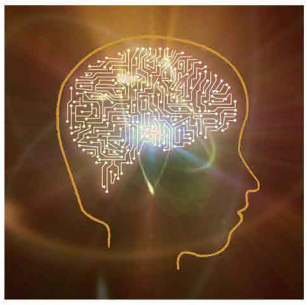
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3 How RESEARCH Improves Understanding

3C LESSON

We can Improve the World—Emotionally



"The mind, once expanded to the dimensions of larger ideas, never returns to its original size."

Oliver Wendell Holmes, Sr., American physician, poet, professor, and author. (1809 – 1894)

Emotional intelligence training is being introduced in every profession: from health, education, and business to government, religions, and sports. This lesson outlines how a better understanding of healthy mind development can be a catalyst for making our world a safer and more peaceful place.

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Having spent the last nine lessons expanding your mind's capabilities, we include this lesson to recap the purpose of these earlier lessons, and to remind you of the value of lessons yet ahead. Below we have outlined the ways your efforts to better understand and develop a healthier mind will influence the bigger scheme of life— a more emotionally stable world.

Understandably, the achievements of the 20th Century have created a tough act to follow. We must admit, however, that the emotional state of the world in this new century is quite disturbing. Nonetheless, with the extraordinary advancements in research, there is greater hope than ever before that we CAN reach higher ideals of human behavior and reduce world tension! What better outcome could we possibly hope for civilization by the end of the 21st Century?

ADVANCING PSYCHOLOGICAL DEVELOPMENT

Below you will find a brief list of major criteria requiring education for building a more civilized world. This lesson further explains the dynamics.

6 Important Self-Development Criteria to Nurture

- Understanding the Obstacles
- Fostering Self-monitoring
- Developing Healthier Self-management
- Exercising and Enhancing Mental Faculties
- Cultivating Healthier Behavioral Qualities
- Regulating and Maintaining a Healthy Diet and Exercise

"You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete."

Buckminster Fuller, a renowned 20th century inventor and visionary. (1895 – 1983)

6 Significant Outside Alliances To Build

- Nurturing Healthy Relations with Others
- Maintaining a High Standard of Professional Conduct
- Contributing to Community Service
- Sustaining a Positive Environmental Impact
- Fostering Higher EQ Citizenship and Governing Policies
- Following Emotionally Intelligent Counsel

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As you read through the more detailed explanations on the next few pages, continue to consider how such understanding will not only contribute toward your own emotional growth, but also for enhancing social harmony.

CREATING MORE CIVILIZED INDIVIDUALS

6 Important Self-Development Criteria To Nurture

The list below details major criteria that contribute toward healthier mind development.

1. **UNDERSTANDING OUR OBSTACLES—** The more aware we are of factors that jeopardize our emotional growth and well-being, the better the chances for managing and overcoming them. Most every frustration, error, and endangerment we deal with fits within one of the following five categories of obstacles:
   - **a.** *Deficiencies*— The lack of important information, tools, and skills.
   - **b.** *Complexities*— The inability to understand complicated, yet important knowledge, as well as their subtle causes and effects.
   - **c.** *Internal Susceptibilities*— The natural weaknesses, assumptions, biases, and other ill habits that we form for allowing us to misguide, misjudge, or mishandle our lives.
   - **d.** *External Vulnerabilities*— The potential endangerments from external threats (e.g. accidents, disasters, and diseases, as well as depleting critical resources).
   - **e.** *Limitations of the Mind*— The mind's inabilities— those functions that are absolutely impossible for our minds to perform, such as operating with the sophistication of a computer.
2. **FOSTERING SELF-MONITORING—** By learning how to monitor our thoughts, communications, and behaviors, we can improve upon our reasoning and recognize ways we are distorting it. Quality reasoning requires that we consider many dynamics involved, such as whether our thoughts and behavior are sensible, credible, wise, objective, and honest— in contrast to the irrationally assuming, justifying, generalizing, exaggerating, discounting, denying, or adhering to biased, uneducated opinions, unfairness, or other self-interests.
3. **DEVELOPING HEALTHIER SELF-MANAGEMENT—** Learning to parent/govern ourselves with more discretion and self-honesty helps us to avoid inappropriate persuasions, aggressions, neglect and other poor behaviors we might, otherwise, become accustomed. Our concern for improving our self-management empowers us to accept a healthier system of rules, do's and don'ts, and other disciplines— especially when force is necessary to endure challenging sacrifices. Please see this lesson's supplement, *Emotional Forces,* for important distinctions.

"I confess that in 1901, I said to my brother Orville that man would not fly for 50 years. Ever since, I have distrusted myself and avoided all predictions."

Wilbur Wright, elder brother of Orville. Together they succeeded in making the first free, controlled flight of a power-driven airplane in 1903. (1867 -1912)

4. **EXERCISING AND ENHANCING OUR MENTAL FACULTIES—** With training and practice, we can improve the various methods by which we identify, collect, recall, and apply important information. By learning how to heighten alertness, broaden our scope of attention, and sharpen other mental skills, we can reduce common learning impairments. Better understanding and helpful exercises will no doubt increase our capabilities.

5. **CULTIVATING HEALTHIER BEHAVIORAL QUALITIES—** We can build healthier behavior when we combine our talents, interests, and cultural knowledge with better understanding about the most credible and respectable qualities to develop, and the unbecoming and damaging ones to avoid.

6. **MAINTAINING A HEALTHY DIET AND EXERCISE—** By considering the quality of what we include in our diet and by prioritizing exercise, we are applying our emotional intelligence toward accepting healthful, yet difficult choices we must make to maintain our bodies.

Seeing ourselves as we really are, and honestly appraising the capabilities and limitations of our minds can be simultaneously heartening and humbling. Yet, such an awakening invigorates learning, builds a solid foundation upon which to grow, and leads us toward continued enrichment and emotional depth.

We have a myriad of benefits to gain through an adult study of self-development. The need for educating children behaviorally is also clearly evident. In Graham Scharf's book titled, *The Apprenticeship of Being Human: Why Early Childhood Parenting Matters to Everyone*, the author explains in great detail why we all have a stake in the way parents educate their children. Graham suggests that all parents live within a community composed of people who can support or hinder their role; family, friends, neighbors, educators, and doctors are at the top of his list.

CREATING A MORE CIVILIZED WORLD

6 Significant Outside Alliances To Build

The list below details major alliances that contribute toward more emotionally stable societies.

1. **NURTURING HEALTHY RELATIONS WITH OTHERS—**Learning how to interact with others in healthier ways strengthens our sensitivity toward them and helps move us beyond a narrow self-centered viewpoint. This is important because such a narrow perspective easily allows us to accept being more biased and unfair, less cooperative, less respectful, less appreciative, less discrete, as well as less interested and generous toward others. Our limited understanding about relationship etiquette often results in our remaining less endearing toward others, and thus, experiencing less meaningful relationships.

2. **MAINTAINING A HIGH STANDARD OF PROFESSIONAL CONDUCT—** Improving professional standards reduces errors and minimizes unethical behaviors. In the workplace, low standards can lead to dissatisfaction, reduced security, and endangerments to customers, employees, and employers. A high standard helps us create healthier and more secure work environments.

3. **CONTRIBUTING TO COMMUNITY SERVICE—** Our involvement in worthy causes helps us to respect and understand the needs and hardships of those outside our immediate circle of concern and influence. Such effort reduces the risk of indifference that a lack of involvement promotes. Assistance includes helping the neglected, impoverished, less capable, and the planet.

> *"We must work passionately and indefatigably to bridge the gulf between our scientific progress and our moral progress."*
>
> Martin Luther King, an American pastor, activist, humanitarian, and leader in the African-American Civil Rights Movement. (1929 – 1968)

4. **SUSTAINING A POSITIVE ENVIRONMENTAL IMPACT—** Protecting the earth's resources, creatures, and beauty contributes to everyone's enjoyment and appreciation of the environment. EI requires us to search out, identify, and act on that which matters. Sustaining life on earth and maintaining the eco-balance is an EI essential, aimed at reducing the negative impact that humanity imposes upon the planet.

5. **FOSTERING HIGHER EQ CITIZENSHIP AND GOVERNING POLICIES—** EI citizenship and governing policies are important if we are to develop a safer and healthier world. Such a goal requires us to concern ourselves with educational, social, and environmental issues, as well as reducing indifference to matters of civic consciousness. Policies must stimulate an educational environment that nurtures improvements for future generations.

6. **FOLLOWING EMOTIONALLY INTELLIGENT COUNSEL—** Seeing ourselves as we really are, and honestly appraising the capabilities and limitations of our minds can be simultaneously heartening and humbling. Yet, such an awakening invigorates learning, builds a solid foundation upon which to grow, and leads us toward continued enrichment and emotional depth.

A network EQ organization, 6Seconds.org, has a vision of one billion people practicing EQ skills world-wide by the year 2039. There are also several other organizations on the Internet striving to help people better understand healthy mind development and the effects it can have on individuals and the world. Lesson 3D shares links to more of these organizations. We are confident that EII's program contributes significantly toward increasing these numbers, since our many lessons are FREE.

As mentioned previously in many ways, we must recognize that in today's world, the number one consideration of a civilized society is to improve the quality of human behavior. Society has educational tools that can help us reform social and behavioral outcomes, reducing the myriad of problems from neglect, abuse, divorce, and other family problems, as well as crime, unemployment, accidents, illness, wastefulness, and even world-tension.

The scope and depth of knowledge this lesson suggests is no doubt, analogous to mastering a language or other difficult subject or skills— yet is fundamental to our health, and the well-being of our world: a good reason for our devoting as much time and effort as possible in order to reach a more sophisticated level of understanding about ourselves.

Considering what it would take to create more civilized minds and a more peaceful world reminds us *that through programs such as this Institute's, people will learn lessons that provide greater psychological potential than otherwise possible. Our emotional growth requires us all to have an ongoing watchful eye on ourselves and to become familiar with numerous related factors and guidelines.*

IN CONCLUSION: Great Hope for the Planet's Inhabitants

As mentioned in this lesson's summary, dedicated educators have made inroads into both the lay and academic communities, addressing emotional intelligence concerns in every profession imaginable. Such a broad welcome to these programs has undoubtedly enhanced the growing interest in our health and well-being.

There is no doubt that emotional intelligence is the secret to building healthier minds, getting the best out of life, and developing a behaviorally safer world. With the state of the world today, emotional intelligence is our strongest hope for an optimistic future. What a meaningful pursuit for humanity in this 21st Century!

"Our progress as a nation can be no swifter than our progress in education. The human mind is our fundamental resource."

John F. Kennedy, an American politician who served as the 35th President until assassinated. (May 29, 1917 – November 22, 1963)

We must all hope that by the end of this century, people of the world will be living in greater harmony, with a transformation in competence, resilience, and compassion. This kind of hope and effort is needed as the planet's habitability becomes increasingly dependent upon more emotionally intelligent human beings.



"Everything that irritates us about others can lead us to an understanding of ourselves."

Carl Gustav Jung, Swiss psychologist and psychiatrist who founded analytic psychology, in some aspects a response to Sigmund Freud's psychoanalysis. (1875 – 1961)

NOTES

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The proper study of mankind is the science of design.

Herbert Simon, one of the most influential social scientists of the 20th century. (1916 – 2001)

