

# Emotions and Empathy

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Emotional intelligence is the ability to understand and recognize our emotions and those of others. Having empathy towards others is a desirable trait but showing empathy for ourselves is indispensable too. Taking time to reflectively regulate our feelings helps to promote emotional and personal growth.

Whenever we feel challenged or

recognize what is affecting us. This allows us to integrate aspects of our past with our current experience with more clarity and understanding.

Learning to be more empathetic towards ourselves is a skill, it is a part of self-friendship that removes negative judgement and lets us gain mental distance from the emotions that have been



misunderstood in life, we find it difficult to empathize with others. At that moment we are unlikely to be aware of the fact that it is our interpretation and judgement of that other person's words or actions that is creating some of the stress and negative emotions that we are feeling.

Becoming more aware of our own inner experiences and emotional state can help us to

triggered by another. This can open us up to asking for more clarification and to engage more meaningfully with the other person. If we can catch the misunderstanding in the moment it is happening, we can often prevent the escalation altogether. Suspending judgement is the first step to calming our mind and being open to possibilities beyond our initial negative response.

## Marie Wellness clinic

As you can see the theme this month is all about how our emotional past may be influencing our current experiences.

Most of the tension and stress that we struggle to deal with in our daily life is not based on new issues but on the recurrence of old memories that are being triggered.

Untangling past losses and upsets leads to new ways of responding to events and, as a result, we find ourselves living in happier stress-free situations.

Taking time to understand your past will bring you renewed energy and happiness in your daily life.

**Call me for a free initial consultation.**

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