**Size: small group, Duration: 30 min**

**TITLE: My Emotional QUOTIENT**

**AIMS**:

* The insight of how we experience our own emotions
* The impact of our thoughts to our experiencing
* To distinguish between positive and negative emotions
* To recognize our own power of making choices

**DESCRIPTION**:

When we expect and believe others are responsible for our emotions and emotional responses, we usually put a lot of strain on these relations. One of the important things we can realize through this exercise and self-observation, are the expectations we have towards others. An important aspect of this represent our own thoughts while experiencing our inner feelings and sensations.

We often prepare ourselves to be hurt or angry since we expect certain behavior from the ‘’Important people’’ that surround us.

While giving directions, the trainer/teacher should follow these steps:

**Step 1**: Calm down, feel your breathing, close your eyes.

**Step 2**: What is your happiness quotient at the moment? Look at the scale from 0 to 100 points. Is it a normal 100 points? If so, congratulations!

**Step 3**: If not, observe yourself for so long until you realize what is it that prevents you to achieve that normal happiness quotient. Are you worried about your future? Do you upset yourself over your past? Do you compare yourself to another person? Do you feel like someone has been treating you badly?

**Step 4**: Once you have identified your “inner obstacle”, make a list of everything that you can be grateful for at the moment. Make sure you put on the list all the things you might take for granted: health, health of other family members, the money you keep in a bank, the roof over your head, food, beauty, love, peace etc. Now “take a look” at your happiness quotient…

**MATERIAL:**

Paper, pencil

**PREPARATION:**

Prior to the implementation of the exercise, the trainer/teacher should try it out for him/herself.

**COMMENTARY:**

The exercise can be implemented either individually or in a small group of young participants or adults. When implementing the exercise in a small group, do not forget to receive a feed back from the participants. The feedback should be short, containing merely an insight. In any case, this part should not take more than 10 minutes.

**EVIDENCE:** Theoretically Grounded

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**SOURCE**: Integra Institute (Sonja Bercko)