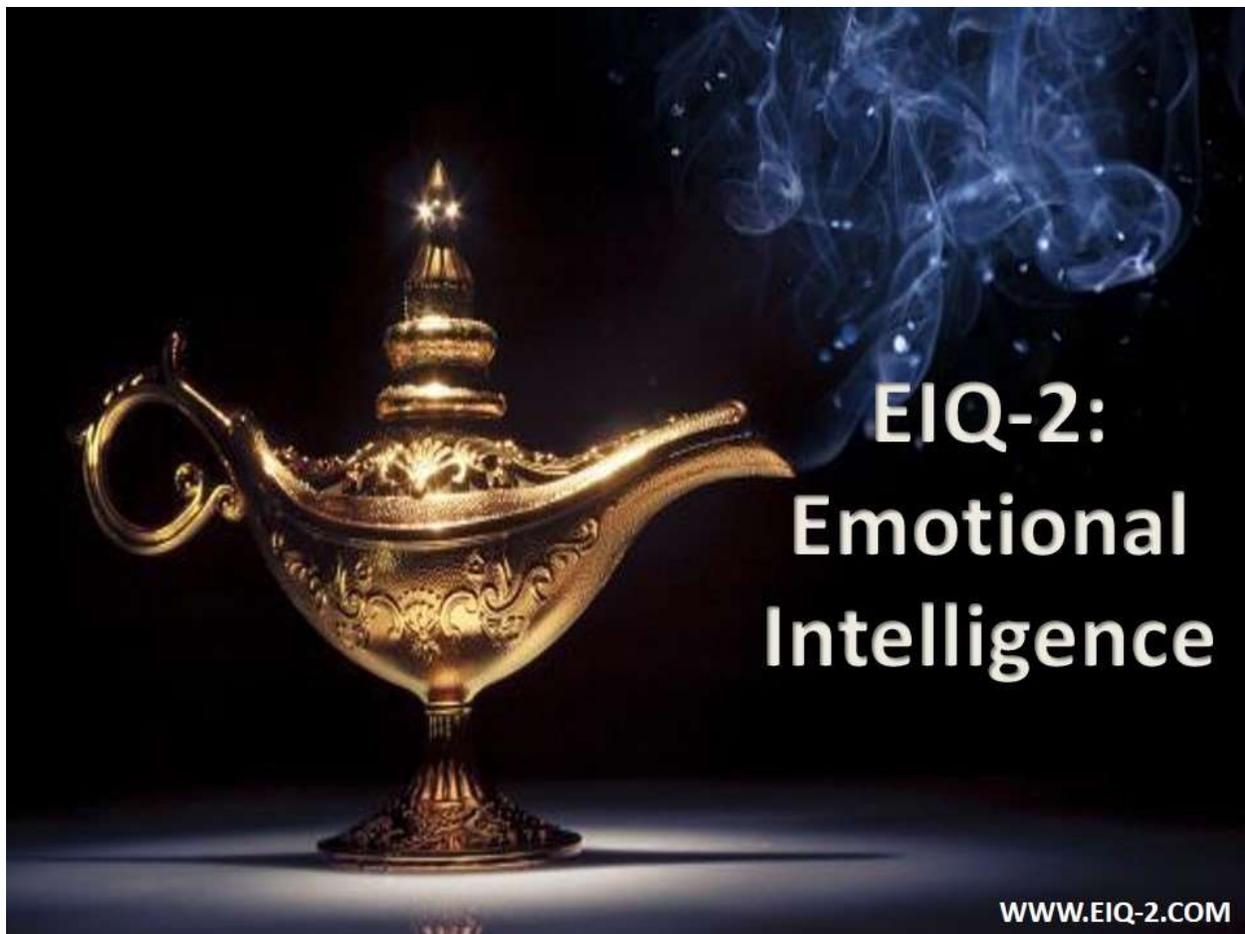




## Emotional Myth Busting

Negative thinking provides limitations and constraints. Inner obstacles are far more dominant than real barriers and may be more difficult to deal with. Worry, anxiety and fear limit and inhibit effective performance. Control self-talk and mental images to control the future and set the tone for success (or failure).



Ten emotional barriers that block achievement:

1. **Failure is fatal.** This system feels that uncertainty and risk are fraught with danger. It takes comfort in tradition and the status quo. These emotions preclude growth and creativity.

They support a life of doubt and regret. Fear cripples performance. Life without challenge and risk offer little joy and no excitement. Fear drains motivation.

2. ***If it's not perfect, it's not worthwhile.*** One variation is 'second place is the first loser.' This myth saps the value from anything less than total victory. Unfortunately, life is filled with both gains and losses. Only a nominal number can be 'the best,' or 'the first.' Comparisons drain value from people and effort. They fail to recognize that there always will be greater and lesser people. Best efforts are always worthwhile. Their results stand without external comparison.

3. ***If you couldn't, you can't.*** While the past is a fair indicator of the future, it is not always correct. Setbacks and disappointments demand resiliency and recovery. Everyone experiences them. The past may erode confidence but it does not dictate performance. Setbacks are only opportunities to try again more intelligently. Constructive thinking and learned optimism provide the tools to succeed.

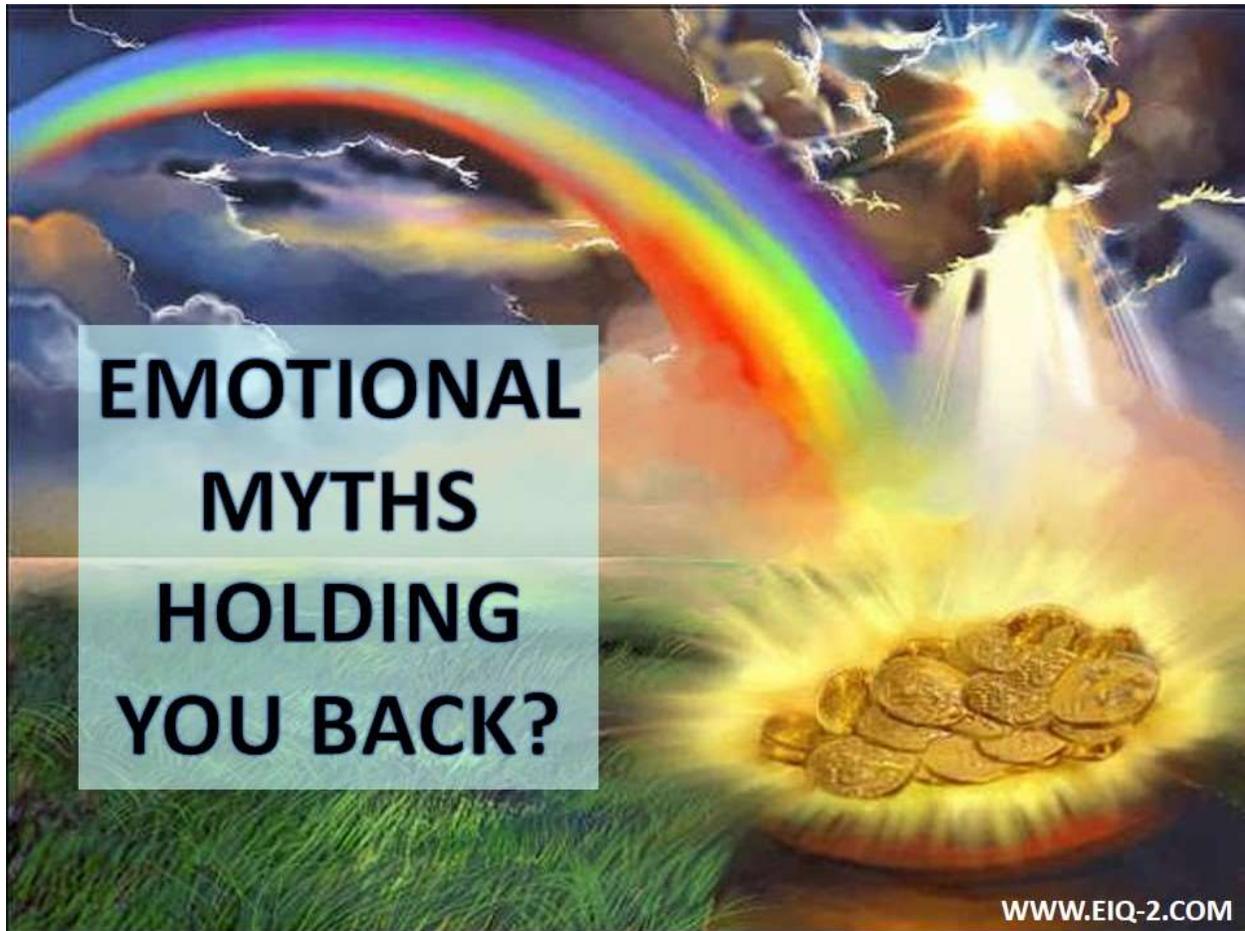
## Emotional Myths:

1. Failure is Fatal
2. If It's Not Perfect, It's Not Worthwhile
3. If You Couldn't, You Can't
4. Some People are Destined to Win, Others to Lose
5. Positive People are Just Lucky
6. You Missed Your Chance
7. Sticks and Stones May Break Your Bones but Words Will Never Hurt You
8. Externals are More Important than Internals
9. Tomorrow Will Have Better Possibilities Than Today
10. If It Doesn't Feel Right, It's Wrong

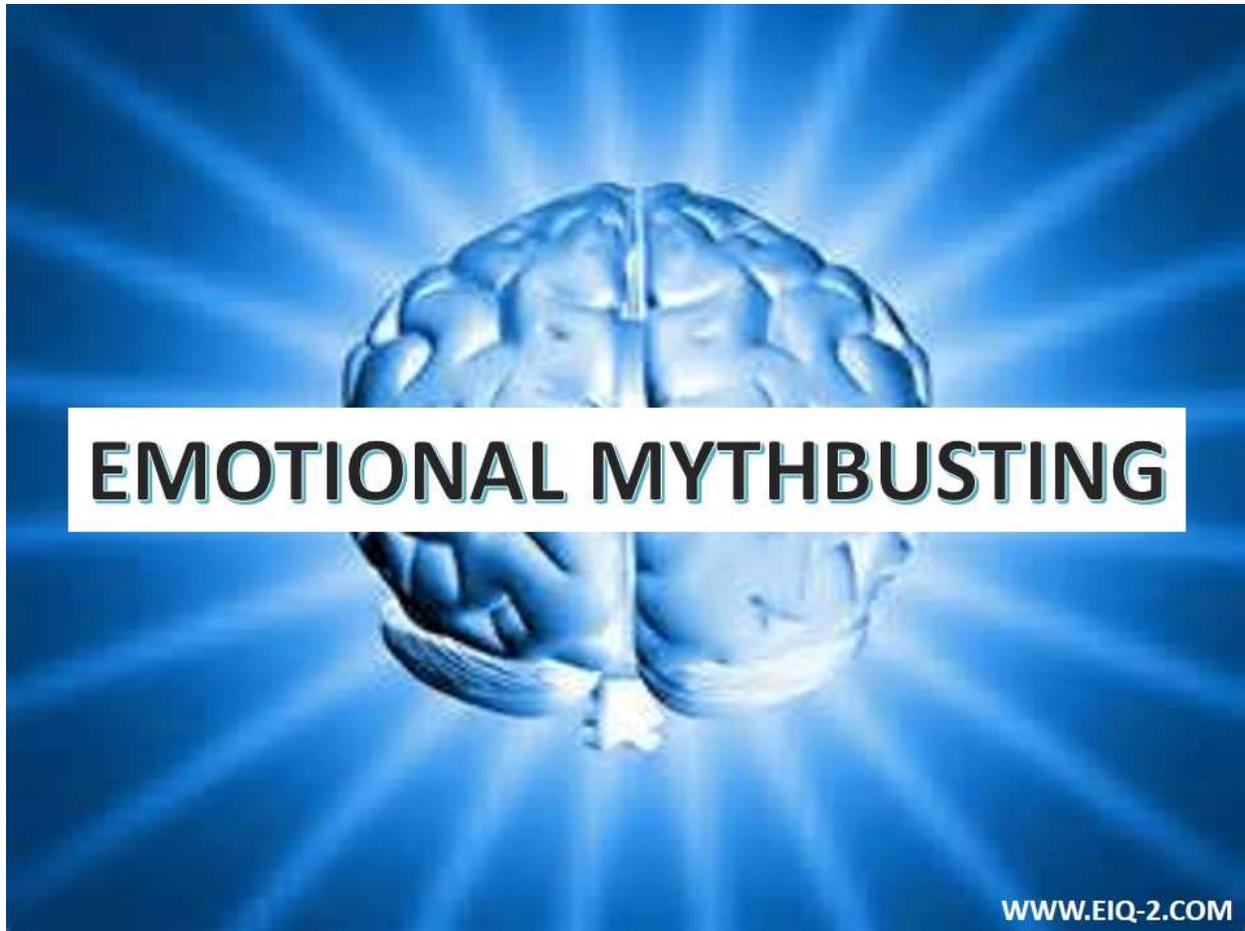
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4. ***Some people are destined to win, others to lose.*** By assuming that everything is in the hands of an uncaring fate, it's easy to blame failures and disappointments on external forces. Personal responsibility takes a back seat with a high external locus of control. Obviously, there are things that can't be controlled but attitude, excitement and emotion have more power than most acknowledge.

5. **Positive people are just lucky.** Luck is simply a variation of shifting blame to destiny. It transfers accountability and responsibility. Success is largely a product of quality thinking, diligent planning, and relentless implementation. Positive people create their opportunities.
6. **You missed your chance.** This goes hand in hand with 'I'm waiting for the right time.' Opportunity is about feelings and attitude. It lies within. It is a fallacy to believe that there is only one right moment. The world is filled with opportunities. All that is necessary is to find one. If one does not present itself, it's time to become creative and make one.



7. **Sticks and stones may break my bones but words will never hurt me.** Communication and relationships make life meaningful. Experience is far more valuable than possessions. It's hard to simply discount what others say and think. Words can hurt. What is more important is being a person of character and value. Self-worth and esteem come from within rather than outside. Create a climate where friends and colleagues are constructive and supportive. When they fail, reach within to find positive emotions.
8. **Externals are more important than internals.** Success is defined within. When it demands the recognition and approval of others, it loses value. Self-worth and personal value are far more important than anyone else's opinion.



**9. Tomorrow will have better possibilities than today.** No one is guaranteed tomorrow. There is no time like the present. Action favors the bold. Analysis paralysis, procrastination and thousands of reasons are readily available to postpone success. Achievement demands performance.

**10. If it does not feel right, it's wrong.** It sounds wonderful to tell people to follow their hearts and passions. Unfortunately, success demands sacrifice. Let the heart lead but don't leave your brain behind. Success comes through a balance of the heart and mind. Discounting one or the other leads to only half efforts and incomplete achievement.

**For Further Reading:**

Cornelius, Randolph R. © 1995 **The Science of Emotion: Research and Tradition in the Psychology of Emotion** Pearson Learning Systems

Ekman, Paul © 2012 **Emotions Revealed: Understanding Faces and Feelings** Phoenix

Kalat, James W.; and Shiota, Michelle N. © 2011 **Emotions** Cengage Learning

## Emotional Myth Busting

Madison, Lynda; and Masse, Josee © 2013 **The Feelings Book** American Girl

McLaren, Karla © 2010 **The Language of Emotions** Sounds True

Nelson, Bradley © 2007 **The Emotion Code: How to Release Your Trapped Emotions for Abundant Health, Love and Happiness** Wellness Unmasked Publishing

Success Dynamics' **Understanding and Managing Emotions** Course (1/2 Day Program): Recognizing and identifying emotional states and their triggers. Understanding positive and negative emotions and how they impact performance. Developing personal cognizance and regulation of feelings.

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**EIQ-2: EMOTIONAL INTELLIGENCE**

**EIQ-2L™ SECOND STAGE EMOTIONAL INTELLIGENCE: LEADERSHIP**

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