



Permission to Feel – The Power of Emotional Intelligence

Workshop Supplement

THE RULER METHOD

Recognizing

- Noticing a change in one’s own thoughts, energy or body or in someone’s facial expression, body language or voice.
- The first clue that something important is happening.

Understanding

- We know the cause of emotions
- We see how the emotions influence our thoughts and decisions
- Allows us make better predictions about our own and other’s behavior

Labeling

- Making connections between emotional experience and the precise terms to describe it.
- Learning how to create a more mature “feelings vocabulary” and being able to differentiate between related emotions such as pleased, happy, elated, and ecstatic.
- Labeling emotions accurately increases self-awareness and helps us to communicate emotions effectively, reducing misunderstanding in social interactions.

Expressing

- Knowing how and when to display our emotions.
- When you’re skilled in this you understand that unspoken rules for emotional expression often direct the best way to express what they feel and they modify their behaviors accordingly.

Regulating

- Involves monitoring, tempering and modifying emotional reactions in helpful ways in order to reach personal and professional goals.
- Does not mean ignoring inconvenient emotions, it means learning to accept and deal with them.
- People with this skill employ strategies to manage their own emotions and help others with theirs.



CREATING A FAMILY CHARTER

- *A family charter is a written document or pact that details how everyone in your home wishes to feel. It also includes a list of commitments everyone is willing to make to one another to create the best possible home environment.*

Family Charter Questions

- 1. How do we want to feel as a family?**

Example responses: Loving, Respectful, Included, Safe Happy, Calm, Grateful, Playful

- 2. What can we do to experience these feelings as often as possible?**

Example response: Make a commitment to say “I love you” every night before bed

- 3. What can we do when we are not living the charter?**

Example response: “We will listen carefully without judgement to the person who feels like the charter has been broken.”