

Healthy Mind Development: Inhibiting Deficiencies

~ Helpful Approach, Knowledge, and Skills ~

1

QUALITY GUIDANCE FROM OTHERS

OUR MOST IMPORTANT SOURCE OF UNDERSTANDING

Motivation to apply effort to learn and . . .

Appreciate More of What is EQ Worthy to Know

2

HEALTHY THOUGHT PROCESSING

OUR MOST IMPORTANT SOURCE OF UNDERSTANDING

Effort to learn the skills and apply enough attention to . . .

Navigate Our Minds More Keenly

3

INSIGHTFUL BEHAVIORAL KNOWLEDGE

OUR MOST IMPORTANT SOURCE OF UNDERSTANDING

Effort to learn the skills and apply enough attention to . . .

Increase Civilized Behavior and Reduce Dysfunctions

4

INTENTIONAL EMOTIONAL CONTROL

OUR MOST IMPORTANT SOURCE OF UNDERSTANDING

Effort to learn the skills and apply enough attention to . . .

Accept Helpful Reactions to Emotions and Avoid Harmful Ones

5

RESPONSIBLE SELF-SUPERVISION

OUR MOST IMPORTANT SOURCE OF UNDERSTANDING

Effort to learn the skills and apply enough attention to . . .

Define Priorities and Accept Healthy Disciplines

6

RESPONSIBLE SOCIAL-ECOLOGICAL KINSHIP

OUR MOST IMPORTANT SOURCE OF UNDERSTANDING

Effort to learn the skills and apply enough attention to . . .

Improve Our Relationships and Create a Safer, Healthier World