

## **Fifteen indications of unusually emotionally competent people...they...**

1. Monitor the signals their body is sending them, so they sense when their emotions are starting to call the shots.
2. Take responsibility for their own emotions. They don't make others, or their behaviour, responsible for how they feel or react.
3. Let go of expectations that tend to result in disappointment or frustration.
4. Understand that "venting" and communicating a negative attitude or emotion dashing off an angry e-mail, for example – often create situations that they no longer control. This is called the "viral spiral of emotion."
5. Before they blow their stack, they consider the cost (including to their reputation).
6. Manage their stress and find healthy outlets for it.
7. Watch for mood swings. Don't let their highs get too high or their lows too low.
8. Maintain their sense of humour, no matter what.
9. Avoid pessimism.
10. Monitor themselves by checking their attitude several times daily. They don't let other peoples' negative attitudes and disappointing performance infect them.
11. Look out for negative self-talk, and to catch themselves being overly critical.
12. Think of defeat as a learning opportunity. They'll do better next time.
13. Look for sources of "sustaining motivation" in their life and career.
14. Think about the emotional impact they want to have on others.
15. Decide in advance upon the emotional approach they will take when times get tough, preparing themselves for adversity.

Source: Mitch Anthony