

Chapter 9 / Growth Opportunity: EQ Check-In

When things don't go as planned emotions can be high and become unregulated. This is where it is even more critical than ever to tap into our self-awareness and management to optimize our social interactions and recover relationships.

It's time to check back revisit your EQ testing — are you scoring the same or different?

EMOTIONAL INTELLIGENCE CHECK IN

Review each situation or setting and rate how you would respond or how it reflects your typical reaction as

1-never; **2**-rarely **3**-sometimes; **4**-usually; **5**-always

Score	Item #	Situation or Setting
	1	I am aware of the physical reactions (twinges, aches, sudden changes) that signal a “gut reaction.”
	2	I readily admit mistakes and apologize.
	3	When I feel angry I can still stay composed.
	4	I generally have an accurate idea of how another person perceives me during a particular interaction.
	5	In assessing a situation, I look at my biases and adjust my assessment accordingly.
	6	I can keep going on a project, despite obstacles.
	7	I can engage in an interaction with another and pretty well size-up that person’s mood based on non-verbal signals.
	8	Others feel encouraged after talking to me.
	9	I consider my “emotional temperature” before I make important decisions.
	10	When I feel a strong impulse to do something, I usually pause to reflect and decide whether I really want to act on it.
	11	I can deal calmly, sensitively, and proactively with the emotional displays of others.
	12	I can identify the emotion I am feeling at any given moment.
	13	I am able to honestly say how I feel without getting others upset.
	14	I can show empathy and match my feelings with those of another person in an interaction.
	15	I think about the emotions behind my actions.
	16	I am respected and liked by others, even when they don’t agree with me.
	17	I watch how others react to me to understand which of my own behaviors are effective and which are not.
	18	I am good at managing my moods, and I refrain from bringing negative emotions to work.
	19	It’s easy to understand why other people feel the way they do.
	20	I can effectively persuade others to adopt my point of view without coercing them.



Interpreting your score

Now that you have reviewed, reflected and scored your personal response to each statement you know are able to better understand what this means for you. For each question place your score into the box into corresponds to. For example, If I gave myself a score of 5 for #1, I would place a 5 in the #1 in self-awareness and do the same for #5, #9, #12 and #15. Then add up the scores in each of the emotional intelligence dimensions to characterize how you find you are doing in each of these 4 areas. Any dimension where your score is less than 18 highlights a growth opportunity and area of focus that you can build upon.

Self-Awareness	Self-Management	Social Awareness	Social Management
1. _____	3. _____	4. _____	2. _____
5. _____	6. _____	7. _____	8. _____
9. _____	10. _____	14. _____	11. _____
12. _____	13. _____	17. _____	16. _____
15. _____	18. _____	19. _____	20. _____
Total _____	Total _____	Total _____	Total _____



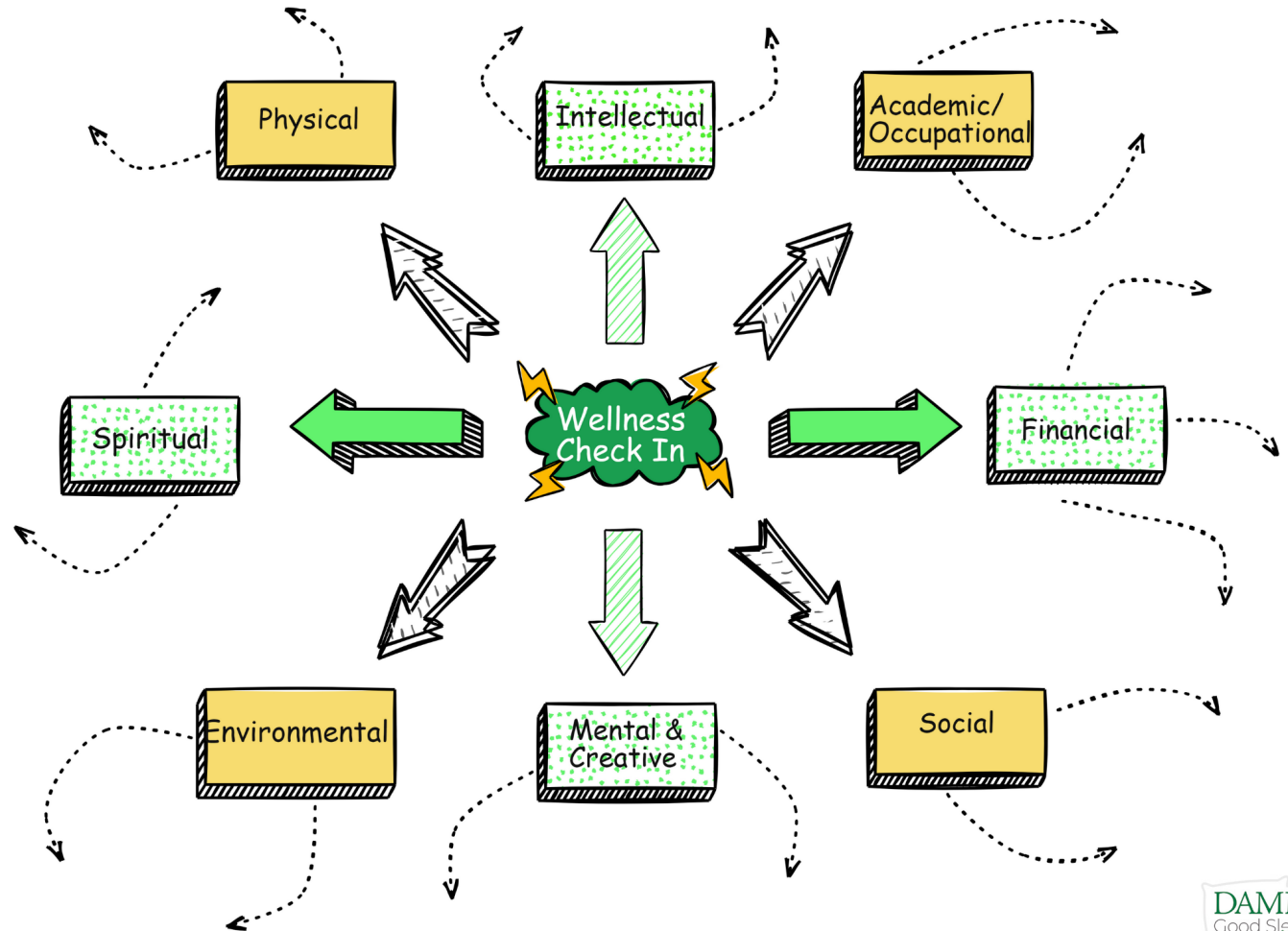
Emotional Intelligence can develop with purposeful effort, feedback from others and resources directed at the domain that can improve. Even if you are above 18 in all areas there is always an opportunity to grow.

Consider this a wild card and you get to choose your area of focus.

In order to be the best version of ourselves we need to take advantage of all 24 hours. No! I don't mean curtailing sleep to get more done. I mean checking in on all our areas of wellness and also using sleep and circadian health as a tool to optimize our mood, behavior, function and performance. Here are some additional resources to consider using.

Instructions:

1. Reflect on your overall wellness over the past 6–12 months based on the 8 pillars of wellness.
2. Assign to each category behaviors, actions or variables that have influenced or represent that pillar of wellness for yourself.
3. Evaluate the distribution of wellness fulfillment or gaps that exist across each pillar for you.
4. If it is asymmetrically distributed or imbalanced, write down strategies that may improve areas of deficit.
5. If it is well distributed and symmetric, write down strategies to maintain that balance.





SLEEP AND HEALTH MANAGEMENT



DIAGNOSTIC ROLE



Sleep patterns can help diagnose disorders such as sleep apnea, insomnia, and narcolepsy. Abnormalities in sleep stages or interruptions in breathing during sleep can indicate underlying health issues that require medical attention.

PROGNOSTIC VALUE



The quality and quantity of sleep can serve as a prognostic marker for various conditions. For example, poor sleep quality has been linked to a greater risk of developing chronic diseases like obesity, diabetes, and cardiovascular disease.

MANAGEMENT TOOL



Good sleep hygiene is a critical component of treatment plans for both physical and mental health issues. Addressing sleep problems can improve overall health outcomes and enhance the effectiveness of other therapeutic interventions.

SLEEP METRICS



Measuring sleep through metrics such as duration, efficiency, and disturbances (e.g., using actigraphy) provides valuable data for clinicians to assess patient health and adjust treatment strategies.

THERAPEUTIC SLEEP



Certain therapies, such as cognitive-behavioral therapy for insomnia (CBT-I), focus on improving sleep as a primary method for improving patients' overall health and well-being.

PREVENTIVE ASPECT



Adequate sleep is not only therapeutic but also preventive. It bolsters the immune system, aids in memory consolidation, and reduces the risk of certain diseases.

MENTAL HEALTH LINK



There is a strong connection between sleep and mental health. Sleep disturbances are commonly associated with conditions such as depression, anxiety, and bipolar disorder.

MEDICATION EFFECTS



Sleep can be impacted by medications, and some drugs specifically aim to modify sleep patterns to improve health. Therefore, monitoring sleep can help in evaluating medication effectiveness and side effects.