

# Emotional Fluency

“Having a high IQ might make you a genius, but having a high EQ makes you someone everyone else wants to be around.”

## Neuroplasticity: *the brain’s capacity to change*

- Old Trauma / ingrained habits and “it’s just how you were raised” does not need to last forever
- Neuroplasticity is the brain’s amazing capacity to change and adapt
- It is the “muscle building” part of the brain; the things we do often we become stronger at, and what we don’t use fades away

*PRACTICE*  
*changes the way the brain reorganizes itself by forming new connections through out life*

### HABIT #1: Self-Regulation

Managing upsetting reactions and impulses

R: Recognize

A: Accept

I: Investigate

N: Not-identify

### HABIT #2: Awareness & Empathy for Others

### HABIT #3: Healthy Inner Dialogue

HABIT #4: Understanding & Managing Triggers (when stress styles collide)

HABIT #5: Recognizing Feelings

HABIT #6: Practice Counter-Intuitive Move

**CONNECTION** → *rupture* → *protest* → *repair* → *reconnection*

## Emptying the Emotional Jug

*What are you MAD about?*

*What are you SAD about?*

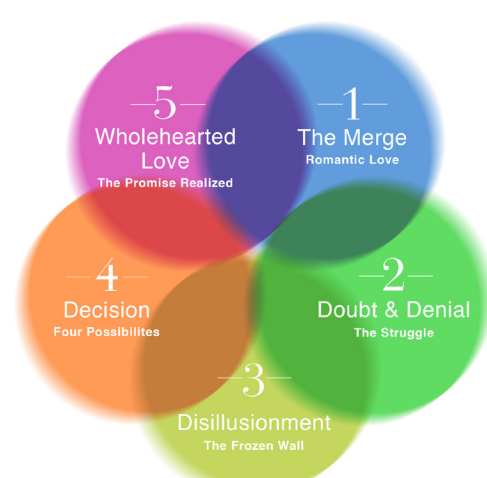
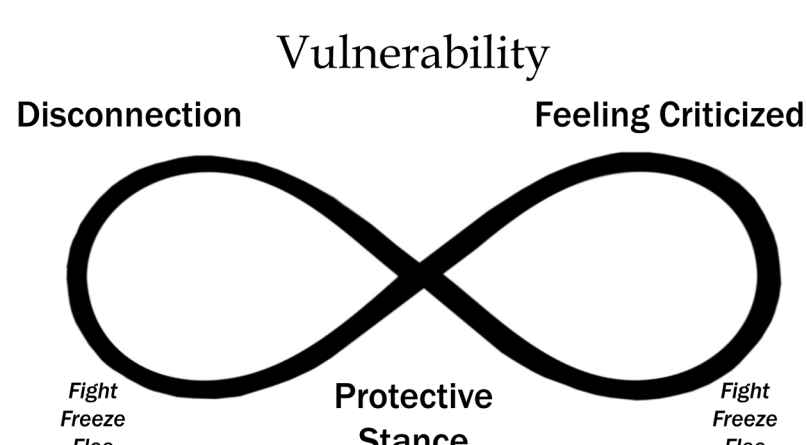
*What are you SCARED about?*

*What are you GLAD about?*



### LOVE CYCLES: the 5 Essential Stages

“Love’s journey is like a spiral, in which we can find ourselves back in earlier stages even after a long relationship.”



Copyright Linda Carroll, 2018  
May not be replicated without permission