

## ARE YOU EMOTIONALLY LITERATE?

Emotional intelligence is not merely about controlling emotional responses for one's own benefit and that of others. It is also about using emotion where suitable. Emotion is, after all, at the heart of that sincerity which reassures, persuades and affords confidence; emotion triggers flight or fight, sometimes appropriately; emotion is necessary if we are to cope, for example, with bereavement; emotion can lie at the source of our greatest joys. The emotionally intelligent are like parents to their emotions, acknowledging their needs, loving them, indulging them where appropriate, encouraging their creativity yet restraining them from foolish, destructive or discourteous behavior. To extend the metaphor, the emotionally intelligent are neither of the school which believes that emotions should be repressed - "seen but not heard," nor of that which would allow the little darlings to "express themselves" freely to the discomfort or dismay of others. Emotional literacy with regard to others can only be learned by reference to the ABC of one's own emotions. If, therefore, you are not at ease with your own emotions, you will find it hard to relate to others and to respond appropriately to them. For more information about emotional literacy, visit [www.dr-rhythm.com](http://www.dr-rhythm.com).

*Circle the answers that come closest to your **own** emotional response.*

1. Your child, in direct contravention to your orders, runs into the busy road. You pull him/her back and:
  - a) Smack or shake him/her?
  - b) Master your emotions and explain why this was not a good idea?
  - c) Master your emotions and resolve upon subsequent punishment?
  
2. You then:
  - a) Tell the child off and threaten him/her with dire punishment?
  - b) Apologize and explain that mommy/daddy was frightened?
  - c) Burst into tears?
  
3. It annoys you to:
  - a) Have to make the most of your physical attributes at work?
  - b) See others making the most of their physical attributes at work?
  - c) See others unkempt or sloppily dressed at work?
  
4. You are infuriated with your partner. Do you:
  - a) Refuse to speak for days?
  - b) Swear, and go for a walk?
  - c) Plot revenge?
  
5. Your parent/parent-in-law is nagging, sarcastic, and interfering. Your principal feeling is:
  - a) Resentment?
  - b) Resignation?
  - c) Pity?

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6. Grief is:
  - a) A necessary and salutary process?
  - b) Something which time will heal?
  - c) A blight on your life?
  
7. Does worry serve a purpose?
  - a) Sometimes?
  - b) Never?
  - c) Always?
  
8. You are outraged by a newspaper story. Do you:
  - a) Rant at your friends/family?
  - b) Write a letter to the newspaper?
  - c) Become depressed?
  
9. Is your anger:
  - a) A spur to change?
  - b) A spur to hurt or destroy things?
  - c) Destructive of yourself?
  
10. Time is, above all:
  - a) The great healer?
  - b) The great destroyer?
  - c) To be ignored or vanquished?
  
11. A violent crime is, to you:
  - a) A reflection of a general trend in society?
  - b) An isolated, tragic case from which we can draw a lesson?
  - c) An outrage about which something should be done?
  
12. You like music to be, primarily:
  - a) Soothing?
  - b) Exciting?
  - c) Deeply moving?