

Workbook Module 2 – Emotional Intelligence

Module 2 explores the world of emotions, beginning with how to identify emotions.

What are we feeling? Where is that feeling connected to my body? How do I remain steady when emotions get too charged up and begin hijacking my brain?



Purpose

There is a way to develop an increasing ability to enter into serenity. Our emotional systems are a very complex part of our human experience. Being in touch with our own emotions, and how they affect us, helps us to reflect on situations as they occur, and respond positively and appropriately. Let's dive in to emotional intelligence.



Identifying Basic Emotions: Glad, mad, sad, afraid!

Glad

Gladness happens when we are genuinely happy, feel a sense of accomplishment, see a new-born baby, are experiencing the natural freedom being in nature, enjoying a good meal with friends and family, watch as someone with a disability crosses the finish line of a marathon after overcoming great struggle!

Mad

This is when we are experiencing anger, at ourselves, another person, our situation or our circumstances. We can be mad about a man being falsely accused and sent to jail, about losing the big game, about losing a job, a relationship, or just being annoyed in traffic. We may also be mad about others telling us what to do, or about having to do the dishes!

Sad

Sadness often comes when we are missing someone, or our expectations are not met. Losing a loved one or a pet will often bring sadness and is a normal part of the



grieving process. Perhaps on a rainy day, we have a sense of being sad, and we are not sure why?

Afrad!

No this is not a typo! This is a combination of emotions. Fear, frustration, sadness, etc... This can be a good word to identify with when emotions are all mixed up.

This can come as a somewhat intense flood of emotion.

1. Whatever the emotion we are experiencing, it is important to learn to _____ what we are feeling, especially in a crisis. When we experience traumatic events and the ground underneath us is shifting, there will often be a few main _____ present (2.1).

2. Learn to be _____ with your emotions, be _____ about them and identify whether it is a _____ emotion or an _____ one (2.1).

3. Emotions often are connected to different _____ . Do you feel it in your gut, your heart, your head? You can place your hands over that part of your body to help soothe and strengthen the area needed (2.1)



4. Whatever you are feeling, these emotions are a part of your personal _____!

They are not something to _____ from (2.1).

5. How do you experience emotions as a feeling in your

body? _____


6. The emotion starts as a feeling in the body. We tend to distract ourselves from those feelings. Learning to ride the wave of _____ emotions brings a growing confidence and emotional strength. Remember, emotional waves are _____ and are _____ to the _____ that leads you back to being more fully you!

Simplifying your life within your living environment.

7. While you are establishing your sobriety, it is very helpful to keep

busy _____ your living environment and activities as much as you are able (2.2).





Emotions start as a feeling in the body. We often distract ourselves from those feelings. Learning to ride the wave of negative emotions brings a growing confidence and emotional strength.

8. What 3 areas will you experience changes in connection with simplifying your living environment? _____, _____, _____ (2.2).

9. You may be used to drinking socially or partying with others. It may be important to _____ and stay away from some social environments that you associate with using _____ or _____ (2.2).

10. Avoid going into long _____ about your recovery and how difficult it is.

11. Often the people around us who know us best can offer really helpful _____ into our lives. If they are judgmental or overly critical of where you are in your recovery, then give them the _____ and _____ they need to adjust to the changes that you are making (2.2).

12. Do you see having an organized structured living space as essential to living in harmony? _____ Why or why not? _____



The Truth About Opiates (2.3)

13. Every day, more than 90 Americans ____ after overdosing on opioids.

14. Regular use—even as prescribed by a doctor—can lead to _____ and, when _____, opioid pain relievers can lead to _____ incidents and deaths.

15. Since 2007, overdose deaths related to heroin have been _____.

16. Opioids affect the neurons and _____ centers of our brain.

Many hydrocodone and oxycontin pills are being cut with _____, which is 10 times more _____ than hydrocodone.

If someone offers you a pill to take the edge off, or says: “Oh, it’s just a pain killer,” don’t trust them. You really don’t know the _____ of where that pill came from. Having just _____ pill could cause a life-threatening reaction in your body.

17. There are drugs that can help with heroin and opiate withdrawal like _____, and Naltrexone.



Understanding Tolerance and Withdrawal (2.3)

17. Tolerance is when the body _____ to a certain amount of a drug, and no longer experiences the same effect from taking a certain amount. For the person to _____ the same effects, they need to _____ consumed.

This cycle can lead to _____ and be very harmful to the mind and body.

18. What is withdrawal? When it comes to heroin and opiates, a person who has been taking them for a period of time needs a _____ supervision in getting off of the drug. Withdrawal is when the body experiences _____ reactions to _____ use of the drug.

A Place of Serenity (2.4)

19. God, grant me the _____ to accept the things I cannot change

The _____ to change the things I can, and the _____ to know the difference.

20. We are responsible for our own _____ and for our own _____.

21. Definition of Courage: The Merriam-Webster definition of courage is as follows: mental or moral strength to venture, _____, and withstand danger, fear, or _____.

22. So, courage is not the _____ of fear but staying strong in the _____ of it.



23. Many times, the path toward a goal may not be in a _____ line though.

There are unexpected twists and turns. Timelines and plans can change. We need to know where to be _____, and where to _____.

24. Wisdom can be defined as the ability to make _____ and _____ decisions for one's life. There are many challenges that will humble us, and in embracing _____, we become open and receptive to good counsel. Seeing our situation _____ allows us to make those _____ that bring us forward.

25. Without wisdom we are left to our own _____ and manipulation, which have and always will bring us down the wrong path.

26. Often, taking a deep breath and pausing to deflate and diffuse a charged situation and emotions allows us to _____ more calmly and _____ be anxious and afraid.

Emotions in Learning (2.5)



27. Our emotions impact us in so many ways. Emotions have a tremendous effect on our _____ in different environments and can help us gain a new perspective upon the things we are learning now.

28. Feelings of embarrassment or insecurity, anxiety or anger can keep us from _____ on the work in front of us. Our brains _____ or _____ mechanism may be triggered.

29. What's one way choosing positive emotions helps renew your ability to learn?

30. When sharing ideas with a supervisor, don't rehearse what you want to say over and over, just _____ what you want to see and bring that sheet with you to the meeting.

31. Those closest to you deserve to hear your thoughts and needs (you have a lot of good things to say!). You as well need to _____ and _____ their thoughts and needs. Remember, _____ is a big part of Social-Emotional Learning!

REFLECTION

Often taking a deep breath and pausing to deflate and diffuse a charged situation and emotions allows us to respond more calmly and not be anxious and afraid.



32. When talking to a spouse or loved one about a difficult issue, is it better to talk about it at night or during the day? _____ Emotions are usually more _____ at night.

33. Fewer _____ will prevent many misunderstandings. Speak your heart and tell the truth. Just do it with fewer words. Remember, we have 2 _____ and 1 _____. It's twice as important to hear others than to speak.

Echoes of Joy and Happiness (2.6)

34. When life is going well, be on the watch for _____ and _____ up ahead, and when things are not going well, be on the lookout for _____ things and a _____ change coming. Life is full of _____, and conflict is normal to life, as we will explore in a later module.

35. People you meet that are full of joy all have one common characteristic, and that is _____. They are grateful for all that is in their life, good or bad, and have a sense of being on a _____, always _____ something new each day.

36. What are five things you are grateful for today?



37. Joy is a more _____ state of being rather than a passing _____.

38. It is important to remember that if you have been drinking or using for a while now, there is a healing process that needs to take place. There is a healing process in our _____. Our ability to experience intense _____ and _____ while sober may need time to heal also. There is a common experience while in the early days of recovery of life being a bit boring, or not feeling too many _____ or _____. Just know that you are not alone in this, and that it's _____. Be patient with yourself and continue to be encouraged knowing that you are doing good and staying _____ one _____ at a time.

Questions for Reflection and Application

What emotion(s) most help you learn? _____

What emotions(s) most hinder your ability to learn? _____

What teacher, mentor, or counselor did you best connect with? Why do you think there was such a good connection?



Where are some places you could go to find peace and serenity?

