

YOU MADE IT TO THE SETTING BOUNDARIES WEBINAR!

Please reflect on this quote before we begin...

If we don't say yes authentically, we say yes resentfully, and that leads to far more problems than if we'd said no in the first place

-Nat Lue

WHAT ARE WE DOING?

Defining Emotional Intelligence

Walking through a Tiny Guide on Boundaries

Discussing how to prepare, set, and reflect

CREATING A CULTURE OF DIGNITY

WHAT ARE TINY GUIDES

A collection of concise guides to core concepts of emotional intelligence

Written for young people, but can be used by anyone

Goal of the Tiny Guides is to normalize and demystify emotion concepts

Intentional Framework: Concept-self-skill

CREATING A CULTURE OF DIGNITY

EMOTIONAL INTELLIGENCE DEFINED

The ability to monitor one's own feelings and emotions

The ability to discriminate among your feelings and emotions

The ability to use this information to guide your thinking and actions

-Salovey and Mayer of Yale University

CREATING A CULTURE OF DIGNITY

BASIC EMOTION FACTS

Emotions are not universally experienced or expressed. They are based on context, culture, and how you have been socialized

Feelings are not facts- you have control over the volume of your emotions

Emotions are contagious- send out what you want and resist negative infection

Humans are terrible at accurately guessing how others feel- try not jump to conclusions

Emotions are physical and crave a physical response

CREATING A CULTURE OF DIGNITY

**WE ARE ALL CURRENTLY
EXPERIENCING MASSIVE
BOUNDARY FATIGUE
BECAUSE OF COVID**

**SETTING BOUNDARIES=
EMOTIONAL INTELLIGENCE IN
ACTION**

SETTING BOUNDARIES

REQUIRES:

PREPARATION

PRACTICE

SELF-COMPASSION

HOW TO PREPARE

Emotional Inventory- what is getting activated? Why?

Dignity Reflection- affirm your worth

Locus of Control- what do you/ can you control?

Self-Compassion- get through the tunnel faster

Emotional Granularity- getting as specific as possible

CREATING A CULTURE OF DIGNITY

HOW TO REFLECT/REBOUND

Emotional Inventory- what is getting activated? Why?

Dignity Reflection- affirm your worth

Locus of Control- what do you/ can you control?

Self-Compassion- get through the tunnel faster

Emotional Granularity- getting as specific as possible

CREATING A CULTURE OF DIGNITY

Q&A