

After I finished the course of Emotional Intelligence, I have learnt some important skills to help controlling my emotions. I think this was a memorable time for me to attend this course. Everyone has emotions, the vital thing is that how we use a better way to control our emotions in order to keep our life happy and enjoyable. I was so grateful that I could have this chance to learn the lesson about Emotional Intelligence. Now, I would like to share about how I changed my attitude towards emotions. ✓

When I was a little child, my parents always drew attention to me because my family has me, the only one daughter. So, I grew in a very nice family, and all things ran smooth in my life. Maybe of this reason, I did not like others to give bad comments or scold at me. I remembered when my parents scolded at me or talked to me a little bit loudly, I felt I was not good and they did not like me very much. Then, I sat behind the door and started to cry. I never share my feelings to any friends. It was because I did not believe at any people. According to my parents' traditional concept, people could not believable. Therefore, whenever I felt unhappy, upset, discourage and so on, I would not tell anyone how I felt and sought any help. In my young age, I did not have a positive thinking in any events, instead, I always thought negatively. Lacking friends, thinking negatively, refusing to listen advices or comments were the things that I faced when I was young. ✓

*some a negative attitude towards people around you?*

Before I took this course, I still like to listen the people pleasing words. Also, I always give pressures to myself. Most of the time, I did not tell how I felt to the friends. As time goes by, I found it was difficult for me to express and understand my emotions. While I study in the university, I saw that the works or assessments were ✓

more than before. The more the works, the more the stresses and worries. Although everything seems new and strange for me, this was the good news that I could have a chance to make different in my life. ✓

By attending the Emotional Intelligence course, it was interesting that I understood my feelings more than before and could change my way of negative thinking as well as to practise some suggested solutions and exercises. ✓ Through different presentations, I understood myself more; for example, after finished the self-assessment form of Enneagram Questionnaire, it was excited that there were 9 kinds of person with different characteristics and personality. After summing up the marks of the test, the result showed me that I was the 2<sup>nd</sup> kind of person, which was the "Helper" type. After acknowledged which types of person I was, I always remind the role of myself. I could act the goodness personalities more than before, ✓ and try not to act the bad personalities in my life. As a "Helper", I have tried to give a hand to my classmates by helping them to take photos, bought a lunch box on behalf of them and ✓ photocopying the notes. For my parents, I helped them to buy the food and tidy up ✓ the house with the needs of them. On the other hand, I remembered the presentation of the classmates had mentioned this kind of person should think more needs of us. ✓ Therefore, I was not just making the needs of others; I sometimes made the needs of myself by having a time for relaxations and fun. ✓ Also, once a time, I told my friend that I needed her help to search some information for the presentation. By doing this, I had an exciting and happy feeling. ✓ I found that if I expressed my needs and not just to help others, there was a two-ways communication between us. This was really a true and indescribable friendship. ✓

✓  
a reflection of  
the change

As I mentioned above, I was a negative thinking person. Through this course, I remembered that a group who presented the topic about thoughts and feelings. Before understanding the topic of this, I did not know how important of the way I thought and how I felt. So, by understanding the importance and the right attitude of thoughts and feelings, I have tried to change my previous way of negative thoughts.

*better to elaborate more with concrete examples*

There were many differences in the life of the Institute and the City University. The workload in the Institute was less than the University. I found this was difficult for me to have heavy homework. Different modules have different workload and presentations. I felt worried and <sup>anxious</sup> anxiety about the assignments. I always bear in mind that the assignments should be done as soon as possible and <sup>before</sup> the deadline of the assignment. In addition, I often compare with my classmates about the result of the assessment. Therefore, I felt disappointed and lose self-motivation to urge myself to get better mark next time. I felt I was not useful because my ability was not as good as the others. By focusing <sup>on</sup> my bad and negative feelings, I felt stressful and discouraged. Besides the self-focused feelings, I have tried some methods, which had been presented by the classmates and provided by the books. Sharing the feelings with friends was helpful for me. Although the workload was still heavy, by sharing with friends of my feelings, I could get encouragements from them. Also, some of them shared about how they faced the stress and offer helps for me. Moreover, I have organized my time schedule in order to make use of time more efficiently. Dr Christan Schriner (1990) found that dealing with the most urgent part and tackling the easiest part of work could be reduced stress. And sought advice from an expert or an objective friend. As a result, the stress of the academic studies has been reduced. I believe having a well-planned schedule and sharing with friends are

*emotional coping*

*problem-solving*

one of the useful and effective techniques to help reducing stresses and negative thoughts.

Besides the feelings and thoughts from the academic studies, I sometimes felt angry and tempted to blame my group mates. In the University, there were many subjects to study, including the core and the minor. So, I could meet different kind of person in different classes. It was not easy to get close with the classmates, as we did not have time to meet and know each other well. Everyone has lots of things to do. Some of them may felt insecure to get along with people and some of them did not do the assigned work. Even though I tried to talk with them, they did not like to talk with me and showed me bad attitude. In fact, they were difficult to approach. Therefore, when doing the group work, it was difficult to communicate with and co-operate with them. I started to hate and dislike them in my heart. After listened<sup>ed</sup> the presentation of the classmates and read books about solving this emotion, I decided to find a way to overcome this thought. Reading the scriptures in the Bible helps me to think in another way. "Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you.....Do to others as you would have them do to you." <Luke 6:27-31> According to the scripture, if I want others treat me well, I should treat her well first. Applying this into my life, I should stop blaming and got angry to them. In stead, I should keep on to love<sup>d</sup> them and treat<sup>d</sup> them well because they may treat me well finally. Also, I should forgive how they reacted. Moreover, Dr Susan M Lark (1996) found that "Emotional Healing Breath" exercise could be used to re release anger.

To conclude, this course was an interesting and useful lesson. It helps understanding more about emotions and feelings. In addition, it helps to change and control the way of thoughts. Everybody has different emotions, the important thing is how we handle it by changing the ways of thinking. ✓

An integrative paper with lots of analysis + reflections

I believe you do benefit from the course and apply certain knowledge + skills in handling your emotion, establishing a more +ve life attitude and enhancing your problem solving ability.

A-

~ The End ~