

Using Emotional Intelligence to Promote Nonviolence

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**Building a More Peaceful Connecticut:
Tools, Models and Initiatives that Promote
Non-Violence**



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*“Educating the mind
without educating the heart
is no education at all.”*

Overview

- Emotional intelligence
 - What it is
 - Why it matters
 - Why it's foundational for peace and violence prevention
- Self-regulation tool

The Yale Center for Emotional Intelligence uses the power of emotions to create a more effective and compassionate society.



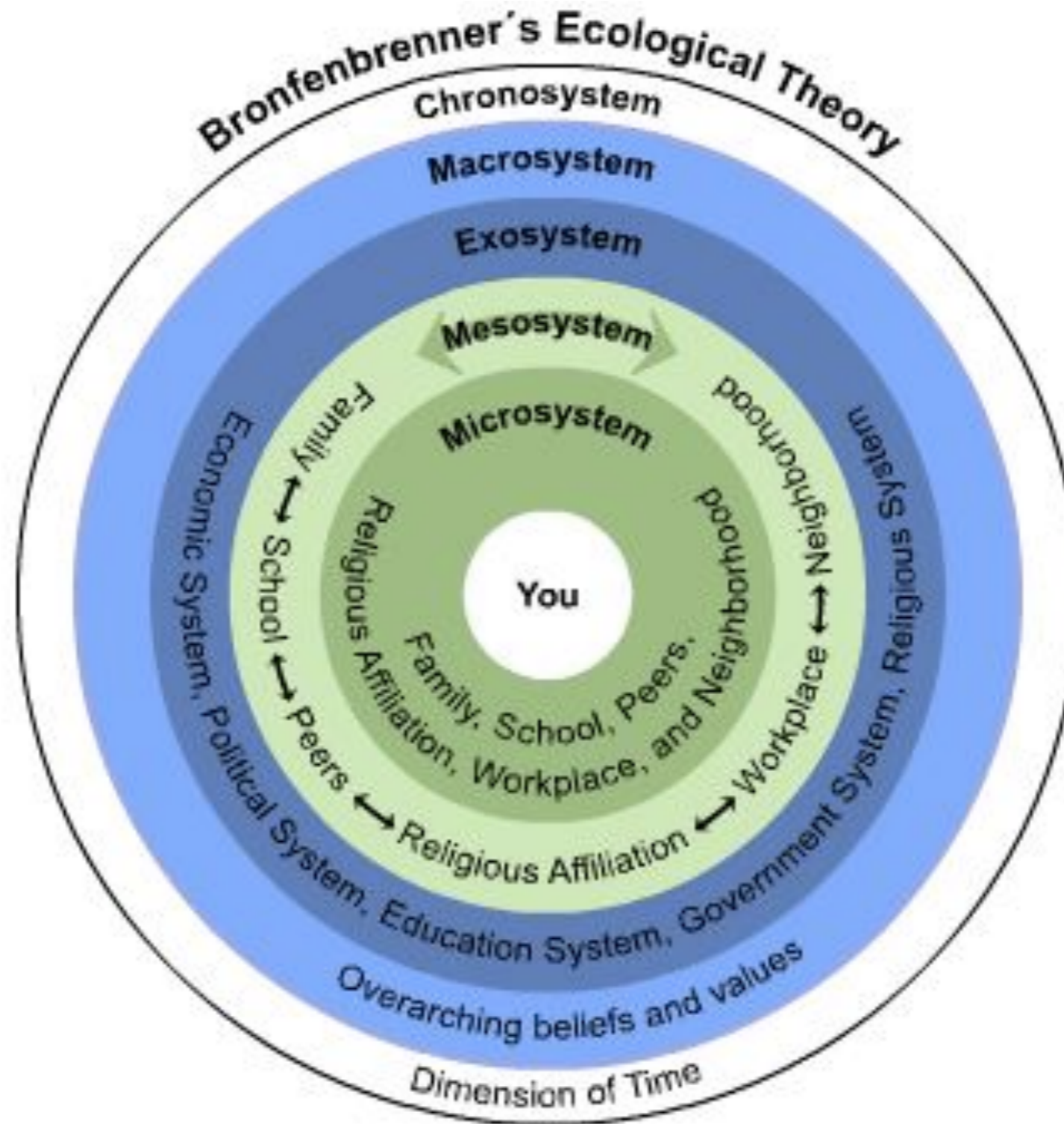
Emotions Matter

Emotions and what we do with our emotions influence:

- Attention, memory, and learning
- Decision making and judgment
- Relationship quality
- Physical and mental health



How Emotions Develop



<http://faculty.weber.edu/tlday/human.development/ecological.htm>

Emotional Intelligence is...

“the ability to monitor one’s own and others’ feelings and emotions, to discriminate among them and use this information to guide one’s thinking and actions”

Salovey & Mayer, 1990

RULER Skills

Recognizing,
Understanding,
Labeling,
Expressing, and
Regulating emotions



Recognizing and Labeling Emotions



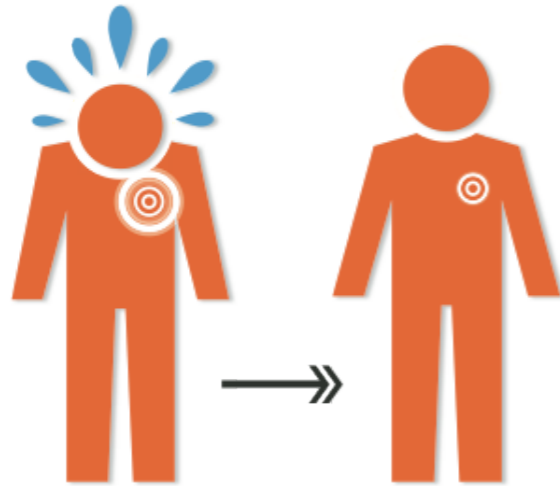
Regulating our Emotions



Insulted.



Children with Higher EI



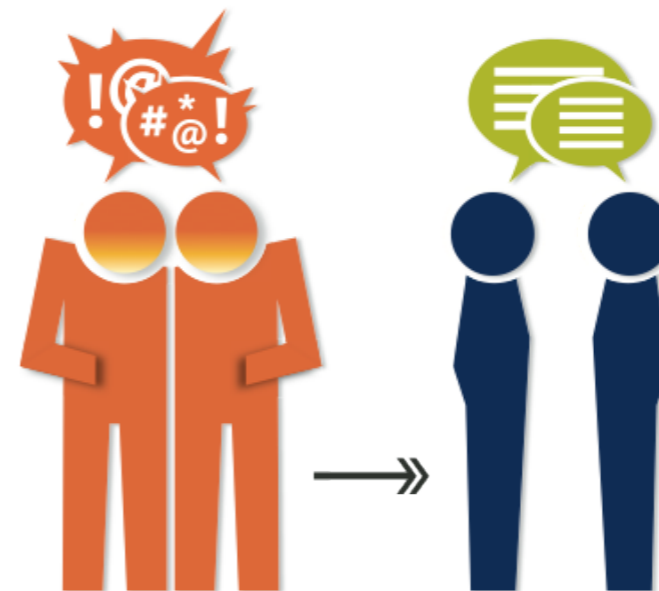
Have less anxiety.



Have less depression.

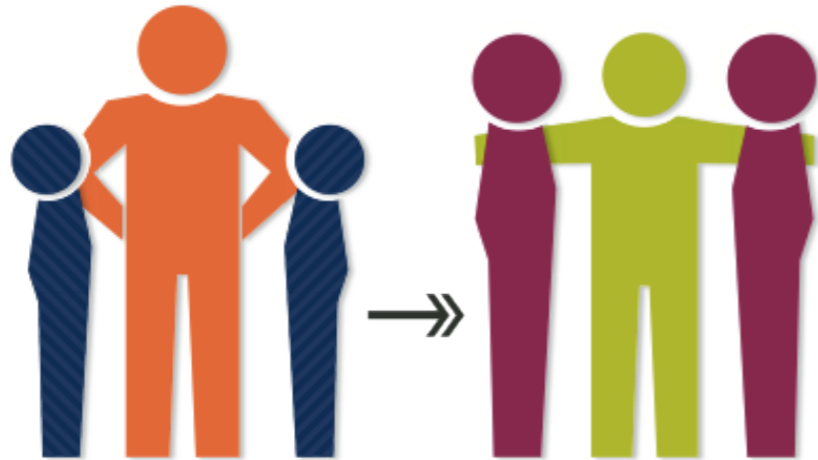


Are less likely to abuse drugs,
alcohol, and cigarettes.

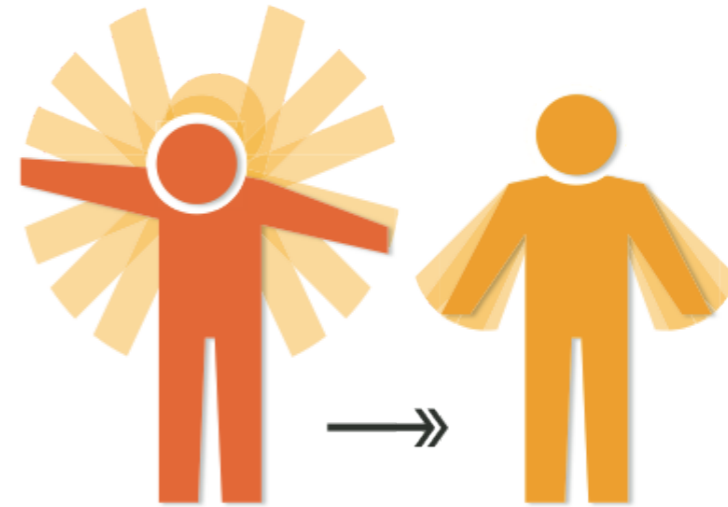


Are less aggressive and less likely
to bully others.

Children with Higher EI



Have greater leadership skills.



Are more attentive and less hyperactive in school.



Perform better academically.

TEACHERS...



Are more positive about teaching.



Receive more support from their principals.



Report greater job satisfaction, less stress, and less burnout.

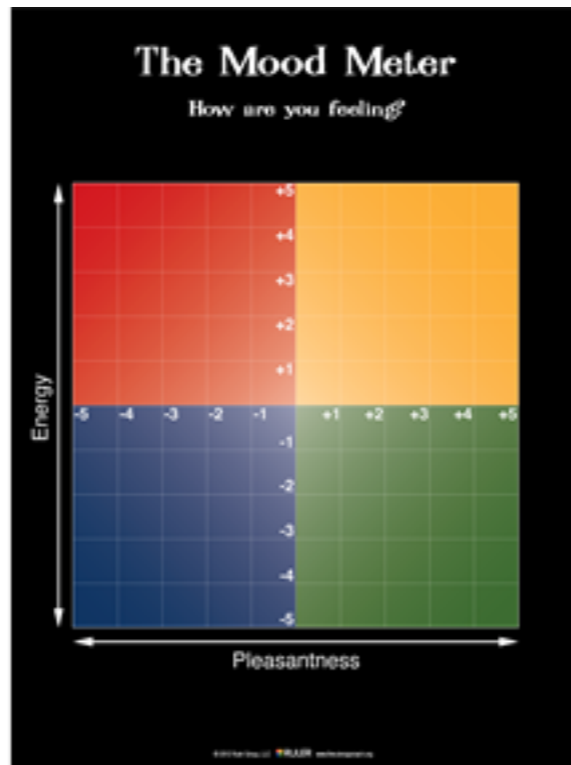
RULER Anchor Tools

Emotional Intelligence Charter

As a class, we want to feel...

In order to have these feelings consistently, we will...

We will prevent and manage conflict by...



TAKE A META-MOMENT

1. Something happens
2. Sense
3. Stop
4. See your best self
5. Strategize
6. Succeed!

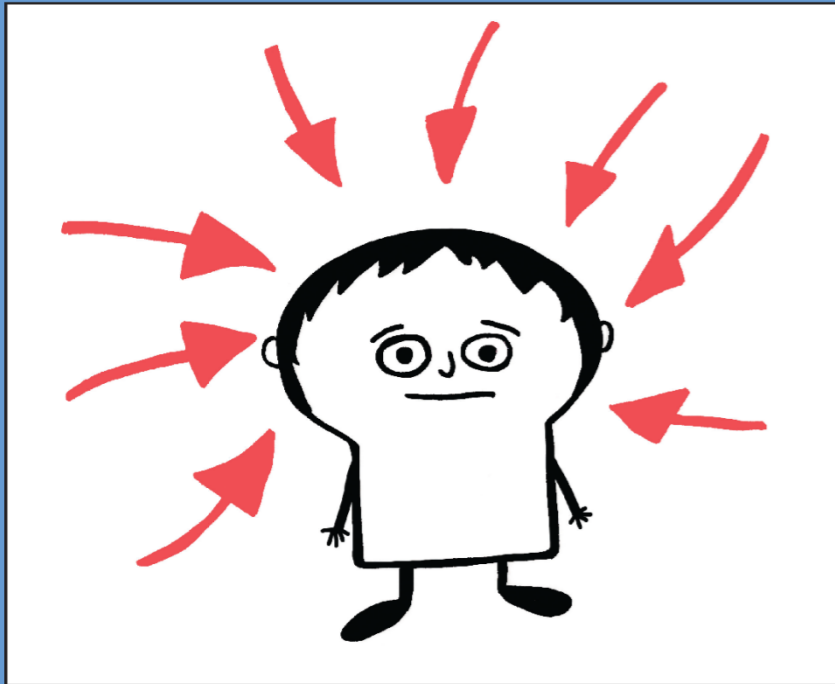
Solve problems with The Blueprint

Describe	What happened?	
RULER Skill	Me	Other Person
Recognize & Label	How did I feel?	How did ____ feel?
Understand	What caused my feelings?	What caused ____'s feelings?
Express & Regulate	How did I express and regulate my feelings?	How did ____ express and regulate his/her feelings?
Reflect & Plan	What could I have done to handle the situation better? What can I do now?	

*“Between stimulus and response,
there is a space. In that space lies
our power to choose our response. In
our response lies our growth and
freedom.”*

Viktor E. Frankl

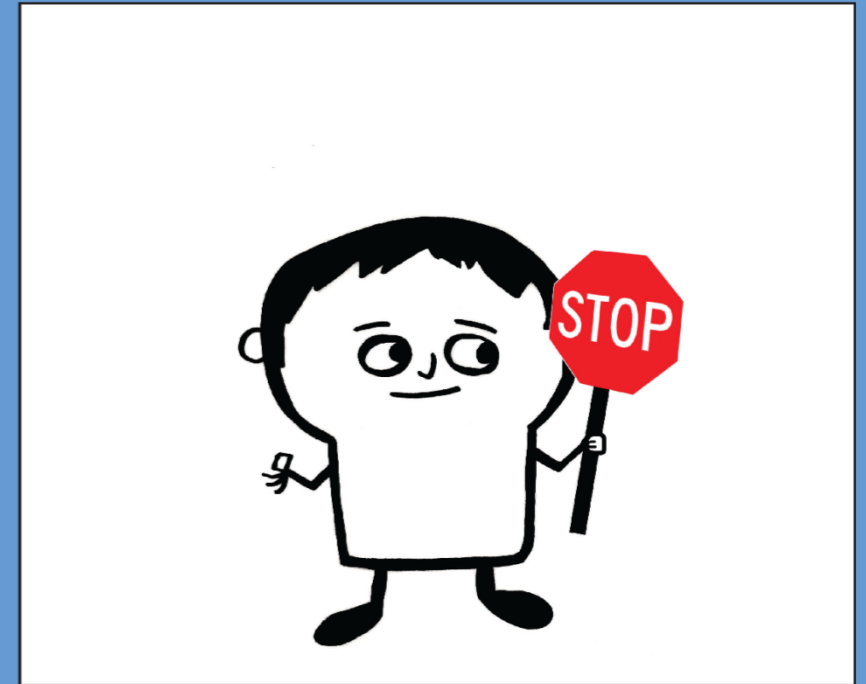
Take a Meta-Moment



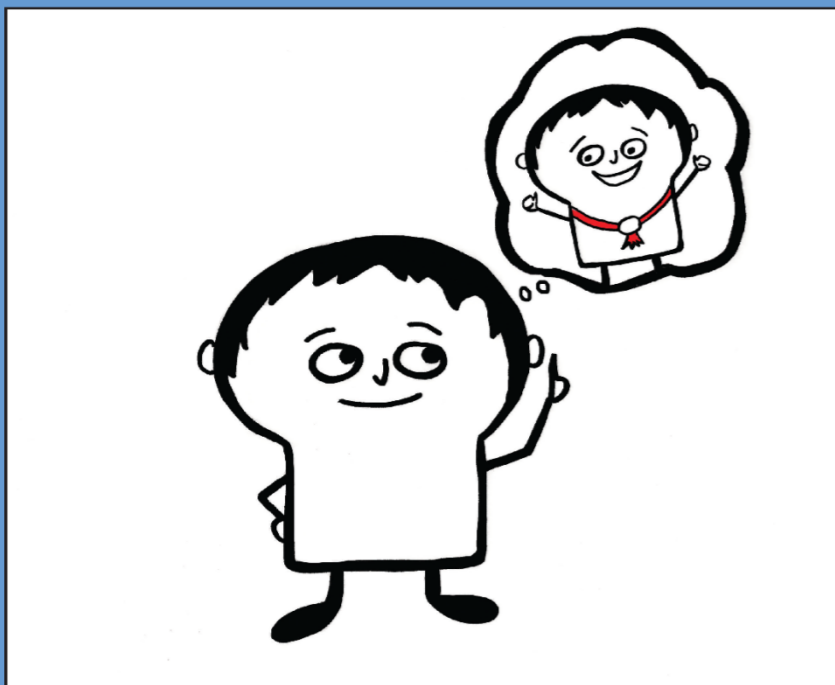
1. Something happens



2. Sense



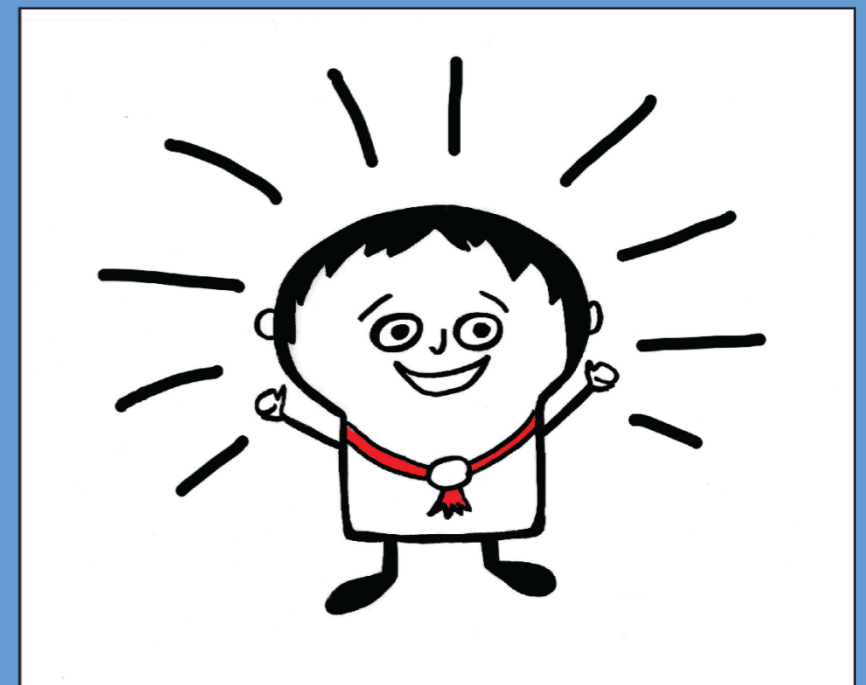
3. Stop



4. See your best self



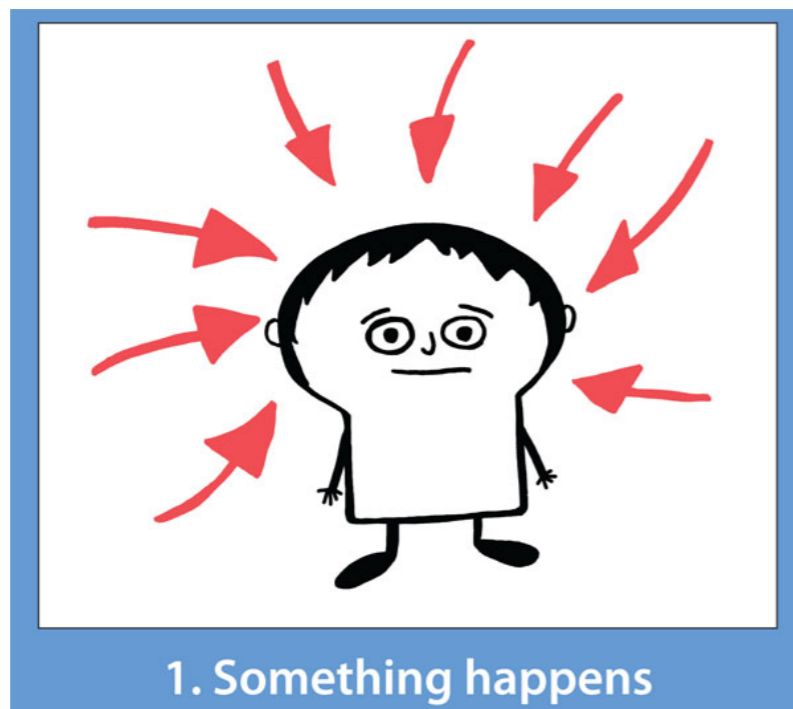
5. Strategize



6. Succeed!

Step 1: Something happens

Something real or imagined triggers an emotional experience (thought, person, place, event)



Step 2: Sense

You sense the shifts in:

How you are thinking

“Nothing goes right for me.”

How your body feels on the inside

Racing heart, tension

Your facial expressions, posture, and voice

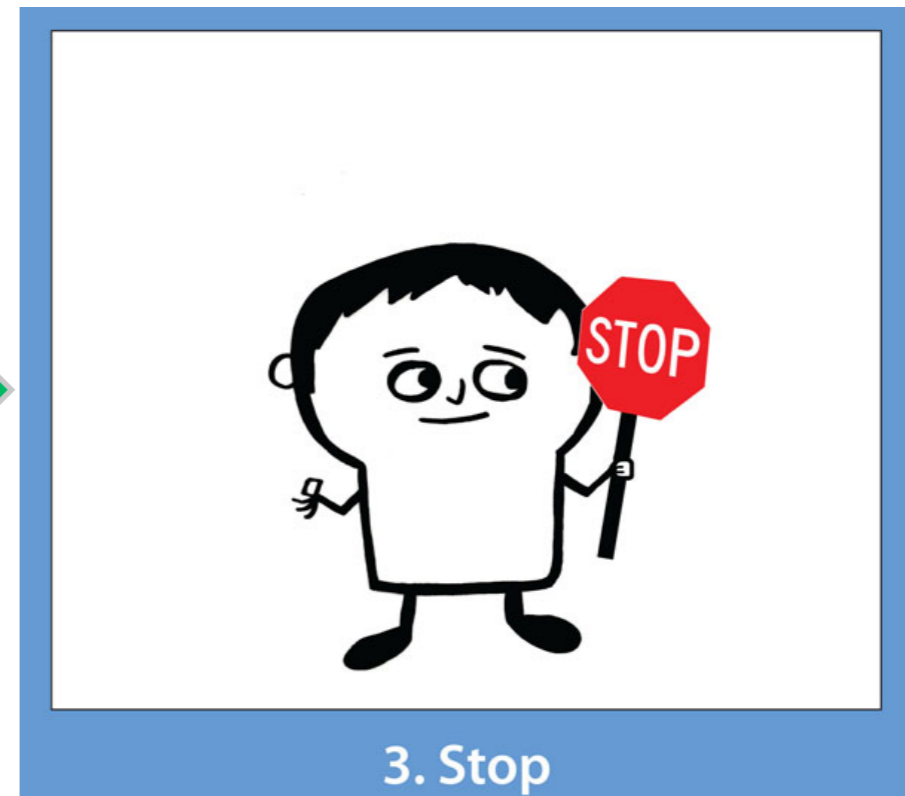
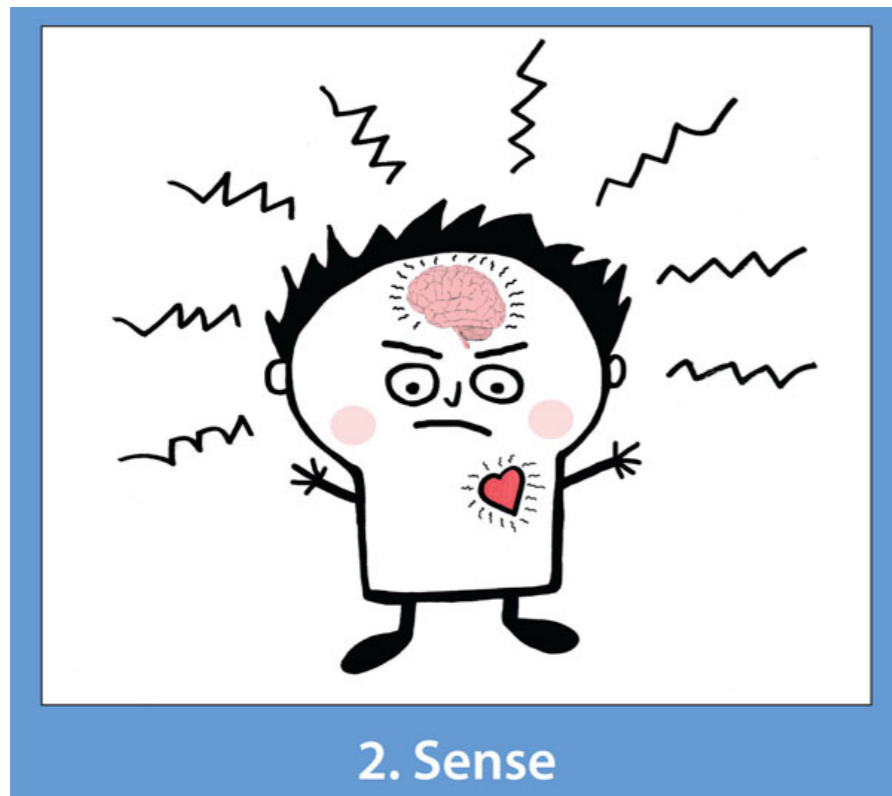
Furrowed eyebrows, clenched fist



Shifts that occur:

Emotion	Thought	Body	Expression
Anger	Perception of unfairness, injustice	Heart races, body heats up and tightens	Furrowed brows, pressed lips, clenched fists
Anxiety	Feeling of uncertainty or anticipated harm, obsessive thinking	Heart races, body shakes, palms sweat	Eyes pulled back, flight response

Step 3: Stop



Step 3: Stop

Breathing and pausing help you to avoid responding in an unhelpful manner

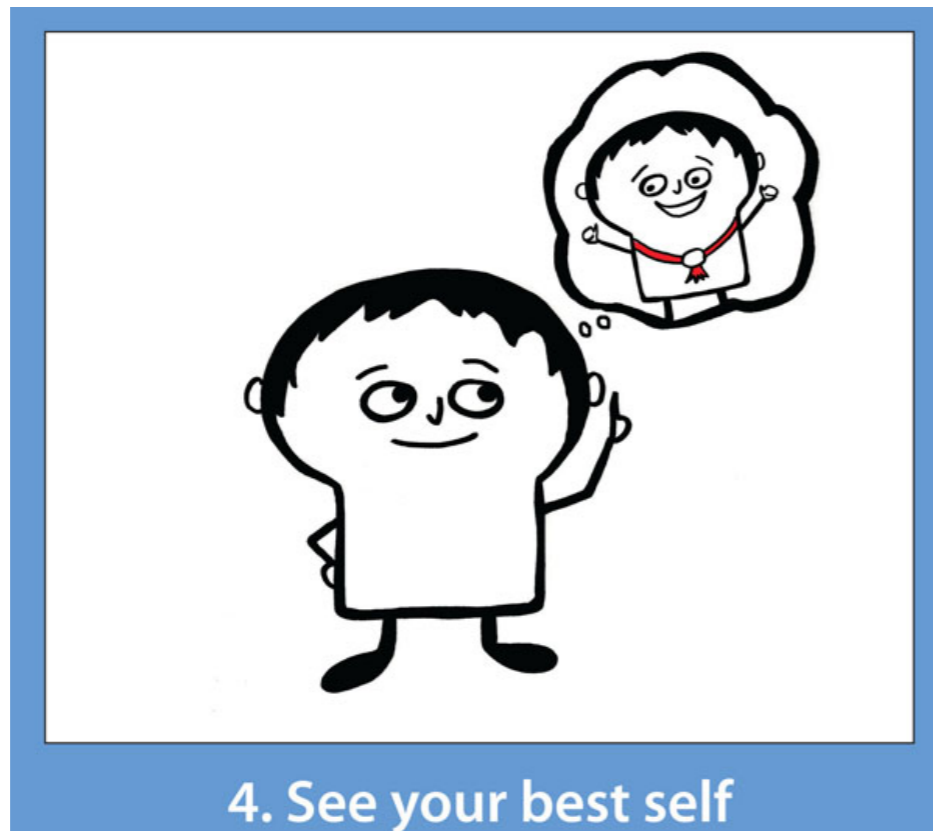


Basic “stop” exercise:

- Take a few deep breaths
- Say a simple mantra (in/out, deep/slow, calm/ease, smile/release)

Step 4: See Your Best Self

Imagine your *best self*.



1. Who you want to be
2. How you want others to see you (your reputation)
3. The ideal outcome

Remember: Your best self is different in different roles!

Step 5: Strategize

You choose and then use a strategy – either a thought or an action – to regulate the emotion effectively



Quick and effective strategies

- Breathing
- Mindfulness/Relaxation
- Reframing
- Private self-talk
- Visualization
- Distraction
- Physical space/distance

Step 6: Succeed

You act in a way that aligns with your *best self*



“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

MAYA ANGELOU



Thank you!

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