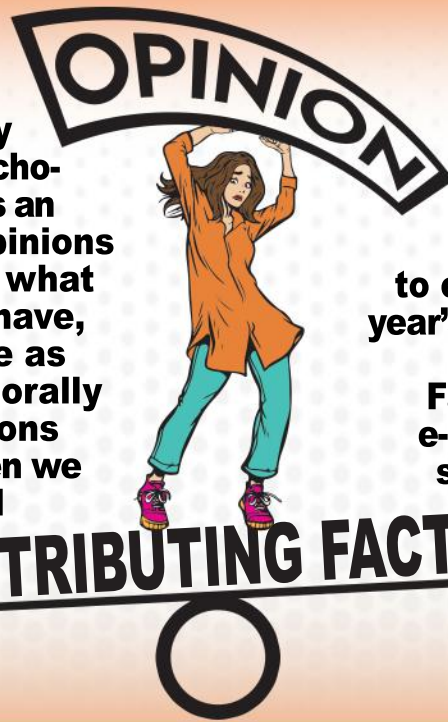


EMOTIONAL INTELLIGENCE AWARENESS MONTH

Lesson of the Year: The Complexities and Influences of Opinions

Our opinions reveal much about how differently we view the world. The psychological definition of opinion is an outlook, belief, or decision. Opinions have a strong influence on what we believe and how we behave, revealing what we perceive as true, righteous, and behaviorally worthy. However, our opinions can be easily distorted when we are not adequately educated about the complexities and adverse influences that can skew our thinking.



With better understanding of these factors, we also sharpen our reasoning skills and improve our emotional intelligence. Please take time to explore the supplement to this year's lesson flyer, titled "Opinions: Examining the Contributing Factors," available for FREE at e-ii.org. It includes activities that stimulate healthy discussion and analysis, as well as comprehensive answers to the following questions.

1. What are common opinion topics?
2. What are the complexities involved?
3. What preferences do our opinions reveal?
4. What causes distorted opinions?
5. How do we arrive to our wisest opinion?



The EI Awareness Month Campaign is initiated each year by the Emotional Intelligence Institute (EII), a non-profit organization dedicated to the emotional education of youth and adults. At our website, e-ii.org, you will find our 250+ page EI Program and several Awareness Month activities for kids— all for FREE. Improving our EI enables us to identify and reduce distortions to our thinking and empowers us in every realm of our lives. Please help others improve their EQ by sharing our campaign material on social media and on other platforms where it is appropriate to post.

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