

Is Someone Bugging You?

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Is Someone Bugging You?

By Susan Dunn

Is Someone Bugging You? by Susan Dunn, MA, Emotional Intelligence Coach & Consultant

I imagine you answered "yes" to this. It seems like there's always someone "bugging" us. Well let's take a look at this.

"If you hate a person, you hate something in him that is part of yourself," wrote the author Hermann Hesse. "That isn't part of ourselves doesn't disturb us."

Hesse calls it "hating" the other person, but your reaction can be milder, such as annoyance, disgust, dislike, or a general feeling of wanting to be elsewhere. It's likely when you feel these things, if you handle the situation with your Emotional Intelligence, you can learn some important things about the other person, your emotions, and also about yourself.

Typically we clash with people who are like us in some way, or exhibiting some trait we ourselves have trouble with, and this triggers emotions that need looking at. Emotional Intelligence is all about being aware of your emotions, understanding where they're coming from and what information they're trying to give you, and then thinking it through before you respond (or not).

Next time you're with a person who annoys you stop and process what's going on. If you think they're "pig-headed" for instance, could this be because you are, or were, or are struggling with this trait in yourself?

If you think they're "scattered and disorganized" could this be because you work so hard to keep yourself focused and organized and don't like to be reminded about how hard it is?

The trick - the learning point - is to sit with the emotion and explore it a bit. Be honest with yourself about where it's coming from. When you think about it, if you weren't pig-headed or scattered in the least, your reaction to someone who was would be of either compassion or curiosity. You might wonder how they got that way, or be eager to teach them how to conduct themselves in a manner that was more productive. Instead, if you know the trait all too well, it's pulling on something inside you, and this is one of the ways our emotions give us information.

Is Someone Bugging You?

Sort through what you're feeling, being honest with yourself. Is their pig-headedness or lack of focus reminding you of yourself at your worst? Is it bringing about the emotions in you that stir when you ARE being pig-headed or scattered?

Emotional Intelligence means putting a pause between emotions and response. It means allowing the emotion to process and learning from it, and then using your thinking brain to come up with a purposeful response. Sometimes it may mean not responding at all. If you do respond, you need to put some thought into it. Don't let it be just an automatic reaction to what's going on. That doesn't help you, doesn't help the other person, and doesn't help the situation.

One of the times we're most likely to self-sabotage is when we're in the midst of a strong emotion.

Learning to experience and process the emotion, and then make a positive response is what Emotional Intelligence is all about.

©Susan Dunn, MA, Emotional Intelligence Coach and Consultant, <http://www.susandunn.cc> . Coaching, consulting, business programs, Internet courses, teleclasses and ebooks around Emotional Intelligence. I train and certify EQ coaches. [Mailto:sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for more information, and for FREE ezine. Put "ezine" for subject line.

Choose An Aquarium For The Kids

By Martin Stoleman

The chances are high that as long as you have kids they will continue to ask for new things, better things, and more entertaining things. They will ask for the latest toys, electronics, and games. At some point they will ask for expensive clothes, cell phones and cars. Probably most kids will ask for a pet at least once during their childhood years. Making a pet a part of your family can actually be a very positive thing for everyone involved. Consider getting an aquarium full of fish the next time your children start bugging you for something new.

I happen to love aquariums, so perhaps I am just a little bit partial. When my own children began bugging me to get a dog or a cat for our family, I compromised and brought home a medium sized aquarium and ten fish to put in it. My children were thrilled and quickly forgot about their "need" for a furry friend. I was relieved for many reasons.

Typical pets such as cats or dogs take a lot of work and require a lot of attention. While most kids want them, few kids have a real understanding of the time and energy it takes to care for pets. Getting an aquarium full of fish can be a great way to teach your kids about responsibility in a way that they can actually handle. Don't get me wrong – having an aquarium of fish takes work – but not the level of work that typical pets take.

I also love the idea of parents choosing an aquarium for their kids because I think a well kept aquarium adds a lot of beauty and fun to a house. Guests love to look at an aquarium and to learn about the

Is Someone Bugging You?

different kinds of fish it holds. Kids will be proud to show off their aquarium and to tell all they have learned about fish and caring for them.

We all know how busy life today is. We know that kids are busy not only with school, but also with many after school and weekend activities. The reality for most families is that a dog or a cat would probably not receive the attention and care that they need. Anyone wishing to own an animal has to have a realistic picture of what kind of pet owner they will be. It is not fair to take a pet into your home unless you can rightly provide the time, attention and care that it needs. Hence the aquarium full of fish. Little time or energy needed, but still something for your kids to focus on and take a level of responsibility for.

Writer Martin Stoleman rightly chose an aquarium for his children's desire for a pet. He thinks it is the right move for most busy families. See

<http://www.allaquarium.info>

for more.



This Free E-Book has been brought to you by Natural-Aging.com.



Is Someone Bugging You?

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!