



Improving Emotional Intelligence – Dr Neil Nedley

- How thinking can change brain chemistry

Music has a role to play in regards to emotional intelligence, it even helped King Saul and he had significant emotional problems, but King Saul never changed his thoughts. Music can help but actually it requires more than the music, it requires a change in thought. Music can help you organize your thoughts but it's only you that has that ability to be able to change your thoughts.

- Contributes to the successful and enjoyable living than I.Q.
 - Why is IQ important? Further education, evangelism (explaining the gospel), First job out of college (only first job though). It does not have a direct relationship with grades but it does have a role to play. There are a few smart people out there with low IQ and vice versa is true as well. Attitude, IQ has no role to play, only EQ.
- Since EQ is learned, rather than inherited, it can be improved.
 - EQ is directly related to your growth within a company (job)
 - High IQ has good communication with others that have other High IQ but not with Low IQ. High EQ shows better communication skills.
 - Presidents generally have higher EQ's than IQ.
 - EQ can be learned but IQ is generally passed through by your genes, but it can be learned.

5 Components of EQ:

- Knowing our emotions
 - Accurately identify what you are feeling.
- Managing our emotions
 - People with low EQ are managed by their emotions, whatever their emotions are at the time it's pretty much managing them throughout the entire day
 - People with high at EQ, they still have emotions but they're managing those emotions they're in control those emotions
- Recognizing emotions in others
 - Recognizing emotions and others is an important part of EQ, so being able to identify as you're talking to someone what they're feeling.
- Managing relationships with others
 - Relationships are very important key in regards to leadership in general. Relationships very much related to emotional intelligence
- Motivating ourselves to achieve our goals
 - Motivation explains why some people with high IQ don't make good grades, they don't have the EQ, they don't have the motivational component. In that word e-motion is that word motion and if you have emotional intelligence it's meant to motivate you into appropriate action in achieving your goals

Benefits of improved EQ



Emotional Intelligence has been shown. When it is improved can help in:

- Thinking clearer
- Communicate more effectively
- Foster unity in group settings
- Reduce polarizing statements
- Live more success and happier

Without compromised or sacrificing the truth. A lot of people think that the only way to have unity is to compromise truth, so you get to the lowest common denominator but what studies clearly show that unity is a very superficial unity. When stressors come into the situation, disunity will just resolve. If you want to have unity that can withstand stress or significant stress, that unity has to be based on truth and truth is a very important component in regards to emotional intelligence.

It turns out the factor that is related in a very linear way to EQ, is teaching yourself to think truthful, non-polarizing, non-distorted thoughts,

Influences on EQ

- Genetic Makeup
- Childhood Experiences
- Current emotional support
- Physical Conditions
 - Such as lack of sleep,
 - You can lose control very easy if you don't have 48hrs of no sleep.
 - Poor nutrition,
 - Plant base diet shows an improvement in EQ. Prison studies show this.
 - When some prisoners would get admitted to a prison the controller would have them interviewed by a dietitian and that dietitian would explain to them that they could have the option of getting on a plant-based diet that was healthy in a number of ways to him possibly improve their EQ.
Now some love the prisoners thought it was punishment enough to be in prison but to be on a plant-based diet would be cruel and unusual punishment and so they chose the typical American diet. But then there are other prisoners that thought 'you know what, I'm in prison what do I have to lose let's try this out?' so they became part of the study group. It turned out that those chose to be on the plant-based diet, there would still be stressful things that happen in that section of the prison, but they would say 'you know what, when that stressful thing happened, I was able to have control. I did say some things in a calm manner and I was able to intervene appropriately. If I was in the outside I would be tempted to kill that person, who just did that.' When this type of thing would be repeated time and time again they finally said 'you know what, I



think if I was eating like this on the outside, I never would have ended up in here.' So the power that nutrition can play with regards to emotional intelligence.

- Illness

The Major Influence on EQ

- Our emotions are largely controlled by our beliefs,
- Our evaluations of Events,
- The way we think about problems,
- And our silent self-talk.
 - This is the moment by moment talk, the message we are telling ourselves.
- Your feelings result from the messages you give yourself.
- Your thoughts have much more to do with how you feel, than what is actually happening in your life.
 - Paul and Silas is a great example of this Acts 16:19-25
 - Taken against their own will, beaten 39 times by the cat-of-nine-tails, their backs laid open, and then they're placed on an irregular dirt floor, not a nice carpet floor but it's dirt mid bumpy in a regular a little bit some rocks and there feet are put up in stocks.
 - They had happy looks on their faces and they were singing praises to God.
 - Why is that the case? Because their thoughts had much more to do with, how they were feeling then what was actually happening in their life.
 - That's how potent thoughts can be.
 - They weren't thinking of 'pop' psychology ie... think that you're in a happier place. This would last about 1.2 seconds in their situation and then reality would have crept back in.
 - The reason why they were able to have that continual happy look on their face and singing praises because they were thinking true and accurate thoughts. But does true and accurate thoughts were so powerful that even under that type of situation they had control over their emotions.
 - What we think does effect who we are!

Many people feel unfulfilled.

- You are not smart enough, successful enough, attractive enough, or talented enough to feel happy and fulfilled.
- Or lack of a bank account, poor finances.
- Or your negative feelings are strictly due to others, how others have raised them, what others are saying about them, how others have treated them and what others have done to them.
- There may be elements of truth, bad things do happen and life beats up on most of us at times.

Why are they feeling this un-fulfilment?

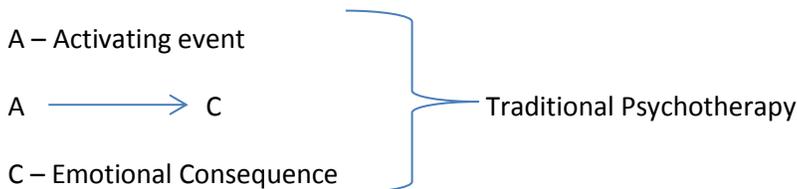


- All of these thoughts have the tendency to make us victims-because we think the causes from something beyond our control
 - In Medical School you are taught not to touch the patient's belief.

What emotional intelligence teaches us in the way of improving emotional intelligence?

- In contrast, you can change the way you think about things and you can also change your basic values and beliefs.
- And when you do, you will have often experience changes in your mood outlook and productivity
- Research have documented that negative thoughts which cause emotional turmoil nearly always contain gross Distortions.
- The thoughts on the surface appear valid, but you will learn that they are irrational or just plain wrong and that twisted thinking is a major cause of suffering.

Cognitive Behavioural therapy (CBT) or Responsibility Therapy

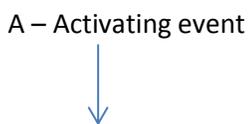


According to Dr. Ellis, one of the pioneers of CBT says this is wrong, crooked thinking.

Crooked Thinking

- Also called A – C Thinking; Believing that we have little or no ability to influence our feelings and that events and situations directly cause our emotions and behavior.
 - In scripture, bent and crooked is used often in the Bible, the root of these words is iniquity.
 - The Psalmist said *'If I regard iniquity in my heart, the Lord will not hear me:'* Psalms 66:18
 - It's not that the Lord doesn't want to hear us but he is called He is the way the truth the life. The Holy Spirit is called the Spirit of Truth
 - The Lord does not lie, He put truth above him and is never going to be where there is deception.
 - Another word, if we want to be influenced positively by the Lord. We have to be willing to have our thoughts straightened up and think true thoughts and then we will be influenced by the Lord
 - The Lord is not going to influence us if we aren't willing to think true thoughts. Because He is the God of Truth

The A – B – C of EQ





B – Beliefs There isn't a lot you can do about your past A's in your life but there is something you can do something about your present B's Belief. Then we can do something about your present C's and once your C's get better, then your A's get better. You start making better decisions, etc.

C – Emotional Consequence

And that is how we can affect your future A's, is by centering in your present B's. So Cognitive Behavioral Therapy spend a lot of time in regards with the analysis of believe and this is how it helps Emotional Intelligence

Exercise:

Examples of A to C or A – B – C Thinking

1. She hurt my feelings by what she said.
 - a. A to C
2. My boss really made me mad, and the more I thought about what he did, the madder I got.
 - a. A to C

Cognitive Behavioral Therapy, is sometimes call responsibility, we are responsible of our own emotions. Don't blame others someone else, ultimately you are responsible for you own emotions.

3. I got myself upset over that clerk's behaviour
 - a. A – B – C
 - i. He took responsibility of his emotions
 - ii. You are responsible for your own emotions
4. I really put myself in a bad mood yesterday when I encounter my ex-wife at the mall.
 - a. A – B – C
5. Getting locked out of my car this morning made me feel like a real idiot.
 - a. A to C

10 Ways of Negative thinking

All or Nothing Thinking

- "My Friend doesn't agree with me on this issue so he is completely non-supportive."
 1. True thought? No, a very distorted thought
 2. A good example of this is Jacob and Esau. Esau gave up his birthright because he thought that he would die unless he has some of Jacob's food. Give up the birthright and live rather than give up the birthright and die.
- "A person is either ugly or beautiful"
 1. Not a true Statement as you can get the most ugliest women in the world but you will always find something beautiful and you can find something ugly in the most beautiful girl.
 2. It is an all of nothing statement - Distorted



- "A person is either dumb or intelligent"
 1. All or nothing statement,
 2. This is what the IQ Test led you to believe
 3. Low IQ person can know something that a High IQ person can't.
- "You either trust someone or you don't"
 1. The only person you can trust 100% is Christ, you can trust someone in some aspect but not in everything
 2. I trust you to behave the exact same way you have always done.
- "That was a waste of time."
 1. You're not using your time properly.
- "It's completely ruined."
 1. Nothing is completely ruined
- "She is perfect"
 1. If you believe that, you will have emotional problems later on in life.

Results of all or nothing thinking

- Low self-worth, Procrastinating, Frustration, Pessimism, discouragement and ultimately suicidal thoughts.

Correcting All or Nothing Thoughts

- "I'm a total failure" replaced with "I am reasonably good at some things."
- "I'm too out of shape for this exercise program, guess I'll give up!" replaced with "I can work up to this exercise routine, just trying will have a positive impact."

Overgeneralization tend to occur with people who have high intelligence

2. Overgeneralization

- Holding the hypothesis as a fact, rather than a hypothesis
- Generalizing from too few instances
 - o Elijah in the cave was a good example and what led to his depression.
 - o God led him to a Cognitive Behavioural Therapy – still small voice asking questions.
 - Birds fed him good food, exercise, sunlight therapy.
 - o What he should have said was 'I am the only one that I know of.'
- What out for words "always" and "never"

3. Mental Filter

- Sampson
 - i. He found someone beautiful, physically and socially
 - ii. He wanted her no matter what



- iii. Ended pretty quickly (7 days)
- Joseph
 - i. He was tempted to have a mental filter when the brothers first came out to Egypt
- There is nothing good in my life – Said a patient
 - i. Job stinks, wife nags, leaky roof, bills, boss yelling at me, I'm short and fat, I'm going bald

Positive look at his life

- ii. Enjoy the children, close friends, wife is very attractive, sleeps well, can feed himself, have no difficulty breathing, can walk well, enjoy his church, have the potential to do a lot of things.
- Overcoming Mental Filters
 - o Intentionally, forcefully look for evidence that supports a different way of thinking
 - o Joseph used this to overcome his Post-dramatic Stress Disorder.
 - He saw and heard the voice of his brothers and slavery every day, the same movie, repeatedly
 - Brothers stood before him, instead of utilizing the filter that he had of that movie.
 - Joseph intentionally & forcibly looked for evidence to support a different way of thinking, and he found it.

Will Rogers

- "It's not what we don't know that hurts us so much, it's what we know for sure that just ain't so"

4. Disqualifying the Positive

- It sounds rewarding, but I know there are so many struggles accompanying those that try to learn how to snowboard that I will be absolutely overwhelmed.
- Obstacles are those frightful things you see when you take your eyes off your goal. Hannah More
- Think you can, think you can't. Either way you'll be right. Henry Ford
- He does not believe who does not live according to his belief. Thomas Fuller
 - o People, who say that they believe in this but they are not living to the light, are people with competing beliefs.
 - Competing belief they actually believe in more than one they say they do have.
 - Ambivalent belief – something you believe in enough that you feel guilty but not guilty enough that you do it.
 - Analysis your belief
 - Which one is true
 - Which one is the competing or distorted belief
- "I don't think of all the misery but of the beauty that still remains." Ann frank
- "When it gets dark enough you can see the stars." Lee Salk
- "We can turn setbacks into victories. Find the lesson, apply it and move on. Then look back on defeat and smile." David j. Schwartz, Ph.D.



- "Determine that the thing can and shall be done, and when we shall find the way." Abraham Lincoln

5. Emotional Intelligence Test



1. What do you think Ellen (the girl in pink) is most likely thinking at the time this picture was taken?
 - a. Bored
 - b. Hopeful
 - c. Stressed
 - d. Terrified
 - e. Shocked
 - f. Cannot be determined/none of the above
 - g. Don't know
2. What do you think Stacy (the girl in the middle) is most likely thinking at the time this picture was taken?
 - a. Disgusted
 - b. Excited
 - c. Sad
 - d. Happy
 - e. Neutral
 - f. Cannot be determined/none of the above
 - g. Don't know
3. What do you think Steve (the guy in the middle) is most likely thinking at the time this picture was taken?
 - a. Neutral
 - b. Sad
 - c. Amused
 - d. Curious
 - e. Joyful
 - f. Cannot be determined/none of the above
 - g. Don't know



4. Imagine that Ellen (girl in pink) is returning from a visit with her boyfriend who has unexpectedly broken up with her. Know this and seeing her expression, she most likely feels which one of the following emotions?
- Sad
 - Furious
 - Neutral
 - Relieved
 - Suspicious
 - Cannot be determined/none of the above
 - Don't know
- If you answered a-c = 0 points for all questions
 - If you answered d = 1 point for all question
 - If you answered e = 2 points – accurate emotion
 - If you answered f = 3 points
 - If you answered g = 4 Points
5. Mind Reading
- Be careful of mind reading, it is a cognitive distortion
 - o John has been in treatment so many times I know he will not give up the drink, so why even bring it up?
 - o when a fellow the one talent who did nothing was called to account for is used to the talent he said to his master I knew that you are a hard man
 - He was a mind reader expecting you could understand the mind of his master ahead of time. He acted in accordance with a self-fulfilling negative prophecy and was treated as he expected and deserve. All due to mind reading
 - 1-4 chance you'll be right with strangers you don't know.
 - 50-50 accurate at mind reading for male and female.
 - 80% chance you get if you know the person – husband and wife.
 - o Everyday Mind Reading: Understanding What Other People Think and Feel by William Ickes
 - Bible says:
 - o ...for man looketh on the outward appearance, but the LORD looketh on the heart. 1 Samuel 16:7

Jumping to Conclusions

- Easier than gathering the facts.
 - Stephen Wright: “ A conclusion is what you come to when you are tired of thinking about something
 - o Sometimes it is okay not to come to a conclusion
 - o Racism is an example of Jumping to conclusion or mind reading
6. Fortune Teller Error
- I know he won't do it, because he will think it is too hard.
 - I will never be able to overcome this problem
 - o This can be a self-fulfilling prophecy



- Do you think the most informed expert in the world on depression, do you think there's something that they may not know about depression? Could it be possible that you don't know something about depression and what you don't know might actually help you to overcome your depression
- We have a strong tendency as human being to think that we can predict the future.
- I've heard a lot of people say but if I do what's right than a lot of bad things will happen to me, and if I do what's wrong then good things will happen to me at center it's clearly a fortune teller. Ect.
- It's clearly a fortune teller error they're just saying it from a superficial Point of view and they really have no clue.
- Abraham got involved in this when he told the king of Egypt that Sarah was his sister.

7. Magnification or Minimization

- These new laws affecting my business are terrible!
 - Watch out for the H (Horrible) T (Terrible) A's (Awful)
 - magnification
- My most important priority is to set up a nice nest egg so I can retire early.
- Is not this great Babylon which I have built? Nebuchadnezzar
- I will exalt myself above the most high.
- The five foolish virgins minimized the importance of having adequate oil in their lamps. By the time they came to their senses and realized their need, it was too late.
- "I can stand it"
 - Song - I don't like it I don't like it, It's okay, Its okay, I can stand it anyway, I can stand it anyway, I'm alright, I'm alright
 - There is only one thing you cannot stand – Death

Examples of Magnification, Pride

- | | |
|--|--|
| - Trying to be noticed | - Demanding your way |
| - Craving attention | - Wanting control over others |
| - Itching for compliments | - Flaunting your individual rights |
| - Needing to be important | - Refusing advice |
| - Detesting the idea of being submissive | - Being critical, yet resenting criticism |
| - Loathing the idea of admitting to wrongdoing | - Being oversensitive |
| - Strongly opinionated | - Thinking you have excellences you don't have |
| - Being argumentative | |

*William Ikes

More than one means there is pride, what will follow is a wounded pride then feel slighted, which becomes an imaginary wound. You think you have a wound but it is imaginary. After this jealousy, envy, confusion, malleus, hatred...etc. Where does it all start? Magnification of self. Jesus was the opposite of this.



Desire of Ages pg. 330

- Christ never elated by applause
- Nor dejected by censure.
- Amid the greatest opposition and the most cruel treatment, He was still of good courage.
- "Blessed are the poor in spirit, for theirs is the kingdom of heaven."

Nothing gives one person so much advantage over another as to remain cool and unruffled under all circumstances – Thomas Jefferson

8. Emotional Reasoning

- I feel like a dud therefore I am a dud
- I feel overwhelmed and helpless thus my problems are impossible to solve
- I feel angry at you and that proves that you been cruel insensitive to me
- I don't feel like changing anything right now, so I won't
 - o Song - Feelings come and feelings go and feelings are deceiving. Trust alone on the word of God it's something worth believing. Because feelings come and feelings go and feelings are deceiving, trust alone on the word of God it's something worth believing.

James 1

13 No one should say God tempts, because God doesn't tempt anyone.

14 Each one is tempted when he is dragged away and enticed by his own evil feelings.

Feelings can lie!

- When you have feelings you have to elevate them to the level of your frontal lobe, your consciousness, analyze them and see whether they're lying or they're based on things that you know are absolutely true and not assume true
- Jonathan Martin says feelings are much like waves, we can't stop them from coming but we can choose which one to Surf!
 - o And we choose that one on the basis of what is true accurate.

9. Mislabeled

- Having irrational definitions
 - o Mislabeled others, mislabeled terms
 - o E.g. A person is lazy if she doesn't wash the dishes after she eats
 - This is not the definition of lazy if you look it up in the dictionary
 - o if a woman cares about me she will do this for me
 - o if a man doesn't spend dollars time with me then he selfish
 - o



10. Personalization

- Now this would be like the 6 grader that comes home from school with Ds and F on the report card and the mother breaks down in tears and says I'm a failure as a parent.
 - o Is that true? It is true that she might learn better parenting techniques but the report card is the responsibility of the child. We can't blame ourselves for all the bad that is happening in our own family.
- "I can't believe they did that to me!"
 - o Reality often that individual or that group isn't even thinking necessarily bad about you are trying to do anything bad etc.
 - o In many cases, the person didn't even know you were upset by what they did, much less did it intentionally to hurt you.
- "The boss gave that lesson just for me."
 - o The, lesson was for everyone that is why he gave it that way
 - o James and John fell in that when the people rejected their message concerning Christ whether they want to do call fire down from heaven. They personalized it!
 - o Haman took the refusal of Mordecai so personally to bow down to him; he took it so personally that he was willing to wipe out the entire Jewish nation to get revenge for one man. That's how severe personalization can get

So those are the 10 cognitive distortions, there are varieties that come out to each one of those 10 but we can see from the Bible the Bible says:

...whatsoever things are true, whatsoever things are honest, whatsoever things are just, ... if there be any virtue, and if there be any praise, think on these things. Philippians 4:8

Steps to Using CBT

1. Analyze your thoughts
2. Look for distortion than those thoughts
3. Reconstruct your thinking (Correct your thoughts)

"Be transformed by the renewing of your mind." Romans 12:2

Spiritual Aspect of Emotional Intelligence

- **Truth**
 - o Accurate
 - o Not Distorted
- **Love**
 - o altruistic love that the Bible calls at Agape, a self-sacrificing principled love is the key to emotional intelligence
- **Freedom**



- You are not a slave to anything or to anyone and you're not coercive to others as well, persuasive but not coercive.

4. Practice, Practice, Practice

- Realistic thinking does not come naturally,
- It must be a conscious choice followed by strong effort.
 - The more balance feeling the result will be worth the struggle
 - Self-discipline must be practiced by everyone who would be a worker for God. This will accomplish more than eloquence or the most brilliant talents. An ordinary mind, well disciplined, will accomplish more and higher work than will the most highly educated mind and the greatest talents without self-control. {COL 335.1}

LORD, who shall abide in thy tabernacle? Who shall dwell in thy holy hill? He that walketh uprightly, and worketh righteousness, and speaketh the truth in his heart. Psalms 15:1-2

- Another words, he is telling himself the truth, true and accurate thoughts on a habitual basis.
- The Psalmists is saying that those who will ultimately be successful; those who think consistently true thoughts are going to live eternally.

“Truth will ultimately prevail where there is pains taken to bring it to light” George Washington

Ancient Evidence for the Power of Thought

The wisest man said: “For as he thinketh in his heart, so is he.” Proverbs 23:7

Let this mind be in you

- A = Activating event
- B = Irrational belief replaced with true belief
- C = Sorrow often turned into joy
 - If you have a bad ‘C’ go to ‘D’
- D = Dispute your faulty beliefs
 - Faulty beliefs uprooted
- E = Evaluate your beliefs
 - Disappointment – really an appointment!
- F = Future – Believers / Bold / Blessed
- G = Goals – positive effect
 - First your own circle, then the community, then the nation, then the world

Luke 24: Christ at the cognitive behavioral therapy

- A = Activating event of Christ dying on the cross
 - People on the road to Emmaus filled with sorrow, hopelessness



- Christ identified them as being very e-motion a lease at an actually
- B = Their belief was that Christ should have lived and ruled the earth as king and they should have shared in His ruled.
 - Christ came and gave them CBT, their belief was replaced with true belief that this was a fulfillment of prophecy.
- C = Sorrow often turned into joy
- D = Faulty beliefs uprooted
- E = They realized that their disappointment was actually an appointment!
- F = Future, they were now believers, they were bold and blessed
- G = Goal, first own circle – running 8miles at night to tell the apostles about the true beliefs. Then the Israel, Syria, and then the world.

When you have the true ABC's you will have the true all the way down to the Goals.

Army researchers found that when they subjected a group of volunteers to two sleepless nights, the lack of shuteye seem to hinder participants ability to make decisions in the face of emotionally-charged moral dilemmas (we mention what's lack of sleep does). Some volunteers change their views on what was morally acceptable after. This was not universally true however, volunteers who at the beginning of the study scored high on a measure known as emotional intelligence, did not waver on what they found morally appropriate.

So that explains why Christ who was sleep-deprived, who was nutrition deprived, who was suffering all sorts of stressor that can be poured on an individual, layers a stressors. Did he ever change what he thought was morally appropriate, did he ever waver in regards to that? Never did he waiver, he had developed that true and high emotional intelligence.

I think if we're going to make it through the crisis that may be ahead in our life, this is the key! Something that I would like each student to develop, is a high emotional Intelligence.

Ellen White in the book Heavenly Places says:

The power of right thought is more precious than the golden wedge of Ophir. . .

- There isn't a person to have the precious Golden wedge of Ophir in this world but if they had the ability to get or think right thought what should they choose? Right thoughts, far more beneficial.

Emotional Intelligence – It can be improved!

This is the good news; by the way don't get discouraged if you put A's for all those answers there. A lot of people get pretty discouraged and think well as my EQ that low, by the way white you think your EQ is and what it actually is often diametrically opposed at sometimes and so don't assume necessarily you have it but the good news is: whatever it is, it can be improved on significantly

Let us close with the words of Christ:



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“Ye shall know the truth, and the truth shall make you free” John 8:32

- The Christ said the word ‘know’ it is not just about knowledge but an intimate knowing along the similar wording to Adam knowing Eve. When Adam knew Eve then they conceived.
- An intimate association with truth, that’s part of our very being, habitual, moment by moment you shall know the truth and the truth shall make you free.

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