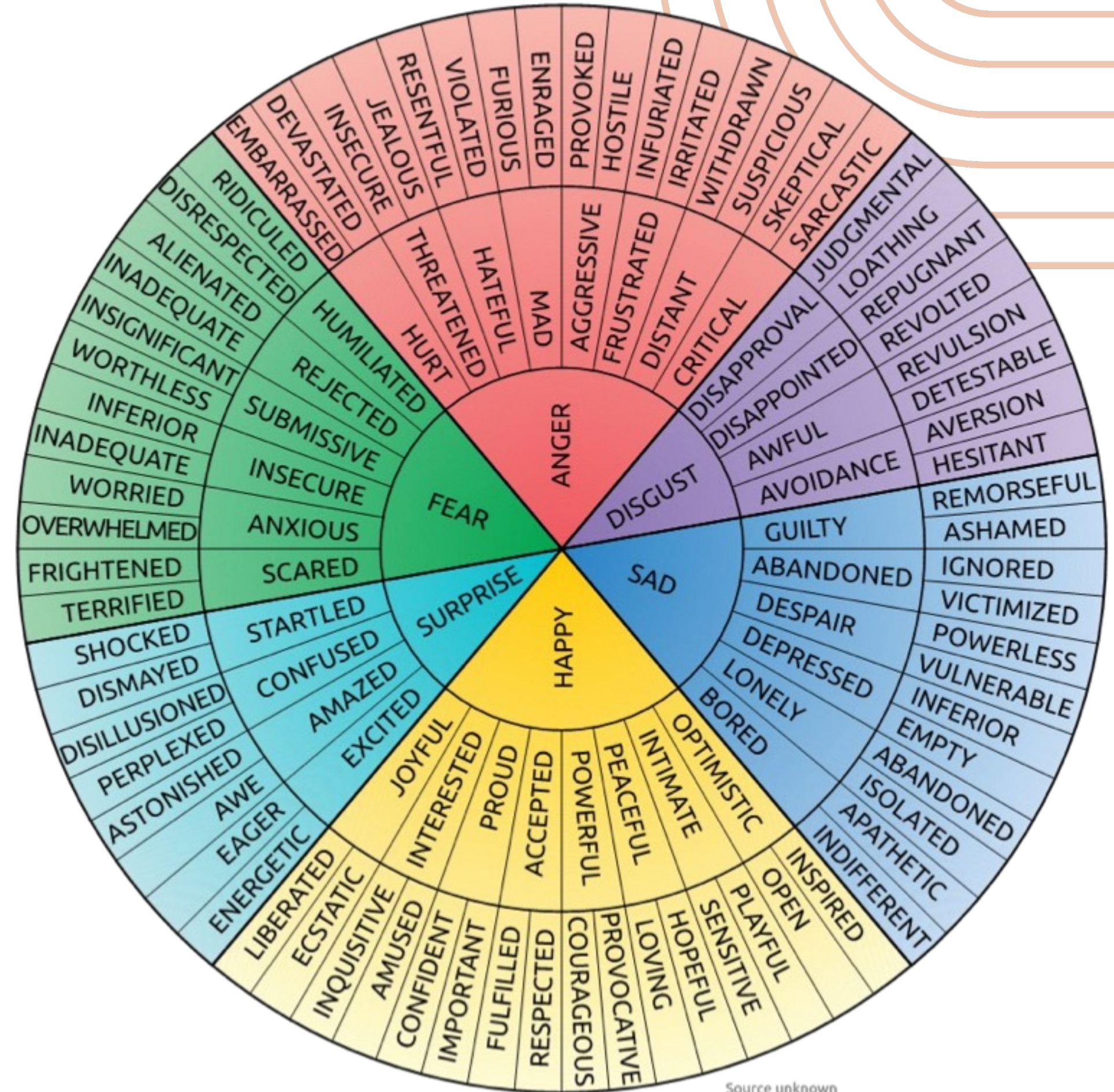
Anger

Surprise

Anticipation

Trust

ROBERT PLUTCHIK



Source unknown



our emotions  
aren't good or bad

but they do have a  
“negative” bias





# SIMPLE

Expression is universally recognizable

Produced automatically

Pure, can't be deconstructed



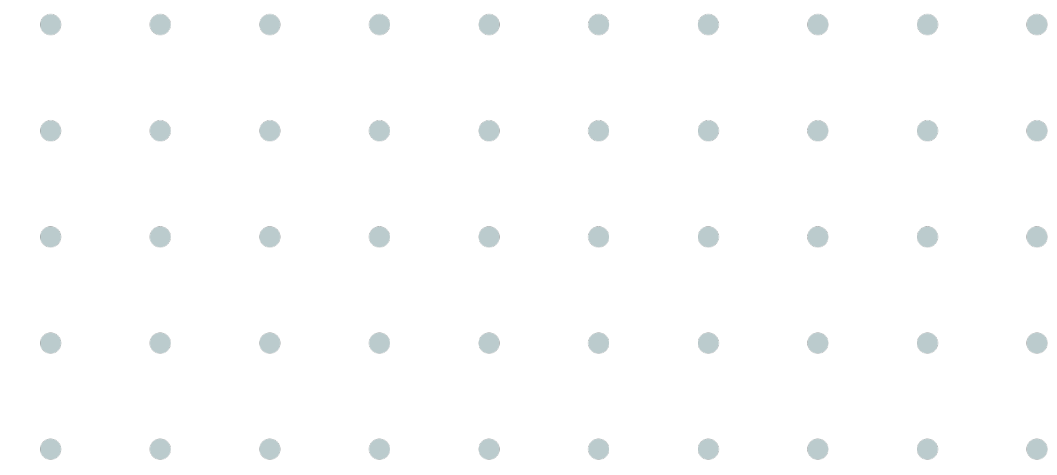
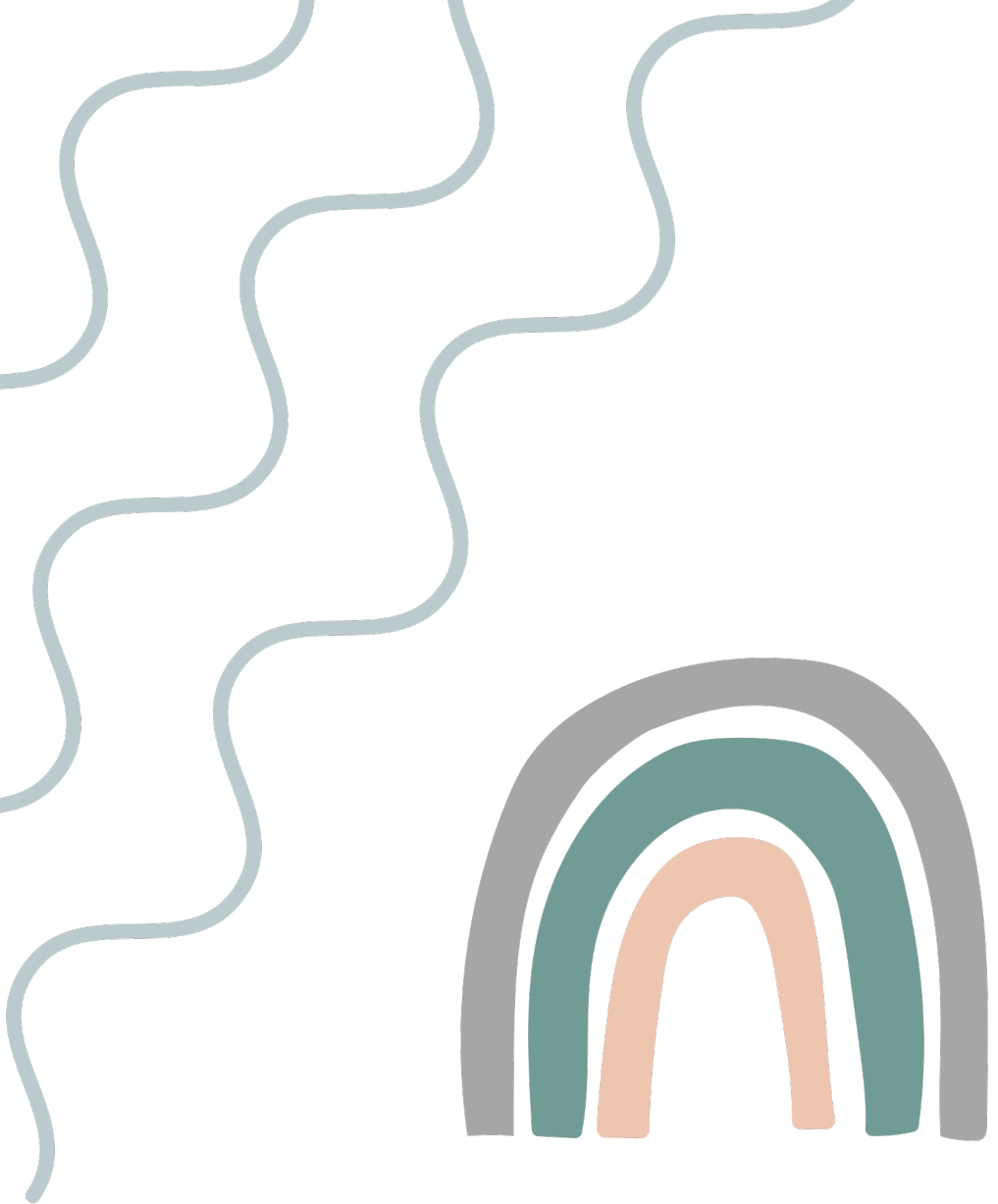
# COMPLEX

Expression varies and can be harder to recognize

Requires cognitive processing

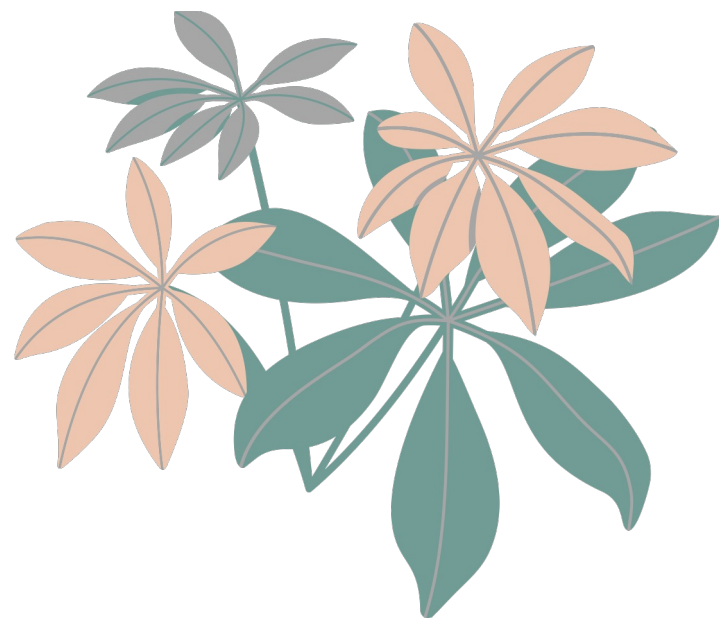
Made up of multiple emotions





## Thoughts Influence Feelings

Thought > Feeling > Action  
Intellectualizing Emotions



## Emotions are Contagious

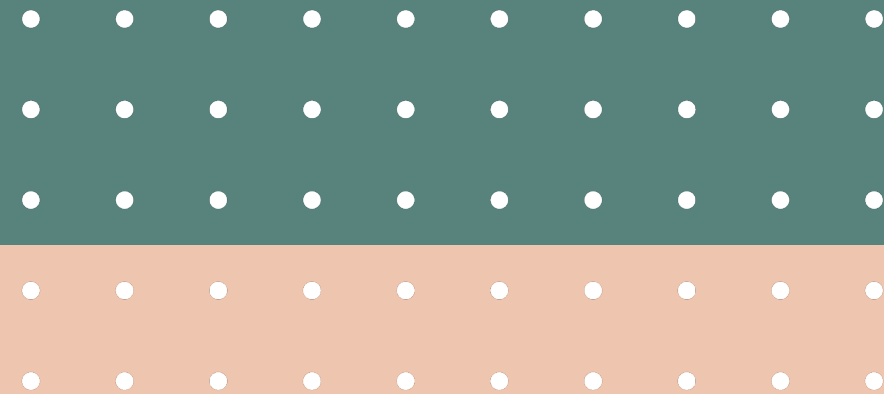
Emotions of 2 or more people  
converge, and are passed from  
person to person in groups

# THE SOCIAL SIDE OF EMOTIONS

03.

# FRAMEWORK & STRATEGIES

*Techniques to Build Emotional Literacy*







We cannot **selectively numb emotions**, when we numb the painful emotions, we also numb the positive emotions.



Berné Brown  
*The Gifts of Imperfection*



1

## KNOW

that a feeling is present

2

## ACKNOWLEDGE

whatever you can  
identify about the  
feeling

3

## CLARIFY

the feeling with as  
much granularity as you  
can

4

## ACCEPT

the feeling and know  
they they come and go

5

## REFLECT

on the feeling, consider  
its impact, intensity,  
and frequency

6

## ANTICIPATE

future feelings based  
on past experiences

# 6 STEPS TO WORKING WITH EMOTIONS







Notice & Name Emotions

Body Scan



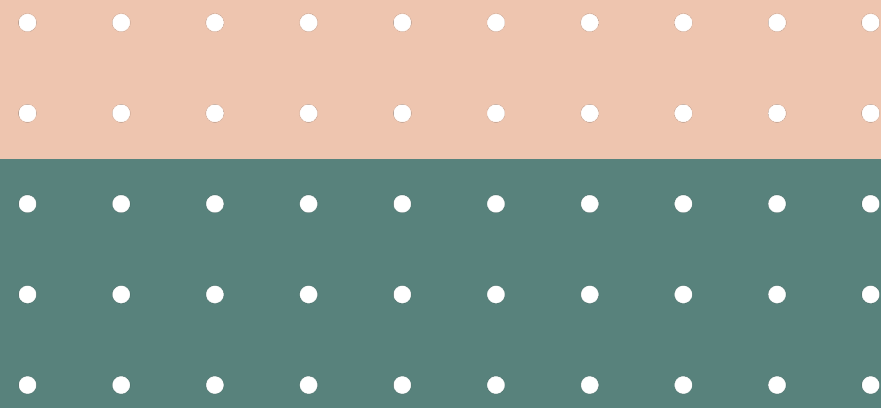
# STRATEGIES FOR DEEPENING EMOTIONAL LITERACY



Emotional Vocabulary

Express Yourself!





THANK YOU

