

Is It Possible to Have Too Much Emotional Intelligence?

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By Susan Dunn

Is It Possible to Have Too Much Emotional Intelligence? by Susan Dunn, M.A., The EQ

Coach

Someone emailed me recently, "Do you think it's possible to have too much emotional intelligence going on? To the point that perhaps logic takes a backseat?"

Good question. The fact is, we need both IQ and EQ. You can't have "too much" emotional intelligence, but that doesn't mean at the expense of logic.

It's time to use logic, for instance, when figuring out a budget, or making a timeline for a project. Then there's a time to use emotional intelligence – using leadership skills, for instance, to get those people to make that timeline and project happen.

Emotional intelligence means using all your faculties, including logic and reason, to bring about results that are favorable. It means having the flexibility and creativity to see alternatives.

Say you're presented with a highly-charged emotional situation, for instance. You're furious with your partner and would like to hit him. Your EQ would tell you to manage that emotion, to stop and think. Your "thinking brain" would then consider the possible consequences of your act — seriously hurting him, going to jail, harming the relationship irreparably, feeling shame and guilt afterwards, and other things that are not in your best interest. At the same time, you could use your empathy to try and see things from their point of view.

There are times when logic does need to take a back seat, for instance when we need to use our hearts in managing a misbehaving toddler. Logic and reason aren't of much use with a two year old. They also aren't of much use in figuring out the big questions in life, like why bad things happen to good people.

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Emotional intelligence means managing emotions so you can take action in the best interest of all concerned. This also requires using your thinking brain!

To learn more about emotional intelligence, go here: <http://www.susandunn.cc/EQ.htm>

Susan Dunn, The EQ Coach, offers personal life coaching, transitions, career, relationships, emotional intelligence. Visit her on the web at www.susandunn.cc and <mailto:sdunn@susandunn.cc> .

What Are You Going to Inoculate Yourself Against in 2004?

By Susan Dunn

Ever wonder why there's a new flu vaccine every year? That's because the flu virus mutates a little every year, in order to infect us better, and we have to come up with a new vaccine to keep ahead of the game.

The virus keeps evolving so it can do us in, and we keep trying to find new ways to combat it. There is no such thing as a permanent "flu" vaccine, and there never will be.

Getting the vaccine makes us resistant to that particular strain, or resilient. We're likely to stay healthy and be able to fight it off, or to get over it quickly if we get infected.

Resilience is an Emotional Intelligence competency and the same principle applies: when we learn the skills that give us resilience, we're better able to cope with the stresses of our lives. Today more than ever, the stressors are changing rapidly, and we need to be able to change quickly too; to keep injecting ourselves, as it were, with new "vaccine." Emotional Intelligence gives you the power to do this.

Last year maybe it was a layoff, a forced retirement, depression, or sending your firstborn off to college. This year it may be major surgery, marriage, a promotion, or having your first child. Learning Emotional Intelligence competencies will make you better able to cope with whatever comes your way and will assist you through all your transitions.

The quicker we can change, and adapt, the more resilient we'll be!

Start the year off right by honing your Emotional Intelligence competencies. Take an EQ Foundation course, and work with a certified EQ coach.

Your health depends upon it!

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What Are You Going to Inoculate Yourself Against in 2004?

Emotional Intelligence vs. Cognitive Intelligence

How to Learn What You Need to Learn in Order to Succeed

Reality Testing & Emotional Intelligence

Managing Employees to Accelerate Learning Curve

Forbidden Psychological Tactics

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