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

**Reality Testing & Emotional Intelligence**

**By Susan, certified emotional intelligence coach**

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Has this ever happened to you? You're sitting there, let's say you're at work, and you start to feel chilly, so you grab the sweater off the back of your chair without thinking - the one you keep at work - and slip it on.

A few minutes later you're distracted again because you're still cold. "That's strange," you think. You look around the office. No one else looks cold. You go to get your coat and you say, "Is anyone else cold?" They shake their heads no.

You put your coat over your lap and get back to work. But you're still cold.

Suddenly it dawns on you - "I must be getting sick." Nothing has changed outside, it's something that's going on inside you. It's cold outside, but the temperature in the office hasn't changed since you got in. It never does. And no one else is cold. You do a quick check - "Yes, my eyes are getting achy, yes I feel weak." Ah hah.

Now, consider this in regards to your emotions. One of the Emotional Intelligence (EQ) competencies is reality-testing. The cornerstone of Emotional Intelligence is self-awareness. You need to know when something happens whether it's because of something that happened outside, or inside. (Of course it can be a combination, too.)

For example, let's say you didn't get a good night's sleep and you skipped breakfast and you're on a deadline. Your secretary isn't there when you arrive, and doesn't wander in till 30 minutes later, and you pitch a fit.

Now what caused what? On another day, with a good night's sleep, and good breakfast and less stress, you wouldn't have reacted that way. It wasn't as much your secretary coming in late as it was your internal state.

## Reality Testing Emotional Intelligence

Being able to distinguish what's coming from the outside and what's coming from the inside is important to your Emotional Intelligence - understanding and managing your own emotions and those of others. After all, you might present an excellent report to your boss one day right after he's had a big fight with his wife, or when his ulcer is acting up. That will make a difference in his response and you need to factor that in.

And if you want your husband to consent to taking you to that concert, it would be emotionally intelligent to plan the ask for a time when you know he's most likely to say "yes."

"Wait til your father's had dinner," my Mom always used to say. It can make a difference in your negotiating to be aware of the internal state of yourself and others.

(c)Susan Dunn, MA, The EQ Coach, <http://www.susandunn.cc> . Coaching, distance learning, and ebooks around emotional intelligence for relationships, career, transitions, success, resilience. Mailto:[sdunn@susandunn.cc](mailto:sdunn@susandunn.cc) for free ezine. For ebooks – <http://www.webstrategies.cc/ebooklibrary.html> .

### **Is It Possible to Have Too Much Emotional Intelligence?**

**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.

## Reality Testing Emotional Intelligence

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.

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](http://www.susandunn.cc) and <mailto:sdunn@susandunn.cc> .



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