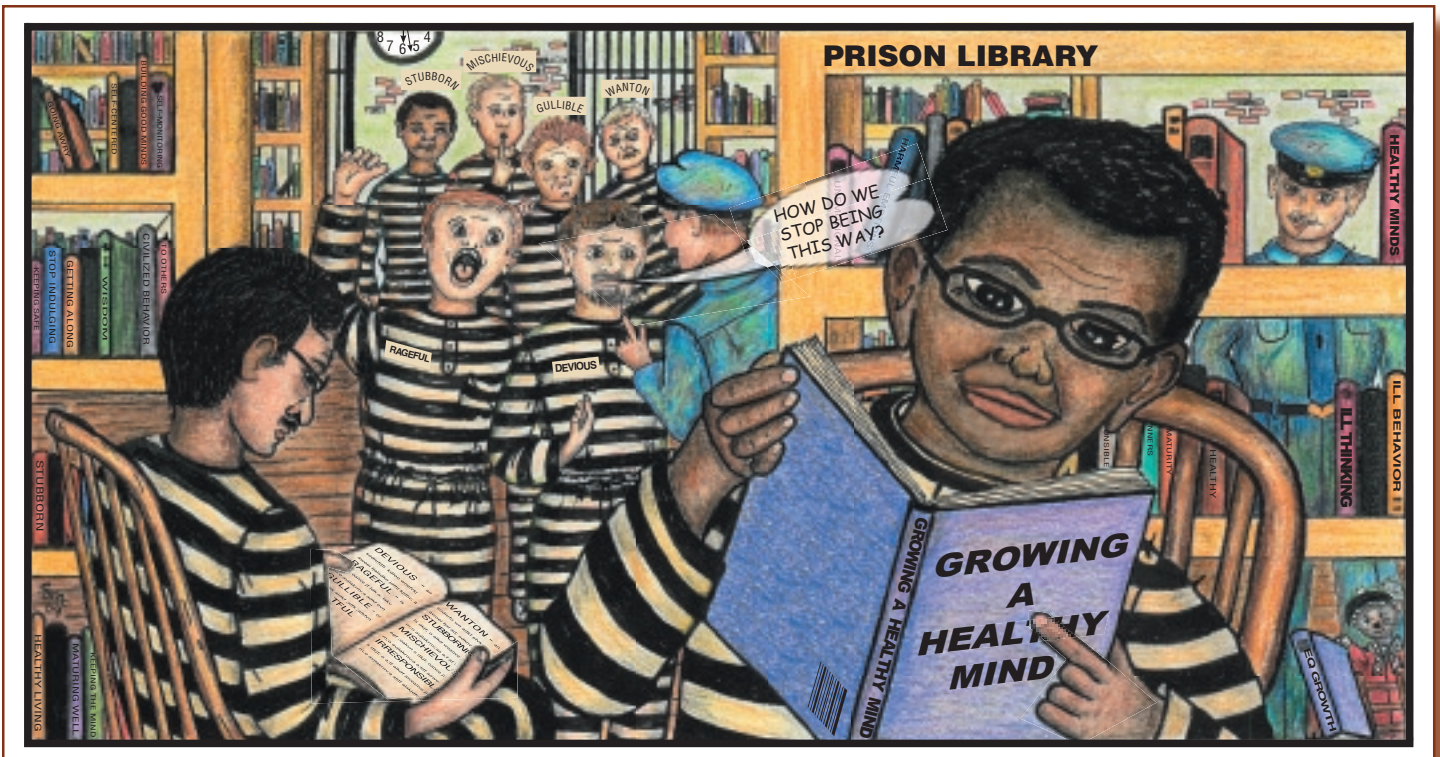


Emotional Intelligence Awareness Month



*Search for picture's hidden hearts. Find the count at e-ii.org.

AVOIDING HARMFUL CONSEQUENCES

From everyday misunderstandings to extreme misjudgments

Criminal incarceration is one of the myriad of consequences that can result from allowing our thoughts and actions to be too naturally influenced by emotions. Our efforts to identify, understand, and manage emotions is a general definition of emotional intelligence (EI). Such efforts help us reduce inappropriate assumptions, exaggerations, denials, fears and frustrations, as well as self-centered desires. EI fosters a vigorous intellect that encourages us to accept what is healthier, smarter, and wiser— even when requiring painful, yet worthwhile struggles.

Our emotions can affect how we determine important life assessments, such as priorities, safety, and altruism. These assessments in turn affect our health and well being, our personal and professional relationships, as well as more worldly kinships. EI training teaches us how to monitor the appropriateness of our thoughts and actions, including healthy acceptance of disappointments. It can reduce over-confidence and low self-esteem, carelessness and wastefulness, obsessions and addictions, neglect and abuse. Nurturing EI can lessen divorces, accidents, diseases, lawsuits, high insurance rates, and even world-tension. Imagine having the potential EI and resources to reduce such problems!

Learn more about emotional intelligence on the Internet and at your local library/book store. This EI campaign is sponsored by the Emotional Intelligence Institute, a non-profit organization dedicated to helping people improve their EI. Visit us at www.e-ii.org for free EI lessons or contact us at P.O. Box 2238, New Springfield, OH 44443.

2000 – 2010 Named Decade of Behavior by the American Psychological Association

Please help others become more aware. Copy and share this with those in “key positions” and post where legal.