

Connect

With Emotional Intelligence
By Jeanette Hargreaves LLC

*Go over these steps
with your family.
Practice for 3 months
and you will see results!*

Maintain your Composure

Calm yourself. Try yawning on purpose.

Connect with Feelings

Notice how they're feeling. Try to read their body language. If they're upset, avoid eye contact to help them feel safe. Say, "You're feeling _____ because _____."

Pause. Notice their reaction.

Connect with Values

What's important to them? What do they like? Take a moment to think about it. Don't focus on the "don'ts," such as, "You don't like it when..." Instead, affirm their values, "You care about _____."

Pause. Notice their reaction. You may repeat the steps above.

If there's a Problem

Problem-solve together based on values. Consider both individual and family values. Support success. How can you be helpful? Avoid rewards and punishments. Instead, find something to celebrate together.

Celebrate small wins.

If you notice you've made a connection, smile!

Connect With Yourself

Using Emotional Intelligence
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Maintain your Composure

Calm yourself. Try yawning and stretching.

Connect with Feelings

Say to yourself, "I feel _____ because _____." Notice what the feelings feel like in your body. Pause.

Connect with Values

Say to yourself, "Because I'm feeling _____ that means I value _____." What's important to you? Pause.

You may repeat the steps above.

If there's a Problem

Ask yourself, "How can I be helpful using my feelings and values?" Problem-solve based on your values. Consider both individual and family values. Get support to be successful. Avoid rewarding and punishing yourself. Instead, find something to celebrate.

Feelings give you energy (even stress and anger).

Use all that energy to be helpful for yourself and others.