

**HOW TO MANAGE OUR EMOTIONS TO ATTAIN  
SUPER SUCCESSFUL LIFE???**



By



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## **Introduction**

Question - Why are some people happier and thus more successful than others?  
Answer – It's because even though they have problems and difficulties in their life they have learnt to manage their emotions to deal with their worries.

Emotion is defined as “*a strong feeling (such as love, anger, joy, hate, or fear)*” by the merriam-webster online dictionary. The word "emotion" is believed to be adapted from the French word *émouvoir*, which means "to stir up".

Every person experiences strong feelings of anger, hatred, fear, jealousy at some point in their lives or sometimes even on an everyday basis. Things go terribly wrong and then we pledge that we will definitely control our emotions next time, but sadly that ‘next time’ never comes and before we know it we have lost out on some great opportunity or relationship and are sucked into a whirlpool of regret. But then again, the same cycle keeps repeating itself and every time happiness eludes us. Slowly and

steadily as time passes, without realizing the joy seems to have gone from our existence and we yearn for the happy carefree days of our childhood when we didn't understand emotions of anger, jealousy, greed, insecurity, hatred etc.

It is impossible to return to childlike innocence and be devoid of emotions, however it is indeed possible to accept and recognize that these emotions are a part and parcel of our inherent character and the only thing required is to deal with them by managing them.

Welcome to the art of 'Emotion Management'!

### **Multiple Intelligences and their Significance**

If you have skills and knowledge, they are useless unless they can be applied appropriately as and when required. That ability to be able to acquire the right amount of knowledge and then apply it accordingly as the situation demands is known as intelligence. Multiple intelligences are needed to become a leader and attain success in any field— cognitive, spiritual, moral, behavioural, and emotional.

The theory of Multiple Intelligences was propounded by American developmental psychologist Howard Earl Gardner, Ph.D., Professor of Education at Harvard University in 1983. According to his theory a 'one-size-fits-all approach' is not feasible and humans have several different ways of processing information, and these ways are relatively independent of one another.

In his book "*Frames of Mind: The Theory of Multiple Intelligences*," Mr. Gardner's theory was that there are multiple types of human intelligence, each representing different ways of processing information. Earlier identified as six, today there are nine types of multiple intelligences as listed by him.

Gardner's Multiple Intelligences:

1. Verbal-linguistic intelligence (Focus area: reading-writing)
2. Logical-mathematical intelligence (Focus area: reasoning-numbers)
3. Spatial-visual intelligence (Focus area: images-pictures)
4. Bodily-kinesthetic intelligence (Focus area: body movements)
5. Musical intelligences (Focus area: rhythm)
6. Interpersonal intelligence (Focus area: other people)
7. Intrapersonal (Focus area: self-aware)
8. Naturalist intelligence (Focus area: nature)
9. Existential intelligence (Focus area: deep understanding of life)

People have different strengths and intelligences and they succeed in particular fields as per the strong intelligence they have in that field. Additionally, a strength or weakness in a particular intelligence does not imply strength or weakness in another. For example – a person is good at mathematics because of he/she has strong ‘Logical-mathematical intelligence’. However, ‘multiple intelligences’ as proposed by Gardner is not synonymous with the concept of ‘learning styles’ and ‘senses’.

Accordingly, as a person requires multiple skills to achieve success, similarly he/she requires multiple intelligences for success. Some of the common quotients used are mentioned below.

### ***Intelligence Quotient (IQ)***

Intelligence Quotient signifies a number representing a person's cognitive abilities (measured using problem-solving tests) as compared to the statistical norm or average for their age, taken as 100. Standardized tests are used for this measurement.

The term ‘Intelligence Quotient’ (IQ) was coined by William Stern, a German psychologist and philosopher noted as a pioneer in the field of the psychology of personality and intelligence.

When the term IQ was put forward by William Stern in 1912, a number of intelligence tests were developed in Europe and America to offer ways to measure a person's cognitive ability. One of the most oldest and famous way of measuring IQ is the ‘Stanford-Binet test’ which measures intelligence through five factors of cognitive ability - fluid reasoning, knowledge, quantitative reasoning, visual-spatial processing and working memory. Each of the five factors is given a weight and the combined score is often reduced to a ratio known commonly as the intelligence quotient, or IQ.

The question whether a person's IQ score is a somewhat accurate representation of his intelligence, is a topic of debate. As mentioned earlier, some psychologists believe in the concept of multiple intelligences rather than a single intelligence concept as a reflector of one's abilities.

### ***Spiritual Quotient (SQ)***

Spiritual intelligence is a term used by philosophers, psychologists, and developmental theorists to indicate spiritual parallels with IQ (Intelligence Quotient) and EQ (Emotional Quotient).

The term Spiritual Quotient (SQ) was coined by Danah Zohar, a physicist and philosopher introduced the idea in 1997 in her book ‘ReWiring the Corporate Brain’. Danah Zohar believes that *SQ is uniquely human and, the most fundamental intelligence. SQ is what we use to develop our longing and capacity for meaning, vision and value. It allows us to dream and to strive. It underlies the things we believe*

*in, and the role our beliefs and values play in the actions that we take and the way we shape our lives* as stated in the back cover of her book *Spiritual Intelligence: The Ultimate Intelligence*.

### ***Emotional Intelligence***

Emotional Intelligence means the ability of a person to manage his own emotions and the emotions of others. Therefore there may be people who may not be in the top performers and top scorers, but end up becoming super success stories in life – they have always been able to conduct themselves well, display extreme coolness and grace in stressful and turbulent times; they are empathetic to others need and display foresight and understanding when in uncomfortable situations – these kind of people may not have high Intelligence Quotient (IQ) but they may most certainly have a high level of Emotional Quotient (EQ).

Emotional Intelligence is a term coined by Peter Salovey and John Mayer in 1990 describing it as *“It includes the abilities to accurately perceive emotions, to access and generate emotions so as to assist thought, to understand emotions and emotional knowledge, and to reflectively regulate emotions so as to promote emotional and intellectual growth.”* The Mayer-Salovey-Caruso Emotional Intelligence Test (MSCEIT) is an ability-based measure of emotional intelligence which measures emotional intelligence through a series of questions and tests the participant's ability to perceive, use, understand, and regulate emotions.

In a 1995 book by Daniel Goleman, science journalist titled “Emotional Intelligence: Why It Can Matter More Than IQ”, which went on to become a bestseller and made EQ a world-famous term in languages like English, Portuguese, German, Chinese, Korean, Hindi etc., it is propounded by Mr. Goleman that EQ is as important as IQ for success. Based on brain and behavioral research, the author shows the factors at work when people of high IQ falter and those of modest IQ do surprisingly well.

In his book, Goleman lists five ingredients of Emotional Intelligence:

1. Self-Awareness – the ability to understand your own emotions
2. Self-Regulation – the ability to be able to regulate and manage your emotions
3. Motivation – the ability to be motivated by internal reasons that go beyond external rewards
4. Empathy – the ability to understand how others are feeling
5. Social Skills – the ability to interact well with others

However, later in 2001, Goleman sought to put the ingredients that define EI on a more systematic basis as follows:

	<b>SELF Personal Competence</b>	<b>OTHER Social Competence</b>
<b>RECOGNITION</b>	<u><b>Self-Awareness</b></u> Emotional Self-Awareness Accurate Self-Assessment Self-Confidence	<u><b>Social Awareness</b></u> Empathy Service Orientation Organizational Awareness
<b>REGULATION</b>	<u><b>Self-Management</b></u> Self-Control Trustworthiness Conscientiousness Adaptability Achievement Drive Initiative	<u><b>Relationship Management</b></u> Developing Others Influence Communication Conflict Management Leadership Change Catalyst Building Bonds Teamwork and Collaboration

In 2002, UNESCO launched an international campaign to promote emotional learning in the classroom.

We are not taught Emotional Intelligence as part of curriculum in professional courses, but it has appeared in our lives and it can be learned as a skill and acquired through continuous practice as our brain is flexible and continues to learn at any age.

### **Energy Boosting v/s Energy Weakening Emotions**

Emotions are powerful. They determine our outlook to life. Psychologists have tried to understand the various kinds of emotions; Many authors have written books on the subject; There have been numerous research on how these emotions impact human behaviour.

Paul Ekman, an American psychologist and professor emeritus at the University of California, San Francisco is a pioneer in the study of emotions and their relation to facial expressions. Ekman's facial-expression research examined six basic emotions: anger, disgust, fear, happiness, sadness and surprise.



### Paul Ekman's 6 Basic Emotions

However, as a layman, one can simply categorise emotions into two types – ones that boost your energy and make you happy and enthusiastic and others that weaken your energy and leave you drained and exhausted.

#### Energy Boosting emotions:

- Acceptance
- Affection
- Contentment
- Enthusiasm
- Faith
- Gratitude
- Happiness
- Love

#### Energy Weakening emotions:

- Anger
- Anxiety
- Confusion
- Contempt
- Disappointment
- Embarrassment
- Envy
- Fear
- Grief
- Guilt

- Hatred
- Hostility
- Loneliness
- Pride
- Regret
- Rejection
- Remorse
- Resentment
- Sadness

To achieve success and growth in life, we need to manage our emotions. We need to ensure that we can convert negative energy weakening emotions into positive energy boosting emotions.

## **Mastering The Art of Managing Emotions**

The Holy Scripture ‘The Bhagavad Gita’ has identified the most important way for managing emotions in Clause 6 verse 35 as follows:

*“śhrībhagavān uvācha*

*asanśhayam mahā-bāhomanodurnigrahāṁchalam*

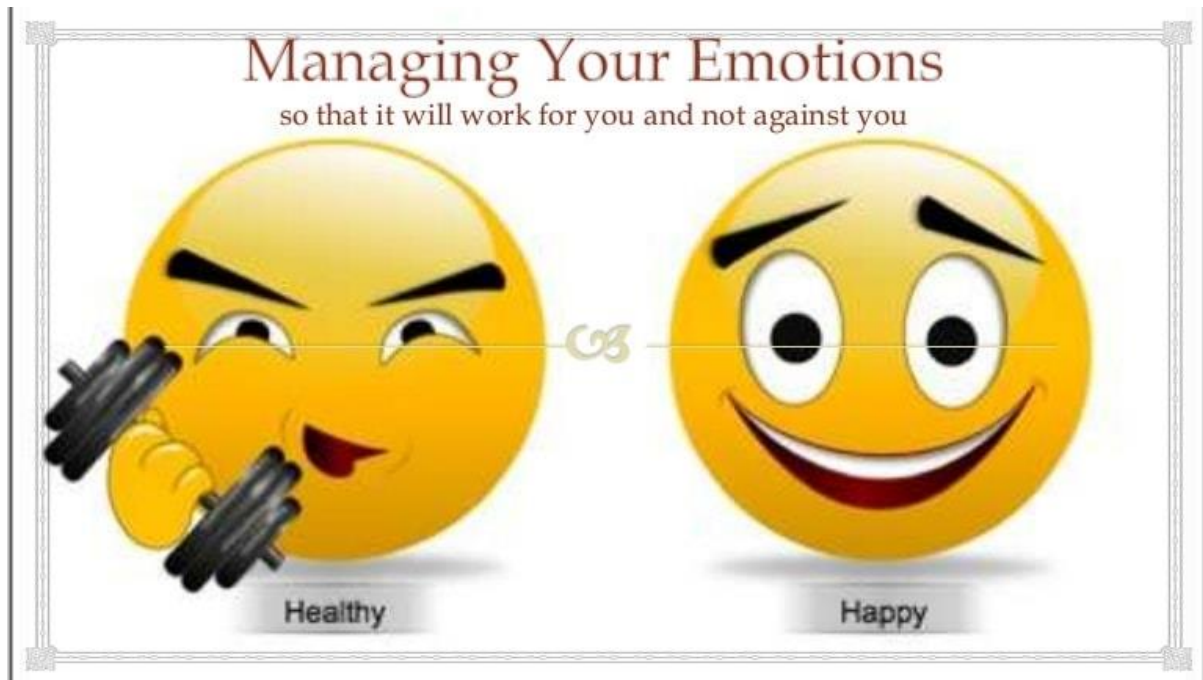
*abhyāsenatukaunteyavairāgyeṇa cha grīhyate”*

This can be translated as *“The mind is undoubtedly restless and difficult to curb, but it can be controlled by constant practice and non-attachment.”*

Therefore, it is common knowledge that the mind is impulsive, and is accustomed to speed into emotions at lightning speed, however with repeated training and practicing detachment we can consciously control our mind into not falling into the abyss of negativity, fear, anger and likewise.

### Ways to Manage our Emotions & Attain a Super Successful Life





## 1. Acceptance of our Emotions and Willingness to Change Them

The worst reaction we have when we are angry is that we tend to pin the fault on others. We will never be able to change ourselves and manage our feelings if we refuse to first accept them. So the first and foremost step to manage our feelings is to accept responsibility for them. To accept that we need to change.

- Take responsibility for your actions and don't pin the cause of your behavior on others.
- The solution to each and every challenging situation lies within yourself.
- Don't attempt to change others, change yourself.
- Observing others, Observing ourselves and Observing situations as a neutral observer
- Paying acute attention to our emotions and behavior
- Determining if our behavior and emotional reactions would have been different if different people were involved
- Examining what makes us happy and calms us in stressful situations – When you are in the midst of a stressful situation, think of this thing which motivates you and don't react negatively to the stressful situation
- Direct your emotional energy into productive energies

## 2. Realisation of Limitations of Control

We have no control over External Circumstances and other people. We only have control over our Internal Response to those circumstances. The key to managing

emotions is to focus on the things that we can control – and that is only OURSELF. *Viktor Frankl*, a Holocaust survivor who endured Hitler’s Nazi concentration camp in his famous book “*Man’s Search for Meaning*” said, “Forces beyond your control can take away everything you possess except one thing, your freedom to choose how you will respond to the situation”. He says that the last of the human freedoms is — “to choose one’s attitude in any given set of circumstances, to choose one’s own way.” If we understand this one basic fact, we will know that we can control our responses, our behaviour, our words and thereby our circumstances in our own way.

### 3. Mindfulness of Impermanence

The nature of life is ‘transitory’ – here today, gone tomorrow. Zen Master *ThichNhatHanh* says “*It is not impermanence that makes us suffer. What makes us suffer is wanting things to be permanent when they are not. We need to learn to appreciate the value of impermanence.....impermanence teaches us to respect and value every moment and all the precious things around us and inside of us.*”

Life is short. When we truly understand this axiom, we will behave differently. Our negative emotions will lose all significance. We can only hold grudges or feel envious of others when we think of life in terms of eternity. When we know that we are here on a holiday – maybe a 7 night 8-day package – then we will make the most of our Life vacation and enjoy it to the fullest with positive, vibrant energy and enthusiasm!!

### 4. Replacing Negative Thoughts with Positive Ones

Every time a negative thought enters your head, replace it with a positive thought. It may take effort at first, but slowly and steadily your mind will get trained to automatically do the same.

Fill your mind with positive thoughts. Let there be no place for negativity, gossip, worry and criticism. You will destroy the beautiful seed of pure thought even before it germinates. Water your thought, nurture it and let it grow into unimaginable wealth and success. Every individual is his own person. He alone knows what motivates him and drives him to achieve. With his personal experiences and emotions, he alone can work on his impulse to make it a reality. Don’t poison that beautiful ability by clouding it with negative thoughts. Try to always find the positive in everything, so that the mind becomes trained to only see positive and ignore negative things.

Negative thoughts are like toxins for the mind. They annihilate the vast universe of the thought and reduce it to rubble. Add to it the venom of gossip and you have the perfect recipe for disaster.

## 5. Create an outlet for your Emotions

To deal with stress, anxiety, anger or any other disturbing feelings, some people like to paint, others like to sing and many others like to play sports. An emotion needs an outlet because if let bundled up inside you – it can wreck disaster on your mind and body. It needs to be let out but in a controlled and calm manner.

Develop a defense mechanism for yourself. So that if and when you encounter a negative emotion, your mind uses this defense mechanism to cope with it. It can then divert you to some positive thought process or nudge you into some creative pursuit of your choice. When we do something we enjoy, we tend to focus more at that activity and in the process change our mindset to one of acceptance and thus are able to deal with our emotion better.

It is always a good idea to maintain a journal or diary to vent your feelings. It lightens your mind as you let your heart out on paper. At the end of this practice you may realize that would be easier to now manage your feelings.

## 6. Exercise and Meditation

Exercise has multiple physical health benefits. It can also have a positive impact on emotional well-being. Exercise not only changes the mindset it also benefits all parts of your body – skin, muscles, brain, heart, body weight and also prevents us from chronic diseases. There can be no way in which we can transform our negative emotions into positive ones without first feeling totally fit, energetic and vibrant in our internal self.

There is strong scientific evidence to prove that whatever your age may be, being physically active can help you lead a healthier and happier life.

Exercise releases certain hormones like dopamine, serotonin oxytocin etc. which are known to help promote positive feelings. You must have noticed that when you spend too much time indoors in a closed room you tend to experience mood swings or a sinking feeling. Throughout the covid19 pandemic people experienced phases of highs and lows as they remained stranded indoors. Doctors always advise you to go out in the open and get some sunshine. These are important factors to stay happy, manage your mind and keep your emotions in check.

Apart from outdoor exercise, one should definitely try meditation. Meditation is an art which makes you aware of yourself. It identifies “You” to “Yourself”. As you meditate, you become more aware of each breath you take. Through Meditation you can identify your energies and then harness them to attract good feelings. To perform meditation and achieve its benefits it is always advisable to get in touch with a certified Yoga and Meditation practitioner.

## 7. Have a Goal, Purpose

Having a sense of purpose always keeps your focus on your goal and every time you feel anxious, fear or other limiting emotions, it brings your focus back to your goal. When the mind has a point to return to, it does not dwell on negative emotions. “*Ikigai*” is a Japanese concept which means “a reason for being” or “the reason for living”. According to Japanese culture it is important to find your *Ikigai*, because discovering it brings satisfaction and meaning to life. Your current situation may be good or bad but your *Ikigai* gives you inner strength and makes you feel that your life is valuable. Thereby your mind discovers a purpose to dwell on and does not pursue the negative feelings you may have developed for too long.

More meaning in life would likely make you feel more content and thus less likely to dwell more on any negative emotions you experience. Having a purpose in life helps in faster emotional recovery from negative experiences or situations.

## 8. Train your Mind

A ‘Thought’ is the Alpha and Omega of success. *Buddha said ‘what you think, you become’*. To be successful, you have to first train your mind. You must master your mind and have dominance over your thought.

No matter how clichéd it may sound – your MIND is the single most important entity that determines your future. Everything begins in the intangible ‘Mind’. If you think it in your mind you can achieve it through your actions. However, this MIND or as I like to call it – M-Mystical I-Imp having a N-Naughty D-Disposition – is not as easy to tame as it may seem. Only the rare few who master the art of managing their mind and maintaining that status quo – are the ones who achieve peace, contentment and ultimate fulfillment.

Every emotion can be transformed into a positive energy with the right kind of thought process. Train your Mind to transform your Life.

## **Conclusion**

Managing Emotions is one of the most important life skills one should have. People who are good at recognizing their emotions and learn to cope with them, tend to remain more progressive as they keep themselves happy and thereby keep their focus on their goals intact. They can compose themselves faster and adjust their behavior and therefore develop stronger relationships and manage obstructions with ease.