

In this class, I have learnt many things about the emotional intelligence (EQ). For example, “know and manage yourself and other people emotion”, your personal growth and the topic that make me feel the most interesting is the different types of feeling and thought.

There are many types of feeling and thought, and I would like to talk about the anger and the fear. First of all, what anger is, anger sends signals to all parts of our body to help us fight or flee. It energizes us to prepare us for action. Millions of years ago wild animals that wanted to eat us threatened us. Now we more often feel threatened by other human beings, either psychologically or physically. When we feel energized by anger, we might ask ourselves how we put this energy to the most productive use. As with the use of other forms of energy such as electricity or oil, we might want to use it efficiently, not wastefully.

Moreover, I want to talk about fear. Fear is almost equal to frighten. In the proper amounts, fear protects us. It protects us from both physical and psychological danger. Your fear is excessive if it prevents you from experiencing the positive feelings in life, such as joy, intimacy, and fulfillment. An extreme amount of the fear is unhealthy for us, but in moderation, our fears help us live a better life. It helps us take the steps necessary to regain a sense of control over our lives, take reasonable precautions and prevents us from unreasonable risk.

Besides, there are also the other types of thought and feelings around us, Such as, depression, disappointment, discouragement and hopelessness.

The things that I have talked above are learnt from my presentation that I have done it before. In that presentation, it let me know that the content of the presentation is not the important one, the most important things that I can learn from that are the cooperation with the other group mates. I know that a great presentation cannot be done by one hand, the reason why the presentation can be done very well is the help of my group mates, Delie and Angus. ✓

Now, I would like to talk about how the topic, "personal growth", helps me in the rest of my life. I know now why I did the unhealthy things I did, why I had the unhealthy needs I had. We each need to feel free to feel what we actually do feel rather than what we "should" feel, no need to defend, debate or explain our thoughts, feelings or actions and be our own judge of our thoughts, feelings and actions. ✓

Also, we should know when and where could we say, such as "I don't know", "I am not responsible for you", "I am sorry" and "I understand how you feel, but this time, my needs are more important than yours." If, as children, those who had power over us did not give us this freedom, then we must give ourselves these freedoms as adults. And sometimes, we must fight for it. ✓

Awareness of our feelings is the first step to personal growth. When I identify my negative feeling, I have identified an area for improvement. -- For example, when I am feeling impatient, I have an opportunity to work on my patience. When I am feeling inflexible, I have an opportunity to work on becoming more flexible. When we label people, places or situations, we rob ourselves of a growth opportunity. When we label our negative feelings, however, we identify our unmet emotional needs and the areas we need to work on in ourselves. ✓

Depression may be thought of as secondary emotion. By this I mean that there are other feelings that contribute to and cause it. For example, one might feel lonely, rejected, discouraged and loss. Together, all of these feelings drain our energy, kill our motivation. It helps me to isolate each feeling, then take action or at least think about a plan to attack each negative feeling individually. I find that taking my negative feelings one by one helps one feel less overwhelmed. When I feel better in just one area, it helps me feel more energized and more capable of conquering the other negative feelings. ✓

I find it helpful to look at disappointment as something we do to ourselves. I say this because it seems to arise out of our own expectations or demands about how we think the world *should* be or how we think people *should* act. In other words, I look at "disappointment" as an inaccurate view of reality. Looking at it this way could help us accept that we didn't really understand things as well as we thought I did and that our expectations were unrealistic. Another problem with telling someone you feel disappointed in them is that it encourages them to avoid sharing things truthfully with us. It helps others feel judged as well as disapproved of. ✓

When you are feeling discouraged and hopeless, you could look at it as just a sign that you need to find some source (or create one within yourself) of encouragement and hope. Another option is to seek out some optimistic, but validating people. Perhaps just tell a friend who knows you well that you are feeling discouraged and hopeful. Perhaps they will remind you of some encouraging truths. I remember a few times I was feeling discouraged and I was able to remember some encouraging things. And it helps me to know that I have felt extremely discouraged and hopeless, even suicidal, but I have bounced back from those feelings. And I believe those feelings helped me focus on what was truly important to me. ✓

When we have unmet emotional needs, we often seek physical substitutes. For example, if we need emotional intimacy and acceptance, we may seek sex, alcohol or drugs. I remember once I was spending a lot of time in chat rooms on the Internet, yet I didn't feel fulfilled. I suddenly realized that my real, natural need was for ~~was~~ actual human connection, but I was trying to fill it with a substitute. I was filling up time, but not filling my real need. Others try to meet their unmet emotional needs through buying things, controlling others, seeking status from their titles and positions in organizations or from memberships in groups, etc. I find it helpful to remember something I heard once: You can never get enough of a substitute.

As a conclusion, I think that this course help me a lot. It let me know the different types of feeling and thought and the personal growth. Also, I know how to control my own emotion and know to manage other people's emotion and myself. The most important that I can get in this course is, I can know many friends and can see a lot of presentation during the course. It can give me a memorable school life. And I think the information that I get in this course can help me to be a successful people in the future. At last, I would like to say thank you to you, Mr. Choi ^{IP!}. Your teaching skills is pretty good and let me can enjoy my EQ lesson all the time. Thank you very much.

A fluent paper with many introductions of the "grand" principles conducive for personal growth. Unfortunately, this is not supposed to be the focus + the requirement of this paper.

Students are to select ^{or two} one real & concrete daily life case + then do critical analysis + deep reflection ^{exercise} of it ^{them} by applying the EQ concepts, principles + methods instead of throwing out scattered episodes with surface discussions only.

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