

**The Science Of Emotions**  
Raising Your Emotional IQ  
Part 1 of 8

Definition of Emotional IQ (EI):

*Emotional Intelligence is the capacity to recognize our own emotions and those of others and then motivating ourselves and others through managing those emotions well.*

Evaluating Your Emotional IQ:

- Emotional Self-Awareness.
- Emotional Self-Management.
- Social Awareness or Empathy.
- Relational Management.

Losing emotional control is called an:

“ \_\_\_\_\_ ”

Beliefs About Your Emotional Intelligence:

- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.
- \_\_\_\_\_.

“The heart of the discerning acquires knowledge; the ears of the wise seek it out.”  
Proverbs 18:15 (NIV)

How To Raise Your Emotional IQ:

1. Realize that \_\_\_\_\_.

“God did not give us a spirit that makes us afraid but a spirit of power and love and self-control.”  
2 Timothy 1:7 (NCV)

Examples of emotional control

• \_\_\_\_\_

“And this is His commandment, that you believe on the name of His Son Jesus Christ, and love one another, just as He commanded us.”  
1 John 3:23

• \_\_\_\_\_

“Rejoice in the Lord always. I will say it again: **Rejoice!**”  
Philippians 4:4 (NIV)

• \_\_\_\_\_

“...make sure that you do not grieve as others do who have no hope.”  
1 Thessalonians 4:13 (NJB)

• \_\_\_\_\_

“Be angry, and yet do not sin: do not let the sun go down on your anger.”  
Ephesians 4:26

“It is better to win control over yourself than over whole cities.”  
Proverbs 16:32 (GN)

2. Remember my emotions \_\_\_\_\_.

“Jesus put together a whip out of strips of leather and chased them out of the Temple, stampeding the sheep and cattle, upending the tables of the loan sharks, spilling coins left and right.”  
John 2:15 (Message)

“When others are happy, be happy with them. If they are sad, share their sorrow.”  
Romans 12:15 (Living Bible)

“Let your forbearance be known to all men; the Lord is near.”  
Philippians 4:5 (YLT)

3. Recognize how to \_\_\_\_\_.

“You must keep control of yourself in all circumstances...”  
2 Timothy 4:5 (Good News)

“... Be transformed by the renewing of your mind.” Romans 12:2

“You’ll do best by filling your minds and meditating on things true, noble, reputable, authentic, compelling, gracious—the best, not the worst; the beautiful, not the ugly; things to praise, not things to curse...Do that, and God, who makes everything work together, will work you into his most excellent harmonies.”  
Philippians 4:8-9 (Message)