

# The 10 Habits of Emotionally Intelligent People

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1. **They always recognize that “thoughts” are causes and emotions are “effects.”** Emotionally intelligent people understand that we live in a world strictly governed by the law of cause and effect, which says that *“To every effect, there is a cause.”* Therefore, they are fully aware that the thought that they permit to dominate their mind determines the emotions that they produce within them. So, they consistently take control of their thought patterns to ensure that the feelings they generate are consistent with their goals and ideals. As such, they habitually screen out negative thinking and only allow positive thoughts to germinate within their psyche, thereby producing the emotions that motivate, and not depress.
2. **They never put a fence down until they know why it was put up in the first place.** Whether in a conversation with someone they know very well or someone they barely know, emotionally intelligent people never try to alter, correct, change, or judge anybody or anything unless he or she fully understand why that thing or person was in that situation or state in the first place. Instead of trying to fix people’s problems before they hear them speak, emotionally intelligent people focus on understanding the emotions, motives, and logic behind everything before they ever attempt to alter it or improve it – if it is ever necessary. They know humans never do anything that is not motivated by emotions – whether positive or negative.
3. **They never solve a temporary problem with a permanent solution.** Emotionally intelligent people always calibrate their reactions in proportion to the issue at hand. They do not over-react in the face of uncertainties. They never deploy the permanent solution to solve a temporary crisis. Instead, they carefully consider their feelings and emotions before making any crucial decision. An example of solving a temporary problem with a permanent one is to tell a friend never to speak to you again because he misses your appointment. Another example is when someone kills himself because his girlfriend walks away on him. Emotionally intelligent people are highly objective and hopeful people. They like to give life and people more chances than the average person.
4. **They always demonstrate intensified self-awareness.** Emotionally intelligent people are constantly aware of their feelings and emotions – what triggers each emotion and excitement they experience and are also cognizant with how they react to different stimuli in different situations. Likewise, they can trace, identify, and modify any suspected defects in their attitude, as well as any hidden agenda behind any of their responses and behaviors. As a result, they can self-correct, manage and regulate their emotions.
5. **They never make a major decision based on feelings.** Emotionally intelligent people allow sufficient time to pass before they make a life-changing decision. When they are angry, upset, disappointed or broken, instead of making irrational decisions based on how they are feeling at the time, they self-regulate and exercise a tremendous amount of self-control and personal power to refrain from saying or deciding on anything which they might later regret.

6. **They understand that real love is not emotions.** How many times have people confused emotions for real love? People often mistake romantic, feelings for real love. This is what separates the emotionally intelligent people from the rest – they recognize that real love is built only on commitment and not emotions. They realize that feelings are unreliable chemical substances that are subject to change very frequently – sometimes every few minutes. As a result, when they choose to get into a relationship, they understand that that relationship will be full of ups and downs – and if they are to prove their love in that relationship, it will be down to their commitment to that relationship, especially in hard times, and not their feelings. They never let their emotions define their interpretation of love. This protects them from emotional bankruptcy due to emotional over-withdrawal. Even if they decide to walk away from any relationship, they do so because of sound knowledge, and not because of overwhelming emotions.
7. **They are willing to adequately process their bad feelings.** Emotionally intelligent people recognize that the cause of several psychological and emotional disorders is repressed and unexpressed negative emotions. Therefore, they never bottle-in their bad feelings. Rather, when life or someone deals with them harshly, they accept that they are hurting and then choose to do whatever it takes to ensure that they adequately process the root-cause of their hurts. They are not afraid of calling for dialogue or write a letter to resolve a dispute or even letting people off their mental prison in forgiveness to free their soul and sanity.
8. **They can delay gratifications.** One of the hallmarks of emotional intelligence and personal greatness is one's ability to suspend gratifications. Whether it is in finances, relationships, health, and diet, communication, sexuality, career, food, feelings, or any other important areas of life, emotionally intelligent choose never to allow immediate and short-lived pleasure to jeopardize their entire life-time life satisfaction. They invest today's pain so that they can cash in on tomorrow's pleasures. They work today and enjoy later. They never allow their distorted and selfish instant gratification and desire for things to ruin their systematic plans and investments for the future. For example, they never go all out overly spending the money they do not have, having been caught up in the emotions of the Christmas or other festive seasons. They cherish their long-term gains much more than short-term pleasures.
9. **They recognise that everyone they meet is hurting somewhere.** Emotionally intelligent people are great listeners. They listen with their heart, not just with their ears. They connect from the heart with whoever they are talking to, constantly in search for any brokenness, hurt, stress, frustration, or anger in order to provide some healing. They recognise that everybody hurts somewhere – and that every conversation is an opportunity to heal somebody of his emotional wounds. Emotionally intelligent people are like a flowing stream that refreshes and replenishes everyone it encounters as it flows through many villages and cities.

**10. They anticipate and prepare for disappointment before it becomes obvious.**

Emotionally intelligent people place a high value on people, their potential, as well as their possibilities. But they intentionally lower how much they expect from people. They do this in order to avoid being always heartbroken, disappointed and betrayed by the fallibility of others. They know that if we live, humans will continue to be humans. Moreover, as such, they anticipate people to fall short, make mistakes, disappoint or never measure up to their ideal standards. Moreover, since they are continually preparing for this in advance, they are never caught off-guard – even when those that they love dearly to let them down. This kind of outlook on life, however, never make them pessimistic or negative at all. They simply hope for the very best in every person and situation – but they are also emotionally smart enough to prepare for the worst.

These are the highly valuable emotional qualities that separate the emotionally intelligent people from others.

**High EQ people:**

1. Label their feelings, rather than labeling people or situations.	"I feel impatient." vs. "This is ridiculous."  "I feel hurt and bitter." vs. "You are an insensitive jerk."  "I feel afraid." vs. "You are driving like an idiot."
2. Distinguish between thoughts and feelings.	Thoughts: I feel like...& I feel as if.... & I feel that  Feelings: I feel: (feeling word)
3. Take responsibility for their feelings.	"I feel jealous." vs. "You are making me jealous."
4. Use their feelings to help them make decisions.	"How will I feel if I do this?" "How will I feel if I do not."
5. Show respect for other people's feelings.	They ask, "How will you feel if I do this?" "How will you feel if I do not."
6. Feel energized, not angry.	They use what others call "anger" to help them feel energized to take productive action.
7. Validate other people's feelings.	They show empathy, understanding, and acceptance of other people's feelings.
8. Practice getting a positive value from their negative emotions.	They ask themselves: "How do I feel?" and "What would help me feel better?"  They ask others "How do you feel?" and "What would help you feel better?"
9. Don't advise, command, control, criticize, judge or lecture to others.	They realize it does not feel right to be on the receiving end of such behavior, so they avoid it.
10. Avoid people who invalidate them, or don't respect their feelings.	As much as possible, they choose to associate only with other people with high EQ.