**Using Emotional Intelligence to Promote Nonviolence**

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*Building a More Peaceful Connecticut:*

*Tools, Models and Initiatives that*

*Promote Nonviolence*



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The building blocks of emotional intelligence are the 5 RULER skills:

**R**ecognizing emotions in one’s self and others

**U**nderstanding the causes and consequences of emotions

**L**abeling emotions accurately

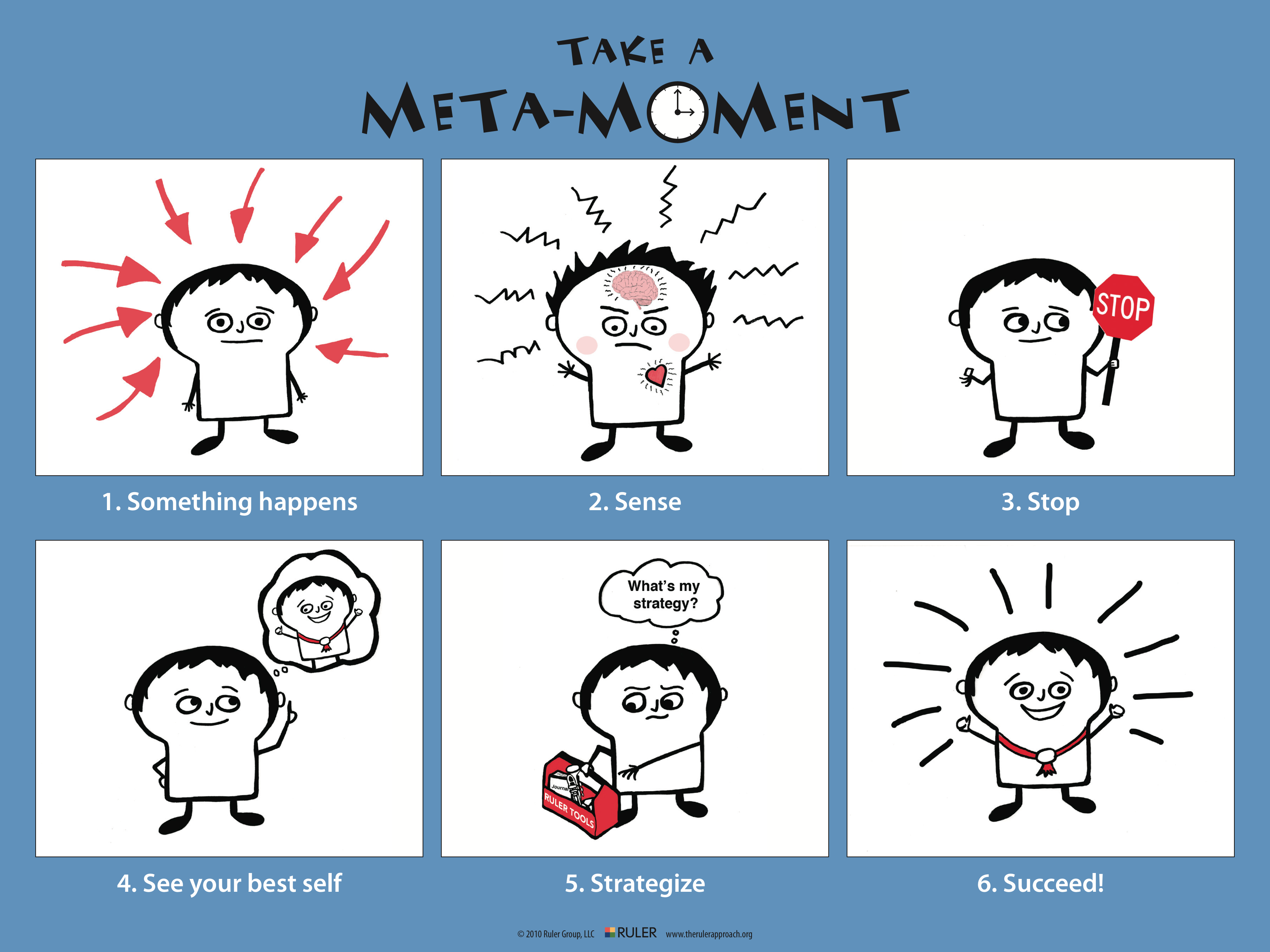
**E**xpressing emotions appropriately

**R**egulating emotions effectively

Children with greater emotional intelligence:







**Meta-Moments**are a process that children and adults learn to help them expand the “space in time” between an emotional trigger and a response. Adults and children develop strategies to improve their reflective practices and problem solving skills so they can respond effectively to life’s many emotional experiences.

*“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*