



CLM e-News
May 2006

Calvary Life Ministries

Giving You Hope, When Life Hurts

*"Counselling helped me to learn to control my emotions & to calm myself down."
(Lawyer, 30s)*



ANNOUNCEMENTS / ONGOING EVENTS

Parenting Adolescents Course

*(Venue: Calvary Church, Damansara Heights;
Date: Every Sunday from 23 April to 2 July;
Time: 9AM)*

This course, to be conducted in a facilitated group format, is specially designed for parents with adolescents. Why is parenting adolescents so challenging? Because it can be puzzling how to manage adolescents, as they are no longer children and not yet adults. Issues to be addressed in this course include: How much authority should parents impose? What should parents know about adolescents' needs? How can parents be a spiritual influence?



The Grief Support Group

*(Venue: Calvary Life Ministries, Damansara Perdana; Date: 3rd Thursday of each month;
Time: 7:30PM)*

The Grief Support Group is a safe place for people to work through their grief with the support and companionship of others who are also on the same journey. This support group is open to any person who has experienced a loss. Come join us for a cup of coffee and a time of sharing on the third Thursday of every month. For more information about this support group, please visit our website at <http://www.clm.org.my/events/index.html> or call Jeannie at Tel: 03-77103360.

JUST FACTS

Emotional Intelligence

Emotional Intelligence (EI), is often measured as an Emotional Intelligence Quotient (EQ). It describes an ability, capacity or skill to perceive, assess and manage the emotions of one's self, others and groups. It also defines how we manage behaviour, handle social complexities and make personal decisions or choices that achieve positive results. A person's Emotional Intelligence plays a vital role in navigating through life's challenges.

What Is Emotional Intelligence?

Emotional intelligence is a flexible skill that can be learned. There are people who are naturally more emotionally intelligent than others, but a high EQ can be developed even if you are not born with it.

Simple Steps To Increase Your Emotional Intelligence

A person's EQ is a product of the amount of communication between the emotional and rational centers of the brain. When you practise emotional intelligence skills, this pathway in your brain is strengthened. The brain cells actually branch out and grow new connections between your feelings and your reason. This change takes place gradually.

Step 1: Mind-change

To increase your EQ, ensure that this pathway in your brain, is one that is well-travelled. This can be done by learning to *replace your usual reactions* (e.g. overeating when under stress) *with a different response* (e.g. taking a walk in the park or exercising, when you are stressed out). You need to *repeatedly apply this new response* many times, before it will replace your urge to revert back to the usual reactions.

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This takes discipline and perseverance. But the result is worth it. It will help you in your people-skills and also your personal life.

Step 2: Skills-building (self-awareness)

a) Face the pain/discomfort

The biggest hindrance in personal growth is our natural tendency to avoid pain/discomfort that comes from increasing our self-awareness. Facing the pain/discomfort is the only way to change and growth. If we ignore our need for increased self-awareness, we cannot manage ourselves well.

b) Enter into our feelings

Instead of avoiding or ignoring our feeling of discomfort in its various forms (e.g. fears, confusion, worry, anger), it would do us good to "enter into" the feeling, face it, and eventually come out through it. If we ignore it, we will miss many of life's precious lessons and not learn to be productive in better handling our feelings.

It may be difficult at first, but with practice and more practice, we learn new skills to better manage life's circumstances.

c) Manage our tendencies

This can refer to various aspects of our self-awareness growth. Below are some examples:

- **Journaling:** Recognise our patterns of emotion/discomfort & then write down in a journal how these emotion/discomfort affect us. This helps us to discover the kind of behaviours we want to change.

- **Obtain feedback from others** (family, friends, colleagues) about how we react in a given situation. Often, they can help us to see certain blind-spots that we can't.

- **Plan & prepare ahead (if possible):** E.g. If we anticipate the need to have a difficult conversation with someone, take time to plan what we will and will not say, and how we say what we say.

Step 3: Skills-building (relating with others)

a) Listen in a way, whereby others will talk

- Pay full attention to the person. Be fully "present" & focused. Reduce distractions.
- Discipline ourselves to stop thinking ahead to how we are going to respond and what we may say next.

b) Talk in a way, whereby others will listen

- Be aware of what role our emotions have in our relating with others (e.g. Are we in a good/bad mood? Bored? Tired?).
- If the other person is the one being emotional, be sensitive to what he/she is feeling without being judgmental or threatening.
- Be respectful towards the other person.

CONTACT US

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