

Emotional Intelligence From the Inside Out

1. Event vs Story

(This is where emotional intelligence begins)

Event (facts only):

What actually happened.

No opinions. No tone. No meaning.

Story my mind added:

What I assumed, concluded, or made it mean.

Feelings created by that story:

List a few simple feeling words.

What else might be true:

Other possible interpretations.

Not to excuse: just to widen perspective.

2. Emotional Hijacking — When the Mind Speeds Up

When my mind speeds up, I usually:

- ☐ assume the worst
- ☐ take things personally
- ☐ rush decisions
- ☐ overthinking
- ☐ replay conversations
- ☐ feel urgent or reactive

What tipped me off that my mind was speeding up:

(first signal, thought, feeling, or body)

What my calmer self would do instead:

(Not perfect. Just steadier.)

If I let my mind settle, my calmer self would likely:

(not perfect, just steadier)

3. Somatic Regulation

Where stress shows up in my body:

(Jaw, shoulders, chest, stomach, breath, posture)

What changes in my thinking when my body softens:

4. Social Awareness Perspective

Behavior observed:

What I actually saw or heard.

Meaning I added:

What I assumed it said about them or me.

A more grounded interpretation:

Not better. Just steadier.

What changed when I separated behavior from meaning:

Emotionally or internally.

5. This Week's Practice

(Choose one to practice this week with intention and when taken off guard/triggered)

- ☐ Is this the story or the facts?
- ☐ What state of mind am I in right now?
- ☐ If I already felt secure, how would I respond?

Where I'll apply it this week:

(Relationships, work, family, specific situations)

Reminder

Emotional intelligence isn't about fixing or changing the moment.

It's about seeing it clearly enough to choose how you show up.

If you want support applying this in real life, reach out.

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