

# Connect

With Emotional Intelligence  
By Jeanette Hargreaves LLC

## First Connect With Feelings

1. Calm yourself (use The Perfect Yawn).
2. Notice how they're feeling and say it, "You're feeling..." (You may add something about the body, like "Your face is red.") Be brief. If a person is upset, avoid eye contact and take a gentle, loving stance with your voice and posture.
3. Pause.

## Then Connect With Values

1. Notice something positive about them. Use affirmative words. Instead of, "You **don't** like to feel rushed," say, "You want enough time to do the job well. You care about your work." (What do they care about?)
2. Pause.

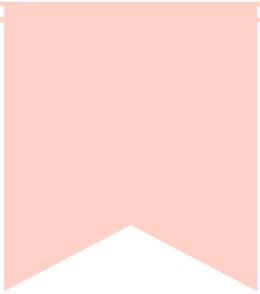
Ask yourself: What do I care about in this moment?  
Connect with your values. It may be helpful (or not) to share. Silence is golden. Use it wisely.

You may decide to repeat the steps above, first connecting with feelings, then with values.

Doing this feels strange at first. Keep practicing. It'll take 3-6 months for you and your family to adjust.

## Celebrate wins.

If you notice you've made a connection, do a little dance or pat yourself on the back. It may seem silly, but celebrating will help you achieve your goals.



# The Perfect Yawn

How to tell your nerves to calm down so you can be  
Cool, Calm, Collected, and Confident

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Think about a time you felt the way you want to feel.

Relax the eyes and forehead

Bring the tongue down from the roof of the mouth

Tilt your head side to side to loosen neck muscles

Bring your shoulders down from your ears

Yawn with a long exhale

Open the the space at the back of the throat

Loosen your jaw

Let your belly drop

Relax your gluts

Keep yawning

Wiggle your knees

Wiggle your feet

Massage your scalp

Stretch

Sigh

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