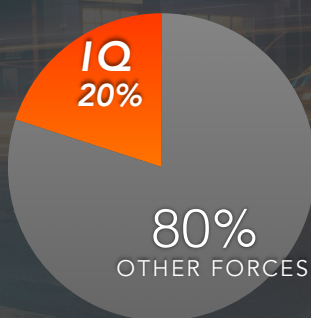
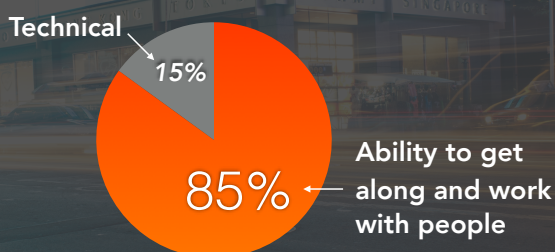


“LIFE SUCCESS” FACTORS

Researchers today say at best, your IQ contributes about 20 percent to the factors that determine life success, which leaves 80 percent to other forces.



Zig Ziglar once said 15% of your success on your job has to do with your technical skills, 85% is the ability to get along and work well with people.



EMOTIONAL INTELLIGENCE > IQ

WHAT IS EMOTIONAL INTELLIGENCE?

“Emotional Intelligence is the ability to recognize and understand emotions, and your skill at using this awareness to manage yourself and your relationships with others.”

Dr Travis Bradberry, *The Emotional Intelligence Quick Book*

FOUR CORE EMOTIONAL INTELLIGENT SKILLS

	What I See	What I Do
PERSONAL COMPETENCE >	SELF-AWARENESS	SELF-MANAGEMENT
SOCIAL COMPETENCE >	SOCIAL AWARENESS	RELATIONSHIP MANAGEMENT

EMOTIONAL INTELLIGENCE

“HE WHO IS SLOW TO ANGER IS BETTER THAN THE MIGHTY, AND HE WHO RULES HIS SPIRIT THAN HE WHO TAKES A CITY.”

PROVERBS 16:32

Learning to rule our spirit, that is, to know and control our thoughts and feelings as well as to be aware of those around us and manage healthy relationships, is a form of intelligence that can be developed.

WHAT DOES THE BIBLE SAY ABOUT MY EMOTIONS?

“HE WHO IS SLOW TO ANGER IS BETTER THAN THE MIGHTY, AND HE WHO RULES HIS SPIRIT THAN HE WHO TAKES A CITY.”

PROVERBS 16:32

Learning to rule our spirit, that is, to know and control our thoughts and feelings as well as to be aware of those around us and manage healthy relationships, is a form of intelligence that can be developed.



A FOOL EXPRESSES ALL HIS EMOTIONS, BUT
A WISE PERSON CONTROLS THEM.
PROVERBS 29:11

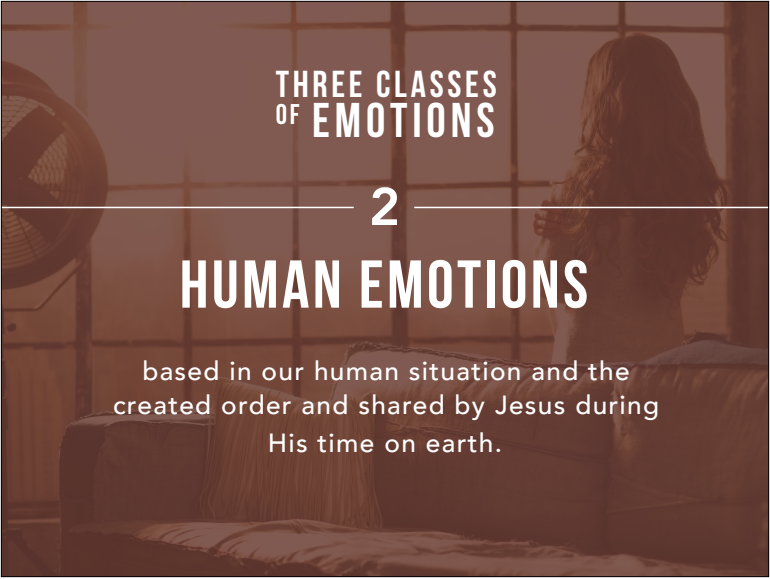


THREE CLASSES
OF EMOTIONS

1

HOLY EMOTIONS

those experienced by God such as
compassion, joy, and holy indignation and
those that accompany life in the Spirit such
as praise, worship and adoration.



THREE CLASSES
OF EMOTIONS

2

HUMAN EMOTIONS

based in our human situation and the
created order and shared by Jesus during
His time on earth.

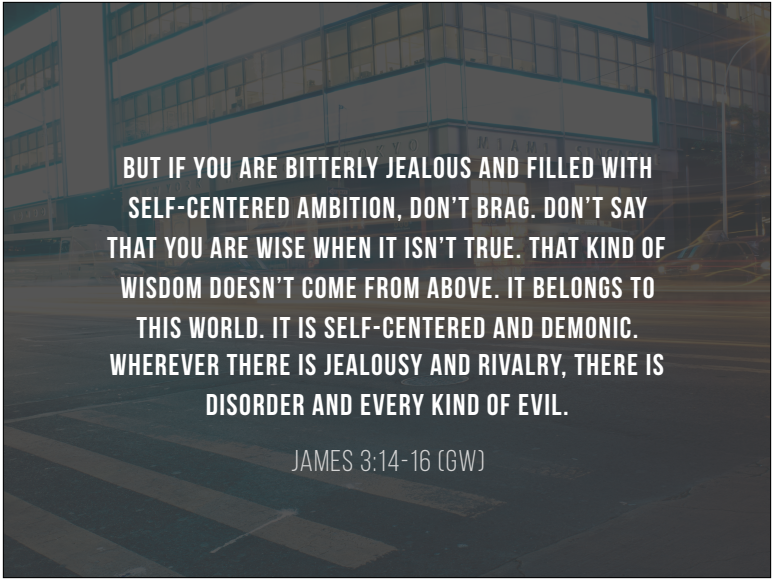


THREE CLASSES OF EMOTIONS

3

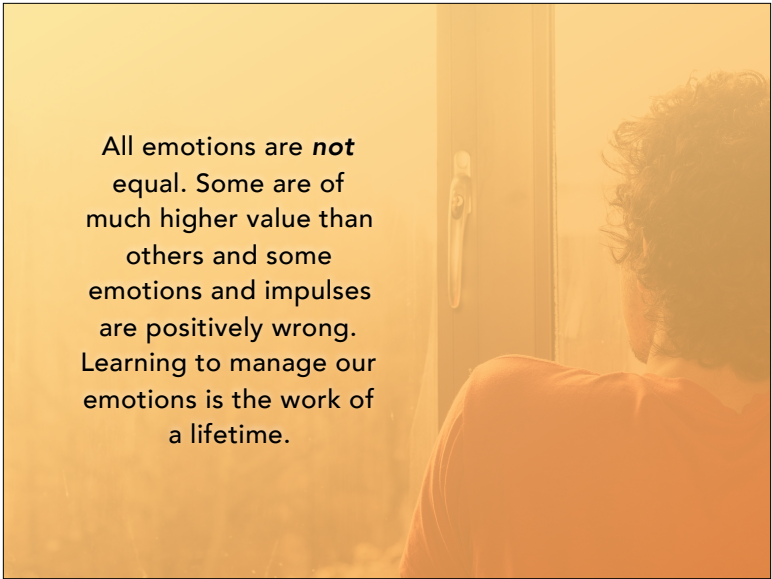
FLESHLY EMOTIONS

are poisonous and destructive and include toxic emotions such as malice, envy, selfish ambition, sensuality, bitterness, overpowering lusts and murderous hatred.



BUT IF YOU ARE BITTERLY JEALOUS AND FILLED WITH SELF-CENTERED AMBITION, DON'T BRAG. DON'T SAY THAT YOU ARE WISE WHEN IT ISN'T TRUE. THAT KIND OF WISDOM DOESN'T COME FROM ABOVE. IT BELONGS TO THIS WORLD. IT IS SELF-CENTERED AND DEMONIC. WHEREVER THERE IS JEALOUSY AND RIVALRY, THERE IS DISORDER AND EVERY KIND OF EVIL.

JAMES 3:14-16 (GW)



All emotions are **not** equal. Some are of much higher value than others and some emotions and impulses are positively wrong. Learning to manage our emotions is the work of a lifetime.

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WHY SHOULD I MANAGE MY EMOTIONS?

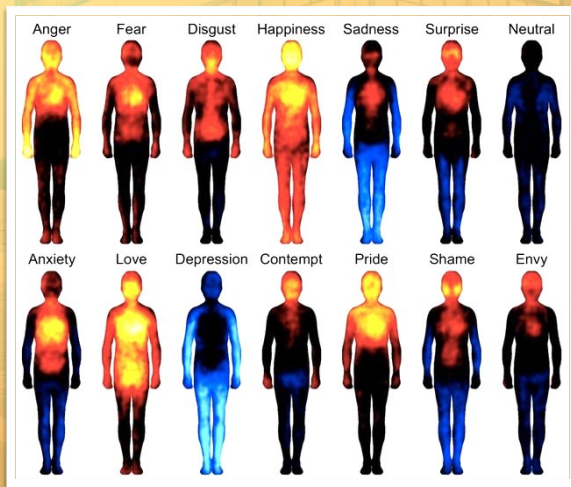
While wisdom leads to life

PROVERBS 3:18; 16:22

...

folly ultimately leads to death

PROVERBS 5:23; 10:21



?

WHAT IF I AM EXPRESSING AN EMOTION I DON'T WANT?

...for as a man thinks in his heart, so is he.

PROVERBS 23:7

Don't become like the people of this world. Instead, change the way you think. Then you will always be able to determine what God really wants-what is good, pleasing, and perfect.

ROMANS 12:2



PRACTICAL STEPS TO MANAGE MY EMOTIONS

NAME IT!

Ask yourself **TWO** questions:

1. First, what am I really feeling?
2. What are my triggers? What triggered this?

You can't manage a vague feeling. You must pinpoint it. Identify it. You can't solve a problem you can't identify.

PRACTICAL STEPS TO MANAGE MY EMOTIONS

CHALLENGE IT!

Ask yourself some challenging questions.

1. What is the real reason I am feeling this?
2. Is it true? Is it real?
3. Is what I am feeling helping or hurting me?

Lord, cross-examine me. Test my motives and my affections. PSALM 26:2 (NLT)

PRACTICAL STEPS TO MANAGE MY EMOTIONS

TAME IT!

1. **CLEAR** your head to be open to a new perspective
2. **CHANGE** what you are thinking
3. **CHANNEL** what you are feeling
4. Give **CONTROL** to the Holy Spirit!

PRACTICAL STEPS TO
MANAGE MY EMOTIONS

TAME IT!

But the Holy Spirit produces this
kind of fruit in our lives: love, joy,
peace, patience, kindness,
goodness, faithfulness, gentleness,
and self-control.

GALATIANS 5:22-23 (NCV)



NAME IT

CHALLENGE IT

TAME IT

CLEAR your head
CHANGE your thinking
CHANNEL your feelings
Give **CONTROL** to the Holy Spirit.



NAME IT

CHALLENGE IT

TAME IT

CLEAR your head
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Give **CONTROL** to the Holy Spirit.





MAKING LIFE

WORK

REAL SOLUTIONS FOR EVERYDAY LIVING

PART 15: EMOTIONAL INTELLIGENCE
