THE INTENTIONAL PAUSE PODCAST: EPISODE 20

Mastering Emotional Intelligence (EQ)

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What is Emotional Intelligence (EQ)?

EQ is your ability to tune into the world around you, read people and situations, and self-regulate. It covers self-perception, stress management, decision-making, and relationship building.

EQ vs. IQ Overview

Metric	Core Focus
IQ (Intellectual)	Measures intellect, logic, data, objective task focus, and rationalization.
EQ (Emotional)	Measures perspectives, self-management, empathy, and social relationships.

Empathy vs. Sympathy

- **Sympathy:** Acknowledging someone's emotion from a distance (e.g., "I'm sorry that happened to you").
- **Empathy:** Feeling *with* somebody. Requires allowing similar feelings to surface to truly support them without rushing to fix it.

4 Practical Strategies to Build Your EQ

1. **Pause and Name Your Emotions:** Stop when your feelings shift, pause, and precisely name what you are feeling to build self-awareness.
2. **Get Curious, Not Critical:** Ask questions like *"Why is this bothering me?"* instead of jumping to conclusions or judging yourself/others.
3. **Respond Instead of React:** Slow down to choose your behavior intentionally rather than running on automatic emotional habits.
4. **Listen to Understand:** Focus entirely on the speaker's words and body language without planning your next reply in your head.

Reflect on Difficult Moments

Treat challenging encounters as growth opportunities. Ask yourself what you learned, what you would do differently next time, and how it shaped your perspective.

Pause with Purpose: Daily Practice

Throughout your day, pause whenever you notice your feelings shift. Ask yourself: *"What am I feeling right now?"* Naming the emotion precisely is your crucial first step toward self-awareness and better emotional regulation.

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